

WHAT CAN WE
DO ABOUT IT?

15. Seeking Professional Help for Digital Media Addiction

What if your teenager is demonstrating problems with digital media and you are having trouble finding solutions on your own or feel the problem is more serious than you're able to manage? A mental health professional, such as a school counselor or a Licensed Professional Counselor (LPC), could be a great resource for your teenager and the entire family.

Counseling is defined as “a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals.”¹ Licensed professional counselors can be trained in many different specialties, including addictive behaviors, trauma, mental illness, career readiness, anxiety, relationship issues, and much more. They have advanced training and meet specific licensure requirements in their state. They offer individual, couple, family, and group counseling services.

When looking for a professional counselor, many people start with a list of providers that accept their insurance (you can get this information from your insurance provider). Then, it would be helpful to look for a counselor who specializes in work with

adolescents and/or addictive behaviors. It is important that the counselor is licensed and has availability (this information can be found on their website).

Another good resource is your teenager's school counselor. School counselors are “highly educated, professionally certified individuals who help students succeed in school and plan their career. An integral part of the total education system, school counselors help students for healthy goals, mindsets and behaviors.”² School counselors are mental health professionals in the school setting and can serve as a great point of contact for professional mental health services. School counselors can offer brief individual and group counseling, while also making referrals to long-term counseling with a licensed professional counselor in the community.

If you believe your teen would benefit from professional mental health services with regard to digital media addiction, there are many resources available. Reaching out to the school counselor or a Licensed Professional Counselor with experience with addiction and/or work with adolescents would be a great place to start.

Scan for full Guide and resources



References

1. Kaplan, D. M., Tarvydas, V. M., & Gladding, S. T. (2014). 20/20: A vision for the future of counseling: The new consensus definition of counseling. *Journal of Counseling & Development, 92*(3), 366–372. <https://psycnet.apa.org/doi/10.1002/j.1556-6676.2014.00164.x>
2. American School Counselor Association (2025). *School counselor roles & ratios*. <https://www.schoolcounselor.org/About-School-Counseling/School-Counselor-Roles-Ratios>

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