

# With CONNECTIONS, you're never alone

Connections is a confidential no-cost app for people with substance use disorder and common co-occurring mental health conditions. The app provides anonymous 24/7 peer support, access to an online community, resources to promote coping skills, daily check-ins, and tools to help track and celebrate milestones.



Get **24/7 access** to peer support



Explore tools that support **self-care, recovery skills, and more**



Interact with others for **connection** and **encouragement** in recovery



**Celebrate** and **share** milestones and achievements



Build skills with **digital CBT lessons**



Join **virtual meetings**



Access coping tools and daily check-ins to **support recovery**



**Stay motivated**, track recovery goals, and earn badges



**Plan, organize, and reach goals**

The Connections app is a no-cost resource  
made available by Kaiser Permanente



Scan here  
to join Connections



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