FREE LIVE WEBINAR · 06

Phone, Gaming & Betting

When screens take over life, recovery is possible with the right help



Bharosa 90-Day Digital & Betting De-addiction Program

Your host

Dr. Uday Kiran

MBBS, MD Psychiatry · Founder & Chief Consultant Psychiatrist

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Neuro Psychiatry Hospital

Meet Your Doctor

BHAROSA™
Neuro Psychiatry Hospital



Dr. Uday Kiran

Founder & CEO, Bharosa

MBBS, MD Psychiatry

Osmania Medical College, Hyderabad

Founder & CEO

Bharosa Neuro Psychiatry Hospitals

Chief Consultant Psychiatrist

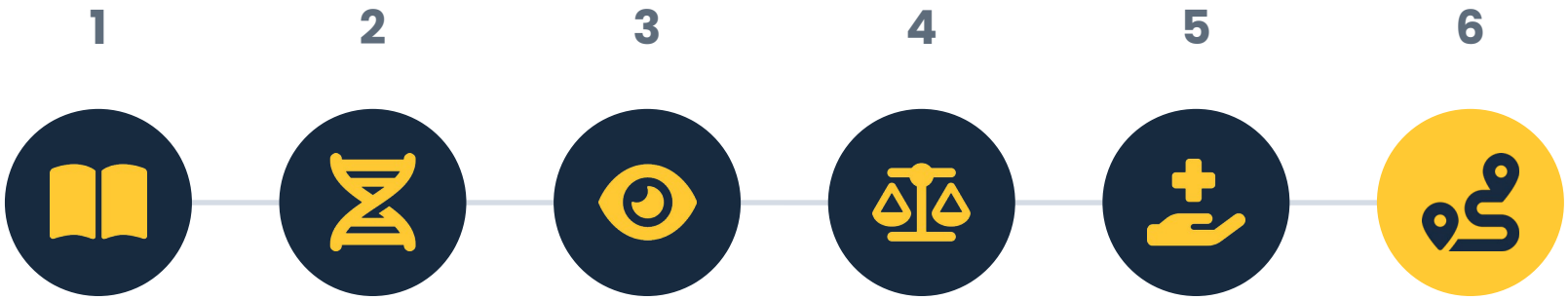
Acute care, emergency psychiatry & rehabilitation

Children to elderly

Care for every age, at four branches

Today's Journey

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Stay till the end: live Q&A with Dr. Uday Kiran and how the Bharosa 90-day program works.

Habit or Addiction?

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It becomes addiction when the phone, game or bet controls the person, not the other way round



Gaming disorder

Recognised by WHO as an illness in ICD-11



Gambling disorder

Betting that cannot stop, even after big losses



Key test

Loss of control + harm to life, for months

How Big Is the Problem?

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3 in 100

people studied worldwide have gaming disorder

Stevens et al., Aust NZ J Psychiatry 2021 (53 studies)

45 crore

Indians lose money to online money games each year

Govt of India, Parliament, Aug 2025 (MeitY)

1 in 6

online casino-style gamblers develop gambling disorder

Lancet Public Health Commission on Gambling, 2024

Who Is Most at Risk?

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Teenagers

Growing brain, weak brakes, phone always in hand



Students

Exam stress, hostel life, easy access to apps



Young earners

First salary, UPI in pocket, 'quick money' dreams

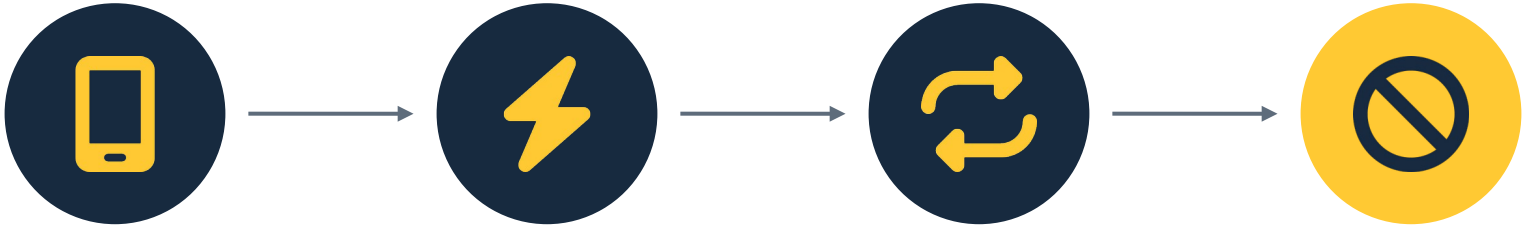


Mind troubles

Depression, anxiety, ADHD or loneliness

What Happens in the Brain

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App or bet

A notification, a level-up, a small win

Dopamine spike

Brain feels a sudden 'win' rush

Wants more

More, faster, bigger: the brain keeps asking

Loss of control

Normal life feels boring; cannot stop

Apps are designed to keep us hooked. This is a brain problem, not just a 'bad habit'.

Why Does It Happen?

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Reward loop

Dopamine trains the brain to crave more



Surprise rewards

Notifications and random wins hook us



Easy money myth

'One big win will fix everything'



Loneliness

The phone becomes the only friend



Stress escape

Games and bets used to numb worries



Hidden illness

ADHD or depression underneath

Early Warning Signs

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Awake on phone till 3 AM



Anger when phone is taken



Secretive, hides screen



Marks or work falling



Money missing at home



Drops friends and family

When Phone & Games Take Over

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Phone & gaming signs

Present for months, and harming studies, work or family



Lost control

Plans 1 hour, plays 6; cannot cut down



Top priority

Games come before food, sleep and studies



Irritable

Restless or angry when offline



Despite harm

Continues even after failing or fights

When Betting Takes Over

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Betting signs

Doctors look at the pattern over the past 12 months



Bigger bets

Needs larger amounts to feel the thrill



Chasing losses

Bets again to win back what was lost



Lies & hiding

Hides bets, apps, loans and losses



Borrowing

Asks family or loan apps to cover debts

The Cost to Life & Family

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Debt traps
Loan apps, credit cards, pledged gold

Family fights
Trust breaks; theft or lies at home

Sleep loss
Tired days, poor focus, low mood

Studies & job
Failed exams, lost jobs, dropped goals

> *We sold my gold to clear his loans. Two weeks later he was betting again. Then we got him treated.*
>
> — A family member

Myths vs Facts

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MYTH	FACT
It is just a bad habit. Strong will is enough.	**Gaming and betting addiction are recognised illnesses. Treatment works.**
One big win will clear all the loans.	**Betting apps are built so most players lose. Chasing losses deepens debt.**
Taking the phone away will fix it.	**Sudden removal causes anger. A guided plan with therapy works better.**

Red Flags: Act Today

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- Talks of suicide due to debt
- Threats from loan app recovery agents
- Stealing money or selling valuables
- Violence when phone or money refused
- Locks self in room for days

Act today

Suicide talk is an emergency: stay with them and call now (see below).

Emergency: 112
Tele-MANAS 14416 (free, 24×7)

How We Diagnose

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01



Detailed talk

With the person and family, privately

02



Standard scales

Gaming, gambling and screen-use checks

03



Hidden illness

Screen for depression, anxiety, ADHD

04



Care plan

Personal plan for health, money, family

THE GOOD NEWS

Recovery Is Possible

With treatment, the brain relearns balance and families get their child back

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Our 5 Pillars of Recovery

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One team · one plan · every day



Medical care

Treat depression, anxiety, ADHD and urges



Therapy

CBT and counselling to change thinking



Digital detox

Guided phone plan, not sudden removal



Money safety

Debt plan and family financial control



Family healing

Rebuild trust, routine and communication

Medicines & Therapies

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Medicines (when needed)

- Antidepressants for depression and anxiety
- ADHD medicines when ADHD is diagnosed
- Urge-reducing medicines, where indicated
- Sleep and mood support, doctor-guided

Therapies

- CBT and motivational interviewing
- Digital detox and healthy phone plan
- Money management with family control
- Relapse prevention and group therapy

Why 90 Days?

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The brain needs time to reset its reward system

Brain reset
Craving and irritability settle over weeks, not days

New habits
Sport, yoga, reading and real friends replace the screen

Safe distance
Away from apps, agents and triggers while healing

Your 90-Day Roadmap

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Day 1-30 — Stabilise

- Full assessment and medical check
- Guided detox from apps and betting
- Sleep and routine restored

Day 31-60 — Rebuild

- CBT for urges and chasing losses
- Debt plan with family
- Sports, yoga and group therapy

Day 61-90 — Return Strong

- Safe phone-use plan for home
- Relapse prevention skills
- Back-to-study or work plan

Your Care Team at Bharosa

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Every patient in the 90-Day Digital & Betting De-addiction Program is cared for by:



Psychiatrists



Psychologists



General physicians



Dietitians



Yoga trainers



Fitness trainers



Nurses, 24×7



Family counsellors

A Day in the Program

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Medicines on time · therapy every day · healthy food · safe, calm rooms · weekly family update

What Families Can Do

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Do

- Talk calmly; ask about stress, not just money
- Take control of cards, UPI and OTPs
- Keep phones out of bedrooms at night
- Get a doctor's help early

Avoid

- Don't pay off betting debts in secret
- Don't shout, shame or beat
- Don't snatch the phone suddenly
- Don't wait for 'one last win'

Choose Your Nearest Bharosa

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L.B. Nagar

Standard & mid-range care

East Hyderabad



Kothapet

Standard & mid-range care

Close to the city centre



Banjara Hills

Premium private rooms

Privacy and comfort



Achampet

Long-term rehabilitation

Healing close to nature

The same 90-Day Digital & Betting De-addiction Program and the same care team at every branch.

Take the First Step Today

Join the Bharosa 90-Day Digital & Betting De-addiction Program

1

Reply 1 on WhatsApp

Our counsellor calls you today

2

Free family assessment

At your nearest branch this week

3

Visit any branch

L.B. Nagar · Kothapet
Banjara Hills · Achampet

Your questions now

Dr. Uday Kiran answers live



Emergency: 112 · Tele-MANAS 14416 (free, 24×7)

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