

# Digital De-Caf

If you are struggling with bullying, loneliness or isolation

Digital De-Caf is a safe and supportive space

If you are struggling with stress, anxiety or depression

Digital De-caf promotes good health and mental well-being.

De-caf is an opportunity to meet other young people and take part in different activities in a positive environment.

We are currently running a Digital De-Caf during lock down for ages 11-18.

Please contact on below email for details on how to join.

For more information contact us  
on: [childrensservice@darlingtonmind.com](mailto:childrensservice@darlingtonmind.com)

Supporting the communities of Darlington, South Durham  
Hambleton and Richmondshire