

Mental health and substance use

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## Mental health and substance use

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Publications by topic



#### Excessive screen use and gaming during #COVID19: what you need to know (infographic)

Publication date: 2020

Hundreds of millions of people worldwide are required to stay at home to protect themselves and prevent the spread of the disease, including young people. Children have been out of school and as a result, many of them may be spending more time on screens to complete online activities as part of homeschooling, socializing with peers or playing video games given that outdoor activities may be restricted due to lockdowns. This infographic provides important information on what you need to know in regard to excessive screen use and gaming during the COVID-19 pandemic. It also stresses the importance of recognizing the signs of excessive screen use and taking action to ensure online safety for young people during this pandemic.

 [English](#)



#### Excessive screen use and gaming during #COVID19: what you need to do (infographic)

Publication date: 2020

Hundreds of millions of people worldwide are required to stay at home to protect themselves and prevent the spread of the disease, including young people. Young people can be particularly vulnerable to the harms associated with excessive screen time or gaming including unhealthy sedentary lifestyles, exposure to harmful content (violent or sexual), misinformation about COVID-19, cyberbullying, development of gaming disorder, or engagement in online gambling. This infographic provides important information on what different target groups need to do in regard to excessive



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