**⮚ Do you like using apps on your phone or tablet?**

**⮚ Do you want to learn more about your emotions?**

**⮚ Are you age 18 to 26?**

**We are conducting a study on a new mobile app that is designed to help you learn about your feelings as a way to help you reduce substance use**

You may be eligible to participate if you are…

⯎ 18-26 years old

⯎ Have a mobile phone or tablet

⯎ Have a substance abuse problem in the past year

If you are eligible for this project you will receive:

* A mobile app being studied to see if it helps you learn how to feel calmer
* Reimbursement up to $160 for completing assessments

**To find out more about this study: text or call**

**617-299-1630 or email research@seekingsafety.org**

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Funded by the National Institutes on Health, this project is being conducted by Lisa M. Najavits, PhD and Treatment Innovations of Newton, MA.

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