SURE
recovery

An app for people in recovery from drug or alcohol problems

SURE Recovery is available to download for free on the Google Play and App Store.

@surerecoveryapp   @SURE_Recovery

The SURE Recovery app is for people who are: Using alcohol or other drugs, in recovery, or thinking about recovery.

The app is for people interested in abstinence and/or harm reduction.

What does the app do?

The app includes six key features:

- **Recovery Tracker:** Using The Substance Use Recovery Evaluator (SURE). Plus personalised feedback and scores.

- **Sleep Tracker:** Using The Substance Use Sleep Scale (SUSS). Plus personalised feedback and scores.

- **Diary:** To record private thoughts and feelings.

- **Artwork:** Submitted by app users and displayed in the app.

- **Naloxone:** Including information, training and emergency advice.

- **Reading:** Free access to *The Everyday Lives of Recovering Heroin Users;* a book based on the lived experiences of people in recovery.

Who deigned the app?

The app was jointly developed by King's College London, people in recovery from alcohol and other drug problems and Mindwave Ventures.

Who funded the app?

The National Addiction Centre; King's College London, NIHR Maudsley Biomedical Research Centre for Mental Health; King's College London and Action on Addiction

Where can I find out more information?

Visit https://www.kcl.ac.uk/ioppn/depts/addictions/research/measures/sureapp/index.

Get app