

Mobile applications, online, telephone, and text-based services to support people affected by Sexually Transmitted and Blood-Borne Infections (STBBIs)

This resource has been compiled with input from people who have lived or living experience of STBBIs as well as substance use, under-housing, or incarceration. The resources have been identified based on being free to access or use and available without any referrals and on-demand. Resources that aim to support people with things that frequently co-occur with STBBIs, such as substance use, mental health challenges, and other unmet health needs have been identified, particularly those available to people living in British Columbia, Canada. We have organised the resources by category, to make it easier to find specific types of support.

Overdose Prevention, Harm Reduction & Substance Use Supports

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>

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>

Links to Checkout or Bookmark:

- **Harm reduction site finder:** A map to help you locate sites across B.C. that provide free harm reduction supplies such as sterile needles & syringes, pipes, Naloxone, safer sex supplies, etc. <https://towardtheheart.com/site-finder>
- **Naloxone lesson:** A free online self-paced course demonstrating how to administer naloxone in the event you witness an overdose. <https://towardtheheart.com/naloxone-lesson/>
- **Help Starts Here:** A tool to locate mental health and substance use supports across B.C., managed by the Ministry of Mental Health and Addictions. <https://www.wellbeing.gov.bc.ca/>

Phone numbers to save:

- **Alcohol & Drug Information Referral Service:** Provides free, 24/7 confidential information and referral services to people in BC in need of support with any kind of substance use issue (alcohol or other drugs) 1-800-663-1441

Mental Health Supports

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

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>

Links to Checkout or Bookmark:

- **Bounce Back:** A free skill-building program designed to help adults and youth 13+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness. <https://bouncebackbc.ca/>

Phone numbers to save:

- **Peer Support Warm Line:** Call the 'Warm Line' to chat with a Peer from 1-9pm 7 days a week; 1-888-768-2488
- **BC Crisis Centre:** Suicide crisis line available 24/7 1-800-784-2433 (1-800-SUICIDE)
- **Here to Help BC:** call to access free emotional support, information and resources for mental health 310-6789 (do not add 604, 778 or 250 before the number)
- Trans Life Line: 1-877-330-6366

Supports Tailored for Indigenous Peoples

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.thunderbirdwllnss&hl=en_CA

Talking Stick – Indigenous: Talking Stick is a made-in-Saskatchewan anonymous chat app developed by First Nations, for First Nations. Whether you are feeling excited, angry, proud, confused, or need someone to talk to, Talking Stick is a judgement-free place to chat anonymously (one on one) with a First Nations Peer Advocate. <https://play.google.com/store/apps/details?id=app.talkingstick>

Phone numbers to save:

- **KUU-US Crisis Services:** 24 hour crisis service offering education, prevention and intervention programs for Indigenous people in BC 1-800-588-8717
- **MÉTIS CRISIS LINE:** Immediate crisis intervention for Métis people across BC, as well as support with relationship troubles, depression and anxiety, financial issues, and bullying and peer pressure support 1-833-638-4722
- **Hope for Wellness Help Line:** Counsellors available 24/7 for Indigenous people across Canada, with services available in English and French, or upon request in Cree, Ojibway (Anishinaabemowin), or Inuktitut 1-855-242-3310
- **National Indian Residential Schools Crisis Line:** Available 24-hours a day for anyone experiencing pain or distress as a result of his or her (or a family member's) Residential school experience 1-866-925-4419

Links to Checkout or Bookmark:

- **Teachings in the Air Podcast:** Teachings In The Air is an Indigenous health and wellness podcast hosted by Elder Gerry Oldman. Teachings in the Air aims to inspire, motivate, and empower Indigenous people to be sound in mind, body and spirit - because that's what healthy means. <https://www.teachingsintheair.ca/>

Health and Wellness Supports

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>

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>

Healthcare Services

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>

Links to Checkout or 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>

Support with Day to Day Needs

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.the transit app.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 Checkout or Bookmark:

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