

Frequently Asked Questions

General Questions

Q: What is Sober Sidekick?

A: Sober Sidekick is a 24/7, anonymous support app designed to help individuals in recovery. It provides a safe space for community, encouragement, and accountability through peer support.

Q: Is Sober Sidekick free?

A: Yes. Sober Sidekick is completely free to use, ensuring that everyone seeking support can access it without financial barriers.

Privacy & Security

Q: Is Sober Sidekick anonymous?

A: Yes. Your privacy is our priority. The app is designed to be anonymous, and you don't need to provide personally identifiable information to participate. No identifiable information will be shared with your employer.

Q: How does Sober Sidekick protect my data?

A: Your data is never shared without your consent. We only use data when you opt into special programs to receive additional benefits and support from our partners.

Recovery Resources & Features

Q: What resources and features does Sober Sidekick offer?

A: Sober Sidekick provides a range of tools to support your recovery, including:

- 24/7 peer support – Get immediate encouragement from a community that understands your journey.
- Anonymous platform – Share your experiences without fear of judgment.
- Virtual 12-step meetings – Access Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) meetings anytime.
- Sobriety tracker – Keep track of your progress and milestones.
- Educational & motivational content – Read articles, watch videos, and stay inspired.
- Direct messaging with peers – Connect with others in recovery for one-on-one support.
- Personalized recovery navigation – Get guidance to find the right resources for your unique needs.

With these tools, Sober Sidekick ensures no one has to navigate recovery alone.

Q: How does the community support work?

A: You can connect with others on the recovery journey through posts, comments, and direct messages. The community is here to encourage, share experiences, and help you stay on track.

Getting Started

Q: How do I start using Sober Sidekick?

A: Just download the app from the iOS App Store or Google Play Store, create an anonymous account, and join our supportive community. You can immediately begin tracking your sobriety and connecting with others.

Q: What if I need immediate support?

A: Sober Sidekick provides 24/7 access to peer support and virtual meetings. You can post in the community or attend online meetings anytime you need encouragement or assistance.