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.