

SOBER PEER

Quick Facts

What is Sober Peer?

Sober Peer is an online community dedicated to helping individuals with substance use disorder achieve and sustain recovery. It provides a space for members to meet, share their story, and find others like them. Sober Peer also connects members with coaches and counselors nationwide who conduct small group sessions via our mobile app to provide additional support.

What's the cost?

It's **free** to join Sober Peer! All you need is an Apple or Android smartphone.

How can I use Sober Peer?

We recommend each person fill out their profile and take a few of the initial client surveys. These surveys help us establish a baseline to begin the recovery process. From there, we can begin pointing out some helpful tips for you to manage your care.

Next, join a **small group** counseling session to begin getting to know the community and meet with your peers on an ongoing basis.

Does it use much data? I'm on a limited data plan.

No worries! The only time that we'll use a significant amount of data is during our video calls. For those on a limited data plan, we recommend that you only join those video calls while connected to a wireless WiFi network.

Can I chat with my therapist via the app?

Yes, you can send your therapist brief messages. For example, once you complete the program, it's a good idea to send your therapist a message once a week just to let them know how you are doing. Keep in mind, therapists are **not available after business hours** and for emergency needs contact your local police.

Do I have to pay to join a small group?

Some small groups have a monthly cost that pays for the counselor. However, a vast majority of the small groups accept guests at no cost. Try joining a group!