



Connections

With Connections, you're never alone.

NC DHHS is pleased to offer you [Connections](#), a free recovery support app for substance use. Connections provides 24/7 peer support, a recovery community, and tools to help you track and celebrate milestones!

What do people say about this app?

Here are some quotes from individuals in recovery who are using [Connections](#).

"I am absolutely grateful for the friendship, support and continued encouragement that you offer me."

"A place where I can feel safe, where I can become more of the person I was meant to be. A place where love and words are honest and genuine. A place to laugh and build relationships with people who also desire to move forward and grow. A place called [Connections](#)."

"Checking in every day and keeping up with my friends on the app has become a daily ritual that helps my sobriety."





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