

Digital Recovery Centre

Client Handbook

Digital Recovery Program

Welcome to the Digital Recovery Centre.

This handbook provides an overview of the Digital Recovery Program, including program expectations, policies, and guidelines for participation. The goal of this handbook is to help participants understand how the program works and what to expect during their participation.

The Digital Recovery Centre aims to provide a supportive environment where individuals can reflect on their experiences with social media and digital environments and begin rebuilding wellbeing outside of those spaces.

About the Digital Recovery Centre

The Digital Recovery Centre is a peer-led support initiative focused on helping individuals understand and recover from the psychological effects associated with social media and smartphone environments.

Many individuals report experiencing unintended emotional and psychological impacts from long-term engagement with digital platforms, including comparison culture, identity pressure, validation seeking, and difficulty separating personal identity from online presentation.

The Digital Recovery Centre provides a structured space for participants to reflect on these experiences and explore healthier relationships with technology.

The program does not provide psychotherapy, psychiatric treatment, or medical care.

Nature of Peer Support

Peer support involves conversation, reflection, and guidance informed by lived experience.

Peer support specialists are not acting as licensed therapists, psychologists, or physicians unless otherwise stated.

Participation in the Digital Recovery Centre does not establish a clinical or therapeutic relationship.

Individuals seeking clinical mental health care should consult a licensed healthcare professional.

Program Structure

The Digital Recovery Program is offered in two formats.

Individual Peer Support

Participants meet one-on-one with a peer support specialist once per week for approximately eight weeks.

These sessions provide a private space to reflect on personal experiences with digital environments, including issues related to social comparison, identity, self-esteem, and the emotional effects of long-term social media use.

Participants may request additional support beyond the initial program depending on need and program availability.

Group Program

The Digital Recovery Group Program is an eight-week peer-led discussion series in which participants meet weekly in a small group setting.

Group sessions explore themes related to social media use, comparison culture, online identity, and the emotional effects of digital environments.

The group setting allows participants to share experiences and learn from others navigating similar challenges.

Voluntary Participation

Participation in the Digital Recovery Program is entirely voluntary.

Participants may choose to withdraw from the program at any time.

Attendance Expectations

Participants are expected to attend scheduled sessions and communicate if they cannot attend.

Participants are asked to provide at least 24 hours notice if they need to cancel or reschedule a session.

If a participant misses three scheduled sessions without notice, they may be discharged from the program.

Participants who are discharged may request to re-enter the program at a later time depending on availability.

Confidentiality

The Digital Recovery Centre aims to provide a respectful and supportive environment.

Participants are expected to respect the privacy of others and not share personal information discussed during sessions outside of the program.

While facilitators make every effort to maintain confidentiality, absolute confidentiality cannot be guaranteed in peer environments.

If there is concern of harm to self or others, this may be reported to police or healthcare services for the safety of participants.

Respectful Participation

Participants are expected to contribute to a respectful and supportive environment.

Participants agree to:

- treat facilitators and other participants with respect
- avoid harassment, discrimination, or harmful behaviour
- respect the privacy of others
- maintain appropriate boundaries during sessions

Participants who repeatedly violate program guidelines may be asked to leave the program.

Crisis Situations

The Digital Recovery Centre is not a crisis service.

If a participant is experiencing a mental health emergency or thoughts of harming themselves or others, they should contact emergency services, a crisis line, or a licensed healthcare provider.

Facilitators may encourage participants to seek professional support when appropriate, or disclose to police if required.

Program Goals

The Digital Recovery Program aims to support participants in:

- reflecting on their relationship with social media
- understanding how digital environments may influence identity and wellbeing
- exploring the emotional effects of long-term online engagement
- rebuilding identity and daily life outside algorithm-driven environments
- developing strategies for maintaining long-term digital wellbeing

Contact

Digital Recovery Centre

Founder & Peer Support Specialist

Kayleigh Robertson

For questions about the program, participants may contact the Digital Recovery & Mental Health Centre directly.

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