

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

