

# Mobile applications & links to websites to support people affected by STBBIs, people who use substances, people who are unstably housed, or people recently released from corrections

## Overdose Prevention & Harm Reduction

**Connect by LifeGuard:** if you are using drugs alone, you can use this app to set up a timer that if it goes off and you don't respond to it, 911 will automatically be dialled and given your GPS location from the app. <https://play.google.com/store/apps/details?id=com.dev.lifeguard>

**The Brave App:** The Brave app (formerly known as "Be Safe Community") aims to keep people safer from overdose by providing them with access to a community of people willing to provide remote supervision at the very moment they are most at risk of overdose. If, and only if, you overdose, your location is revealed to your supporter who can then call 911 or your personal contact, at your discretion, to direct them to you for immediate revival. <https://play.google.com/store/apps/details?id=coop.brave.besafe>

### Links to Bookmark:

- Harm reduction site finder: <https://towardtheheart.com/site-finder>
- Naloxone lesson: <https://towardtheheart.com/naloxone-lesson/>

## Assistance with With Day to Day Life

**Transit Live Bus & Tube Transport Times:** Never miss your bus again. Open up the app and boom: upcoming departure times for all nearby transit lines are displayed in big text and bright colours. <https://play.google.com/store/apps/details?id=com.thetransitapp.droid>

**BC Services Card:** This app is needed to log on to BC Government online services. Add your BC Services card to this app, then you use the app to log in on your mobile device. <https://play.google.com/store/apps/details?id=ca.bc.gov.id.servicescard>

**WorkBC:** Whether you are currently a WorkBC client, or new to the services WorkBC has to offer, you will find what you are seeking with the WorkBC App. B.C. Job seekers can find support through a WorkBC Centre, Apprentice financial supports are available to eligible apprentices while they're completing their classroom apprenticeship training. See if you're eligible, learn how to apply and access online supports, and more. <https://play.google.com/store/apps/details?id=ca.bc.gov.workbc>

### Links to Bookmark:

- Find community, health & government services nearby: <https://bc211.ca/>

## Health & Wellness

**Pill Reminder and Medication Tracker by Medisafe:** if you need to remember to take medication, such as for hep C treatment, you can set up pill reminder alarms in this app, and also record that you took your pills so you don't get confused. <https://play.google.com/store/apps/details?id=com.medisafe.android.client>

**Thunderbird Wellness:** This app is for anyone looking for a culturally safe approach to health and wellness. The app has been created with the belief that wellness for Indigenous people is tied to their connection to Creation, language, land and ancestry, all supported by a caring family and environment. There is info in this app to support connection to culture, as well as information on supporting people with addictions, substance use and mental wellness issues.

<https://play.google.com/store/apps/details?id=com.thunderbirdwellness>

**SNIWWOC Health:** SNIWWOC Health is a curated list of culturally-sensitive healthcare professionals in Victoria and Vancouver, Canada. To be featured on the app, service providers are vetted using a phone interview and/or email survey. <https://play.google.com/store/apps/details?id=com.caorda.sniwwoc>

**BC Virtual Visit:** This app is used by some healthcare providers in BC for virtual visits, so you can see a doctor without having to go in to the clinic. If your doctor uses this app, they will send you an invitation link for your appointment. <https://play.google.com/store/apps/details?id=ca.bc.gov.health.hlbc.BCVirtualVisit>

**BC Health Service Locator:** This app will help you find the nearest walk-in clinic, hospital, emergency room, immunization centre, pharmacy, or lab collection site anywhere in BC. <https://play.google.com/store/apps/details?id=com.ca.bc.health.hlbc.bchealthservicelocator>

**Health Gateway:** Health Gateway provides secure and convenient access to your B.C. health records all in one place. Access your blood test and other lab results, medication history, immunization records, health visits and more. Save proof of vaccination documents for you and your family. Have them ready for travel or to access events and services that require it. Connect with HealthLink BC for health advice and get the latest information about COVID-19.

<https://play.google.com/store/apps/details?id=ca.bc.gov.myhealth>

**I'm Ready, Test:** Through this app, you can get free HIV self-testing kits mailed to you anywhere in BC, respond to surveys, and be referred to services and information for HIV care and prevention <https://play.google.com/store/apps/details?id=com.unityhealthtoronto.imreadytest>

**I'm Ready, Talk:** Through this app, you can access support from peer navigators before, during or after you do an HIV self-test. The peer navigators can help answer your questions about the I'm Ready research program, guide you to information about HIV self-testing and provide live, virtual support while you test. They can also point you to services and information for HIV care and prevention.

<https://play.google.com/store/apps/details?id=ca.imready.connect>

**Sleep Cycle: Sleep Tracker** Relax, sleep better and wake up feeling rested with Sleep Cycle, the smart alarm clock. Track sleep from bedtime to morning, and get detailed analysis with the app that makes waking up in the morning just that bit easier.

<https://play.google.com/store/apps/details?id=com.northcube.sleepcycle&hl=en>

#### Links to Bookmark:

- STI testing/clinic finder: <https://smartsexresource.com/get-tested/clinic-finder>
- Online STI testing self-request: <https://getcheckedonline.com/Pages/default.aspx>
- Hepatitis Clinic finder: <http://www.bccdc.ca/health-info/prevention-public-health/bc-hepatitis-clinics>

## Mental Health & Wellness

**MindShift CBT - Anxiety and Panic Relief:** This is a free self-help anxiety relief app that helps you reduce worry, stress, and panic by following evidence-based strategies. <https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en>

**PTSD Coach Canada:** The PTSD Coach Canada app can help you learn about and manage symptoms that can occur after trauma. It is always with you when you need it and provides education about PTSD, a self-assessment tool, tools for managing distress, information on crisis support and professional treatment. [https://play.google.com/store/apps/details?id=ca.gc.veterans.ptsd.ptsdcoach&hl=en\\_US](https://play.google.com/store/apps/details?id=ca.gc.veterans.ptsd.ptsdcoach&hl=en_US)

**PocketWell:** PocketWell aims to support people across Canada and Canadians living abroad, in both English and French. With PocketWell, you'll be able to use research-based tools to measure and track your well-being, including a Self-Assessment developed by psychologists. The Mood Meter will also let you keep a log of how you're doing through quick daily check-ins. <https://play.google.com/store/apps/details?id=com.greenspacehealth.wtc>

**Thinkable: Anxiety relief:** Can better thinking patterns reduce anxiety, stress and depression? The answer is YES! Research shows Thinkable helps users improve their mental health by training daily using the app for 14 days. Created by Dr. Guy Doron, clinical therapist and mobile health expert, and backed by research, Thinkable enables you to improve your thought process, confidence and mood without having to type a single line. <https://play.google.com/store/apps/details?id=com.ggtude.life>

**Insight Timer - Meditation, Sleep, Music:** A free meditation app. Guided meditations, sleep music tracks and talks led by the top meditation and mindfulness experts, neuroscientists, psychologists and teachers <https://play.google.com/store/apps/details?id=com.spotlightsix.zentimerlite2>

**Breathr: Mindful Moments** This app was developed for youth by BC Children's Hospital with experts and the help of young people - but open for anyone to give it a try. Begin to explore and experience practices of mindfulness and self-compassion, choosing from a variety of practices. Breathr can help you to live in the present moment, while providing interesting facts about the many benefits of mindfulness. <https://play.google.com/store/apps/details?id=ca.phsa.breathrapp>

**Foundry BC** If you are a young person or a caregiver of a young person aged 12 to 24, living in British Columbia, Foundry is here to support you. The Foundry BC app offers drop-in and scheduled counselling, peer support, groups and other services as well as tools and resources that support you in living a good life. <https://play.google.com/store/apps/details?id=ca.foundrybc.foundryapp>

**What's Up? - Mental Health App** What's Up? is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! With a beautiful, modern design, simple heading and easy-to-follow methods, you can get to what helps you the most in seconds! <https://play.google.com/store/apps/details?id=com.jacksontempra.apps.whatsup&hl=en>

**Youper: Self-Guided Therapy** Youper uses Cognitive Behavioral Therapy (CBT) techniques, the scientifically proven way to improve your mood. A study from Stanford University showed significant

improvement in symptoms of depression and anxiety after using the Youper app.

<https://play.google.com/store/apps/details?id=br.com.youper>

**Virtual Grief Support** The app includes free Peer-led Virtual Grief Support Groups, a directory of Other Virtual Group Support Groups, a guided “Grief Journal”, chat space, families’ stories, News & other Information - <https://play.google.com/store/apps/details?id=com.virtualgriefsupport.android>

### Substance Use Support & Recovery

**nomo - Sobriety Clocks:** An app to keep on track and motivated with sobriety goals- set clocks to see you how far you have made it in your journey, add accountability partners, earn chips for reaching certain milestones, or share your success on social media. <https://play.google.com/store/apps/details?id=air.com.parkerstech.day>

Contacts to save in phone address book (use alias for privacy):

- Test Link Call Team; 1-604-707-2434
- Unlocking the Gates business hours; 1-604-518-3261
- Unlocking the Gates after hours; 1-778-938-2584
- Help 4 Hep Peer Support: 1-888-411-7578