



The Tennessee Department of Mental Health and Substance Abuse Services is proud to offer the TN Recover app. Available for download in the Apple App Store for iOS devices or the Google Play Store for Android devices, the **TN Recover app** is designed for people in recovery from substance use disorder or for people looking to get more information on preventing addiction. People can also use the app to contact the Regional Overdose Prevention Specialist in their area to obtain naloxone to reverse an opioid overdose.

## Why download the TN Recovery App:

1. It will link you a Peer community for that needed support after treatment.
2. It will allow you to state attuned to new articles on treatment and recovery.
3. It will allow you to have private and secure messaging to stay in touch with your facility
4. It will provide you with notifications of appointments, and events
5. It will serve as a gratitude journal for your recovery
6. It will serve as a place to share milestones and updates in a safe and supportive peer community

Download the app by texting "SAVE" to **30678**.

