

- **Do you like using apps on your phone?**
- **Do you have a substance abuse problem?**
- **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 phone 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
- ✧ 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
617-299-1610 or email info@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.
