

OVERCOME PHONE ADDICTION



RESOURCE CHEAT SHEET

What is Cell Phone Addiction?

These sources will help you understand exactly what phone addiction is and how to recognize it.

- [Smartphone Addiction HelpGuide](#)
- [How to Tell If You Could Be Addicted to Your Phone](#)
- [Cell Phone Addiction PsychGuide](#)
- [Cell Phone Addiction and Psychological and Physiological Health in Adolescents](#)
- [What Is: Smartphone Addiction \(Cell Phone Addiction\)](#)
- [Phone Addiction Is Real -- And So Are Its Mental Health Risks](#)
- [PsychAlive: Understanding Cell Phone Addiction](#)

What Causes Cell Phone Addiction?

Often, people struggling with mental or emotional health issues struggle with addiction. They may become addicted to their smart devices and social media interactions. These articles break it down for you.

- [Smartphone Addiction Reasons and Solutions From the Perspective of Sultan Qaboos University Undergraduates: A Qualitative Study](#)
- [Smartphone Addiction, What Causes It?](#)
- [Social Media Addiction - Addiction Center](#)
- [Psychology of Social Networks: What Makes Us Addicted?](#)
- [What is Social Media Addiction?](#)
- [Causes of Social Media Addiction and Illness](#)

How to Break Phone Addiction

If you are addicted to your phone, you probably want to break your bad habits. These sources provide tips and advice on how to do just that.

- [Cell Phone Addiction: 7 Proven Ways to Break Your Habit](#)
- [5 Science Backed Ways to Break Your Phone Addiction](#)
- [10 Tips to Help you Beat Smartphone Addiction](#)
- [Addicted to Your Mobile Phone? 5 Ways to Beat Your Phone Addiction](#)
- [4 Ways to Break Your Phone Addiction So You Can Focus on What Really Matters](#)
- [WikiHow: How to Beat an Addiction to Cell Phones](#)
- [How To Overcome Distractions When It's Time To Study](#)
- [WikiHow: How to Stop Getting Distracted by Your Phone when Studying](#)
- [These Simple Steps Will Help You Stop Checking Your Phone So Much - CNBC](#)

Cell Phone Addiction in Teens

Do you have a teenager at home who struggles with putting their phone down? These sources might be able to help you both.

- [Teenage Cell Phone Addiction: Are You Worried About Your Child?](#)
- [5 Signs Your Teen Has a Phone Addiction -- Parents](#)
- [Teen Cell Phone Addiction - PsychGuides](#)
- [Teens and Dangerous Levels of Cell Phone Use](#)
- [The Best Ways You Can Fight Teen Cell Phone Addiction](#)
- [Your Teen is NOT Addicted to Her Phone](#)
- [When Should You Come Between a Teenager and Her Phone?](#)
- [Teen Cell Phone Addiction Treatment and Symptoms](#)

Children and Smart Devices

If you are considering giving your child a smartphone soon, you will want to check out some of these sources.

- [When Should You Get Your Kid a Phone?](#)
- [An Age By Age Guide to Kids and Smartphone](#)
- [What's the Right Age for Parents to Get their Kids a Cell Phone?](#)
- [When to Give Your Child a Smartphone](#)
- [Children and Cell Phones: Weighing the Risks and Benefits](#)

Side Effects of Cell Phone Addiction

If you are addicted to your phone, you might have experienced some of these symptoms.

- [7 Scary Things You Never Knew About Cell Phone Addiction](#)
- [The Epidemic of Mobile Addiction: Signs, Symptoms, and Stats](#)
- [5 Seriously Bad Side Effects of Your Smartphone Addiction](#)
- [20 Ways Your Cell Phone Harms Your Health - Best Life](#)
- [Effects Of Using Mobile Phones Too Much](#)
- [Understanding the Dangers of Phone Addiction](#)
- [3 Shocking Ways Smartphone Addiction Erodes Your Brain And Memory](#)

Scholarly Smartphone Addiction Tests

Are you unsure if you are addicted to your phone or not? You can use these resources to get a better idea.

- [Smartphone Compulsion Test -- The Center for Internet Technology and Addiction](#)
- [This Scientific Test Will Tell You How Addicted You Are To Your Smartphone](#)
- [Are You Addicted to Your Smartphone?](#)
- [SMARTPHONE COMPULSION TEST](#)

Receive Help for Phone Addiction

In some cases, phone addiction can completely take over your life. You will want to use these resources to receive help.

- [SAMHSA's National Helpline – 1-800-662-HELP](#)
- [Treatment for Addiction to Smartphones - PsychGuides](#)
- [Cell Phone Addiction - Peaks Recovery Centers](#)
- [Coping with Cell Phone Addiction - Psych Central](#)
- [How To Phone Detox in 5 Steps](#)
- [Cell Phone Addiction - No Cost Rehab Placement](#)
- [Cell Phone Addiction Treatment - Summerland Camps](#)
- [Teenage Cell Phone Addiction Symptoms - Destinations for Phone Addiction](#)