



# “Keep looking up”

The ARC-Edinburgh app can help you when recovering from addiction to drugs or alcohol by motivating you and keeping track of your progress. The app can help you organise your time and find local support to help you focus on your recovery.



Find out more at [arcapp.co.uk](http://arcapp.co.uk)



[/addictionrecoverycompanion](https://www.facebook.com/addictionrecoverycompanion)

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