

CRANSTOUN

Empowering People, Empowering Change

**Do you want to
stay safe while
injecting drugs
alone?**

Our BuddyUp app offers
remote, confidential
support and will send
help in a crisis.

It could save your life.



cranstoun.org/buddyup



Download the BuddyUp app today...

What is BuddyUp?

BuddyUp is an app-based service available on Google Play and the App Store.

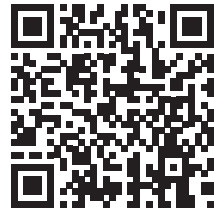
Call BuddyUp when you're about to use drugs, especially if you intend to use drugs alone. Our supporters will stay on the line with you until you're safe or will send help if you're not.

BuddyUp is a nationwide service and anyone in the UK and Republic of Ireland can use the app.

How does BuddyUp work?

- Download The BuddyUp app on your Android or Apple device. It will work anywhere you have a cellular signal or Wi-Fi access.
- Set up a rescue plan that details how emergency services can access you to help if you overdose.
- Anonymously and privately connect to a BuddyUp supporter through the app before you use drugs alone.
- Your supporter will ask you for some basic details about the type of drugs you're using and ask you about your rescue plan. They will stay on the line with you until you feel that you are safe.
- If you become unresponsive, your supporter will send help according to the instructions you provided in your rescue plan.

If you are not ready to call, you can download BuddyUp, find out how the app works, and follow the useful links to Drug Science and Release.



Scan the QR code for more information.

BuddyUp can be used anonymously. We don't need your name, and we don't collect your phone number. The only information we need is your location/address to send emergency help should you become unresponsive.

We keep your personal data safe by collecting as little as possible. Your personal data from your rescue plan stays on your phone and we only gain temporary access during an emergency.



If you have any questions, please get in touch:
E: buddyup@cranstoun.org.uk

