

# With Connections, you're never alone.

No matter your path, we're here to support you on your journey to recovery. Through the Connections app, you can connect with others, day or night, 24/7. Whether you're looking for a friendly sounding board from peers, seeking guidance from a peer recovery support specialist, attending virtual support meetings, tracking your goals, or staying in touch with your provider, you can do it through the Connections app. When you're ready, you can even help others by sharing your experiences, strength, and hope.



*I love the support we get from this app each day. This has become such a part of my life, I really look forward to reading and engaging with people on here. I am beyond grateful for what I've gotten from this place, I can't imagine not chatting with you guys/gals. Thank you for everything you do.*

-Mike6



**Customize** your motivation with a picture that reminds you why you're here.

**Participate** in group discussion threads, complete check-ins, celebrate milestones.

**Connect** to your groups and attend virtual support meetings.

**Find resources** that can help you on your journey, like Thoughts of the Day, activity recommendations for self care and mental health



**Track and celebrate** your progress

**Journal, track** upcoming appointments, and complete surveys to keep you on your recovery journey

**Access** on-demand training to reinforce your coping skills

## TO GET STARTED

- 1 Text your full name, date of birth, and treatment provider to **610-488-2461** to request a downloadable link for the Connections App or scan the QR code below and fill out the quick enrollment form.



- 2 Create a username and password.
- 3 Follow the setup steps and YOU'RE IN!

**The app is FREE and available from your provider.**

**ALSO AVAILABLE : Conexiones en español.**

**SPECIALIZED PROGRAMS AVAILABLE:**

- Family: Pregnancy, Parenting & Beyond
- LGBTQIA+      → Teen Seen
- Mind Matters      → Nicotine Cessation



For more information or if you have any questions, contact us at:

Email: [support@chess.health](mailto:support@chess.health)

Web: [www.chess.health](http://www.chess.health)

Phone: **844-MY-CHESS**

Los Alamos (Public)