

Blake Recovery Center is pleased to bring you this cutting-edge technology as another support for you along your road to recovery.

Triggr Health is a mobile platform designed to give you the support you need ...
when you need it.

Find local meetings, manage your recovery plan, and stay connected to those who understand your unique road to recovery.

Need Help? Call 800-933-3579
Or visit CarrierClinic.org

Unlimited access to
Triggr Health is included in
your Blake Recovery Center
program

To download:

1

Visit this website on your
smartphone:
go.triggrhealth.com/app

2

Open the app and enter the
passcode given to you at
discharge

3

Click Sign Up



Free
24/7
support
in
your
pocket

We are there for you.



Triggr Health +

Triggr Health
is available
to you at



You will learn more and
sign up during treatment,
then take Triggr with you
when you leave.

It's free to you, forever.

Call 800-933-3579

Visit CarrierClinic.org



PROVEN

Access evidence-based peer support
groups anytime, anywhere, for free.

PROACTIVE

Triggr Health uses modern technology
and real-time data to proactively
connect you with the support you need,
when you need it.

PERSONALIZED

Tailor the app with your recovery plan
and your reasons for staying sober.

Triggr Health is the next step
of your treatment
program.

Ask your care manager about
how you can get started with
Triggr Health