

Download now from Play Store for free.
Give it a try!



© wutzkoh – stock.adobe.com



© blvdone – stock.adobe.com

"It's not a question of 'why',
but 'why not'."

BePrepared (Culture-sensitive digital screening and brief intervention for young refugees with hazardous alcohol and/ or cannabis use) is part of the research association PREPARE (Prevention and Treatment of Substance Use Disorders in Refugees).



Funding number:
01EF1805D

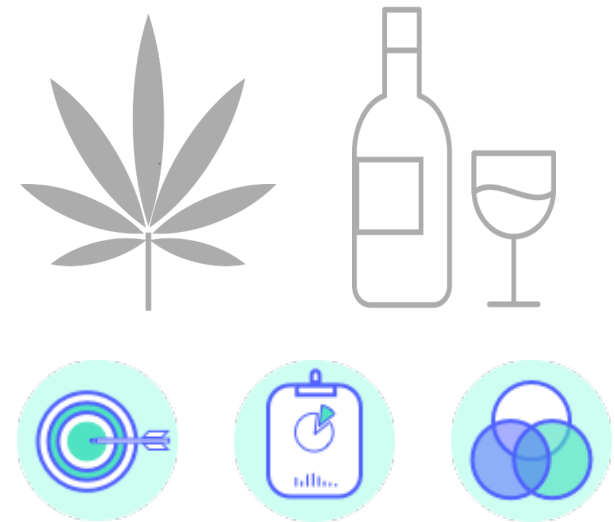


Be Prepared

Englisch

– Arabic– German – English –
Farsi – Pashto –

The app for young refugees about
alcohol and cannabis – and how to
handle both safely.



You want...



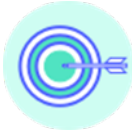
... to change something?

The app helps you to set priorities and figure out what really matters.



... to find alternatives?

The app accompanies you in your everyday life and invites you to try something new.



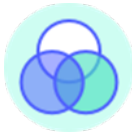
... to determine your own goals?

Whether you would like to consume less or stop consuming completely, the app assists you along the way.



... to keep track of everything?

The app gives you a clear overview of how much you have consumed per day/ week/ month.



... to relax?

The app informs you about emotions and consumption. It shows you how to relax without consuming alcohol or cannabis.



... information about alcohol and cannabis?

A quiz and many short info texts do not beat around the bush, but inform you about offered assistance, legal regulations and safe handling.







... local assistance?

The app informs you about counseling centers near you – in many languages!

- free of charge –
- anonymous –
- scientific –

The BePrepared Study

In order to further improve the app and test its effectiveness, every user is asked questions. That means for you:

-  Download the app from Play Store for free.
-  Answer the introductory questions.
-  Use the app.
- After 4 weeks, 3 months and 6 months you will again answer a couple of questions.
-  After each survey you have the chance to win a **voucher worth 10 – 15 €!**



We will remain secrecy and protect your data!

While using the app your data is protected according to the latest standards.

Any information or details revealed by yourself within this app will not be disclosed to any third parties.

Responsible persons

German Institute on Addiction and Prevention Research, Catholic University of Applied Sciences of North Rhine-Westphalia

- Management: Prof. Dr. Michael Klein
- Contents, concepts and coordination:
 - Laura Fischer, M.Sc. Psych.
 - Vera Kölligan, M.Sc. Psych.
 - Bennett Symma, B.Sc. Psych.

Artificial Intelligence Laboratory (DAI-Labor), Technische Universität Berlin (TU Berlin)

- Management: Prof. Dr. Dr. h.c. Sahin Albayrak
- Technical Implementation:
 - Nizar Ben-Sassi, Dipl.-Inform.
 - Paul Zernicke, Dipl.-Inform.
- Concept and Design:
 - Dr. Jörn Schulz
 - YunYao Wang

Translation

Bonn Institute for Migration Research and Intercultural Learning (BIM): Ihab El Sharkawi, Mohamed Inalo (Arabic), Djabar Kamalizade (Farsi), Marie Lomberg (English), Dr. Abdullah Mohmand (Pashto)

Social Innovation Transfer Network – s_inn:
Laura Verena Corsten (English)

Practice partners

- Bonner Institut für Migrationsforschung und Interkulturelles Lernen (BIM) e.V.
- Deutsches Rotes Kreuz (DRK) Köln
- Evangelische Jugendhilfe Godesheim gGmbH
- Sozialdienst Katholischer Männer (SKM) Köln e.V.
- Stadt Köln (Wohnungswesen)