

Program Disclaimer

Digital Recovery & Mental Health Centre

The Digital Recovery Centre provides peer support services intended to help individuals reflect on and recover from the psychological and emotional effects associated with social media and smartphone environments.

Peer support services involve conversation, reflection, and guidance informed by lived experience. The Digital Recovery Centre does not provide psychotherapy, psychiatric treatment, medical care, or clinical diagnosis.

Participation in programs offered by the Digital Recovery Centre does not establish a therapeutic, medical, or clinical relationship.

The Digital Recovery Centre is not a crisis service. Individuals experiencing a mental health emergency or thoughts of harming themselves or others should contact emergency services, a crisis line, or a licensed healthcare professional immediately.

Participation in the Digital Recovery Program is voluntary, and participants are responsible for their own decisions and actions during and after participation in the program.

Information shared during peer support sessions is intended for reflective and educational purposes only and should not be considered medical or psychological advice.