App Highlight:
Sober Grid: This social networking app allows people to connect with other sober individuals in their local community and worldwide. [https://www.sobergrid.com/](https://www.sobergrid.com/)

Quick Tip:
Unsure if you need help?
ARCC offers a free, anonymous screening tool which is a quick way to see if you or someone you care about should seek help for substance use.
Check it out [here](https://www.763-433-1100).
Addiction happens when the use of a substance or an activity become compulsive and interferes with your day to day activities. Admitting that you or someone you care about might be addicted can be challenging. The first step is reaching out for help. There are many resources out there to help. If you are concerned about yourself, a friend or family member you can talk to someone by calling or texting one of these crisis lines:

**Suicide Prevention Lifeline** - 1-800-237-8255

**SAMHSA’s National Helpline** - 1-800-662-HELP (4357)

**Crisis Text Line** - text “Talk” to 741741

For more information about addiction, support and how to help a friend check out this great resource and videos from **Half of Us**.

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**Upcoming ARCC Events Focusing on Substance Use Prevention & Education**

**Know the Truth** April 7th 1-2 PM  [RSVP here]

Since 2006, the Know the Truth ™ Prevention Program (KTT) has educated more than 550,000 students in over 300 schools across the state of Minnesota. Utilizing a peer to peer approach, KTT presenters share the real life consequences of substance use. This presentation will cover current drug trends, prevention education and an overview of Know the Truth ™ Prevention Program, as well as resources for support in regards to substance use and mental health.

**Addiction Recovery Conversation** April 27th 2-3 PM  [RSVP here]

Join us for a shared discussion of personal recovery from addiction. Learn practical tips for how to support loved ones in recovery and find out more about resources available. Led by St. Cloud State University Recovery Coordinator, Thaddeus Rybka, this session will give you an opportunity to ask questions and connect with a supportive community.