We are seeking individuals to participate in a research study by the Department of Psychology at the University of Notre Dame.

**Individuals Must:**

- Be 18 years or older
- Have recent difficulties with their emotions or substances
- Have a smartphone
- Be Enrolled in College

This study is focused on learning more about how your past and current experiences relate to risky behavior engagement.

**Time Commitment?**
One **3 Hour In Person Session** and **10-12 Minutes Per Day** for 21 Days

**Compensation?**
Yes! Up to **$100**

**Interested?**
Contact the ASSIST Lab at Notre Dame to learn more and find out if you’re eligible

574-631-5914  
assist@nd.edu

Call or email to find out if you are eligible for study participation!