

# Mobile Health Apps for Migrants

https://apps4health.eu/

Module 5 - Closing session (5.4) Health apps for addictions and substance use



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## **Objectives**

- Increase awareness on what are Health apps for addictions and substance use are and the importance of a healthy habits
- Identify main activities for establishing a healthy habit and how those applications can contribute to that
- Understand the main concepts related with Health Apps and how they can be useful for migrants





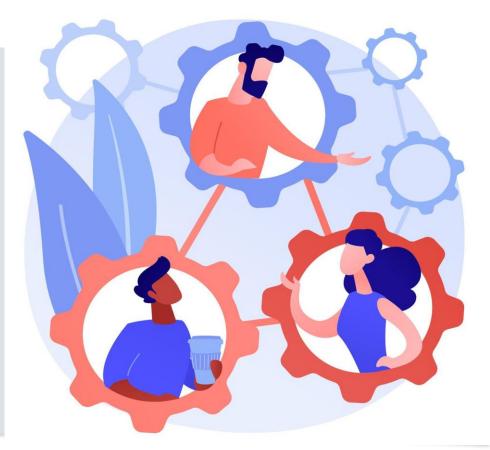






#### Competences

- Definition of what substance abuse and addictions apps are
- Explanation of how substance use and addictions apps can help improve quality of life and health
- Familiarization with and ability to navigate different health apps and integrate them into daily life.





## Closing

## This module includes the following:

- Summary of main lessons learned
- Sharing experiences of using applications related to tobacco use and/or screen addiction
- Practical challenges and ideas how to overcome this challenges

## Closing

#### Take some minutes and write down...

- What is a substance use or an addiction relief app ?
- How can I establish healthy habits and why is it important?
- How can I benefit from the use of a substance use or an addiction relief application?
- What are the possible advantages and disadvantages of using these applications?



## MIG-HEALTH APPS Mobile Health Apps for Migrants

Congratulations! You have completed the teaching session of this module!



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