

About Affect

Affect is the first all-digital substance use disorder treatment program that is delivered completely through a smartphone app. You don't have to go to a clinic to get real outpatient and intensive outpatient treatment for alcohol, cannabis, and stimulants like methamphetamine, cocaine, and prescription medications. Designed with game theory and behavioral engineering, our program leverages science and technology to get you started on the road to recovery fast and keep you going. If you've tried and struggled or have been afraid to ask for help, Affect is the solution to your drinking and drug problem.

How it Works

Our program uses methods proven by the latest research to be more successful than traditional treatment programs. You win points that can be redeemed for real financial rewards as you complete steps in your personalized recovery journey. Members can engage with their recovery community any time in the app.



Win your life back as you win rewards for recovery

Earning rewards stimulates the brain's rewards center naturally instead of relying on drugs to feel good. They motivate you to keep going and keep getting better.



Reduce your use comfortably until you're in control

You don't have to quit completely to be in our program. We work with members through relapses, gradually reducing their use and the harm they do to themselves and others. Members double their sober days in just one month.



Get therapy and medical support anywhere with telemedicine

All weekly group and individual therapy sessions and medical appointments are done in the app. You can do them privately from anywhere and never have to make up an excuse to get help.



Get help to get your life under control

Our care teams provide you support and assistance in employment, housing, healthcare, benefits, and more. You'll be able to focus on your recovery without the stresses of life bearing down on you.

How to Get Started

Getting started with Affect is as simple as downloading the app and registering, or signing up at [GetAffect.com](https://getaffect.com).

You can begin using the app immediately. Our care team will contact you and set up your first intake appointment. Within 48 hours, you'll be talking with a counselor who will listen to your story and work with you to create a personalized plan. Then you'll go to a group therapy session and a medical appointment, where you'll get medicine to help with your cravings and discomfort if appropriate. As you work challenges in the app, attend sessions, and complete periodic drug screens, you'll earn rewards daily.

Scan the QR code or visit JoinAffect.com to download and sign up.

