

- **Do you like using apps on your phone?**
- **Do you want to feel calmer?**

We are conducting a study on a phone app that we are developing to see if it helps you feel calmer

You may be eligible to participate if you are...

- ✧ 18-25 years old
- ✧ Have a mobile phone
- ✧ Have a substance abuse problem in the past year

If you are eligible for this project you will receive:

- A phone app being studied to see if it helps you learn how to feel calmer
- Reimbursement up to \$110 for completing assessments

To find out more about this study: text or call 617-299-1610 or email info@treatment-innovations.org

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