

# Shadow's Edge: A Mobile Game for Teens Who Struggle with Chronic Illness

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<https://myplaytherapypage.com/shadows-edge-a-mobile-game-for-teens-who-struggle-with-chronic-illness/>



For young people who struggle with chronic illnesses or emotional challenge, the weight of their trauma is ever-present, yet rarely are they given the opportunity to talk about the dark or scary side of their situations, let alone have a tool to help them move through and grow from their experience.



Enter the Digging Deep Project, with the mission of empowering teens to take charge of their emotional health in fun and engaging ways.

The Project's newest product, the recently released mobile game, *Shadow's Edge*, is designed to build resilience in teens with medical or emotional challenges. Combining psychology and technology, this free app reaches teens with psycho-educational content right where they are—on their mobile devices and playing games!

Shadow's Edge players are guided through a process of journaling and creative expression, helping these teen players come to terms with their challenges within an immersive, edgy game world.

