

Digital Recovery Centre

Program Framework

The Digital Recovery Centre was established to support individuals experiencing psychological and emotional challenges associated with social media and smartphone environments.

Over the past decade, digital platforms have become deeply embedded in daily life. While these platforms provide opportunities for connection and information sharing, many individuals report experiencing unintended psychological effects associated with prolonged engagement in algorithm-driven environments.

These experiences may include persistent social comparison, identity pressure, validation-seeking behaviors, and difficulty separating personal identity from online presentation.

The Digital Recovery Centre provides peer-led support designed to help individuals reflect on these experiences and explore pathways toward rebuilding identity and wellbeing outside digital environments.

Guiding Principles

The Digital Recovery Centre operates on several core principles.

Digital Environments Shape Behaviour

Modern social media platforms are designed to capture attention and influence behavior. Understanding these environments can help individuals better understand their own experiences within them.

Identity Can Become Digitally Influenced

Extended engagement in digital environments may influence how individuals see themselves and how they present themselves to others. Reflecting on this influence can support the development of a more grounded sense of self.

Reflection Supports Recovery

Many individuals benefit from structured opportunities to reflect on their experiences with social media. Peer-led conversations can help participants examine their digital history and develop a clearer understanding of its impact.

Recovery Is Possible

While many people feel overwhelmed by digital environments, it is possible to rebuild a healthier life by stepping away from platforms that are no longer supportive of wellbeing.

Peer Support Approach

The Digital Recovery Centre uses a peer support model.

Peer support involves individuals who have lived experience with digital environments offering guidance, reflection, and conversation to others navigating similar challenges.

Peer support is not therapy. Instead, it provides a space for open dialogue, shared insight, and personal reflection.

This model recognizes that many individuals benefit from speaking with someone who understands their experiences from a lived perspective.

Program Goals

The Digital Recovery Program aims to help participants:

- Reflect on their relationship with social media
 - Understand how digital environments may influence identity and wellbeing
 - Explore the emotional effects of long-term online engagement
 - Develop strategies for reducing or leaving social media platforms
 - Rebuild identity and daily life outside algorithm-driven environments
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A Recovery-Oriented Approach

The Digital Recovery Centre does not focus on managing screen time.

Instead, the program emphasizes understanding the broader psychological and social impacts of digital environments.

Participants are supported in reflecting on their experiences and exploring what recovery from digital harm may look like in their own lives.

A Note on Participation

The Digital Recovery Centre provides peer support services and does not replace clinical mental health treatment.

Individuals seeking psychotherapy, psychiatric care, or medical support should consult a licensed healthcare professional.