LIVING WITH ILLNESS CAN FEEL LIKE A SHADOW HOVERING OVER YOU, BUT AT THE EDGE BETWEEN THIS DARKNESS AND THE LIGHT IN THE FUTURE, IS THE OPPORTUNITY TO SEE ONE’S SELF CLEARLY. THAT IS SHADOW’S EDGE.

FREE DOWNLOAD for TEENS 13+

CHECK OUT OUR BLOGS AND JOIN OUR SOCIAL COMMUNITIES THAT SUPPORT THE EMOTIONAL WELLBEING OF YOUNG PATIENTS AND THEIR FAMILIES.

FOR PARENTS AND PROFESSIONALS: WWW.DIGGINGDEEP.ORG FOR TEENS: WWW.SHADOWSEDGE.COM

EVERY TEEN DESERVES THE CHANCE TO EXPLORE THEIR THOUGHTS AND FEELINGS ABOUT ILLNESS

SHADOW’S EDGE. THE FIRST-EVER FREE MOBILE GAME THAT HELPS TEENS LIVE WITH THEIR MEDICAL CONDITIONS AND BUILD RESILIENCE THROUGH THEIR EXPERIENCE.

You're not alone in your struggles and telling your story can inspire other young people with challenges to stay strong.

FREE DOWNLOAD FOR TEENS 13+

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Developed by Resonance House, publisher of journal. Resonance House, LLC is a wholly-owned subsidiary of Silicon Valley Community Foundation.
A GAME WHERE TEENS ARE EMPOWERED TO TAKE CHARGE OF THEIR EMOTIONAL HEALTH AND
● come to terms with their experience
● discover and listen to their voice
● express and trust their feelings
● embrace their story as part of who they are

"At first, teens may not even know how they feel, but as they journey through the game, there's a greater understanding and a sense of resolution. Integrating one’s illness into one’s identity is the ultimate goal of **SHADOW'S EDGE**."

—Sheri Sobotra Brisson, Founder, the Digging Deep Project

The quest of **SHADOW'S EDGE** is to revive an abandoned city through self-expression. The game invites players to explore the issues they face by creating graffiti and writing in their journal. Players master the stages of **DISRUPTION, DISILLUSIONMENT, and DISCOVERY** to add vibrancy and life to the city of Shadow's Edge, unlocking key wisdoms and connecting with peers along the way.