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MIG-HEALTH APPS

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



[Source: Image by nuraghies on Freepik](#)



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!

