

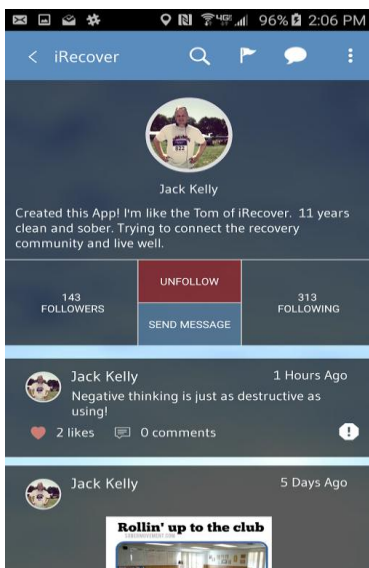
Alcohol or Other Drug Recovery Apps

Over the past year there have been new apps created in order to help facilitate recovery through social networking. The following apps are designed to aide your recovery efforts:



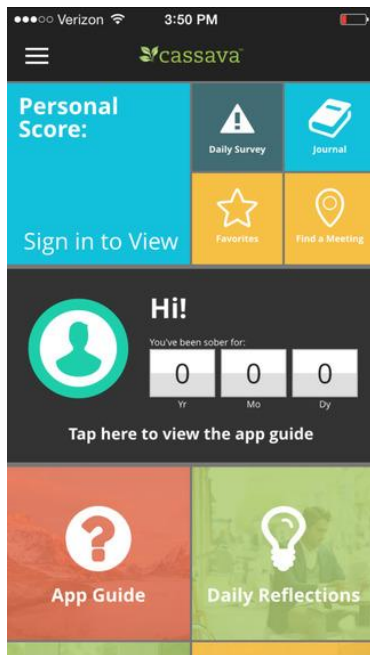
The **Sober Grid App** is a new easy to use app exclusive for individuals practicing abstinence or in recovery. The Sober Grid offers users shared information regarding recovery, a timeline to post on, and quick response time for users in need of help regarding recovery issues. Users can share tips and recovery meeting locations with each other. The download is free for both iPhone and Android users. For more information click the link:

<http://www.sobergridapp.com/#>



The **iRecover App** was created in order to connect individuals who are practicing recovery or have been affected by a friend or family member who is undergoing addiction. The app offers a social network where members can bond and support one another through communications and online posts. Through social networking, iRecover app's primary goal is to expedite the recovery process. The download is free for both iPhone and Android users. For more information click the link:

<http://irecoverapp.com/>



The **Cassava app** makes it easier for people to take the steps required each day to build a strong foundation in recovery. Users can easily locate nearby support group meetings from a comprehensive database with over 140,000 12-step and non-12-step listings, monitor their moods and activities, and track their daily progress. The download is free for both iPhone and Android users. For more information click the link:

<http://www.addiction.com/recovery-app/>

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