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

**⮚ Do you have a substance abuse problem in the past year?**

**⮚ Have you been through a trauma that still bothers you (such as child abuse, violence, bullying, combat, hurricane, fire, car accident, etc.)**

**We are conducting a study on a new mobile app that is designed to help you learn coping skills to promote recovery from trauma and substance abuse.**

You may be eligible to participate if you are…

⯎ 18-65 years old

⯎ Have a mobile phone or tablet

⯎ Have a substance abuse problem in the past year

⯎ Have trauma problems

If you are eligible for this project you can receive:

* 12 free telephone sessions of peer-led Seeking Safety to help build new coping skills, led by a trained peer
* A phone app to support peer-led Seeking Safety
* Reimbursement up to $140 for completing assessments

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

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_