Steady

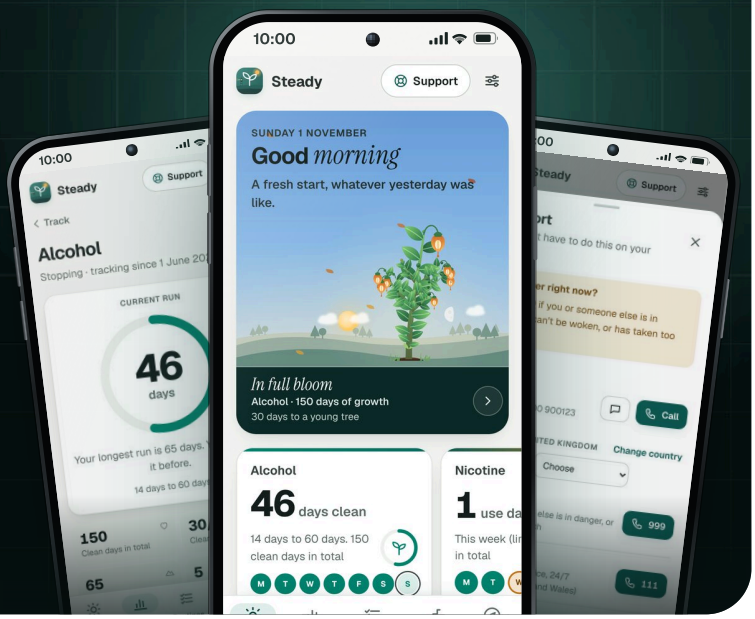
FOR ORGANISATIONS

A RECOVERY APP FOR THE PEOPLE YOU SUPPORT

A private place for your clients' *recovery*

Steady is an app for adults recovering from alcohol and drugs. It's a place to count their days, ride out urges and keep daily routines close. Everything stays on the client's own phone or computer.

- ✓ No accounts
- ✓ Nothing leaves the phone
- ✓ Works offline



WHAT YOUR CLIENTS GET

Everything in one *calm* place

Days that only go up
Clean, sober or substance-free: their word. Milestones stay, and a slip is information, not a verdict.

An urge toolkit
Urge surfing, a breathing guide, their own reasons for change, and people to call.

Daily routines
Morning and evening routines to make their own, and a quick evening check-in.

Their own approach
Twelve Step work in plain words, self-management tools that draw on cognitive behavioural ideas, or both.

Appointments
With reminders that only ever say "Appointment", so nothing private shows.

Support, one tap away
On every screen, even the lock screen: helplines, the emergency number and your service.

Plain safety information
About stopping some substances suddenly, and how tolerance drops after a break.

Private, and theirs
A PIN lock, backups they control, three text sizes, and light and dark mode.

Steady Plus, with your key
Mood and craving charts, a progress summary, money not spent, milestone cards, locked backups, themes.

What it means for your service

Nothing to set up
No accounts, staff logins or systems. You pass on one licence key.

No client data
Steady doesn't send client data to us, or to you.

Priced by people
By how many people you support, not how many sites. Steady never counts anyone.

Your service, in Support
Your name and phone number, next to the helplines.

Clients keep everything
Everything in Steady Plus, kept even after your licence ends.

Fits any approach
Twelve Step, self-management, or both. Clients choose.

FOR EARLY ORGANISATIONS

Try Steady *free* for 3 months

A free 3-month pilot. No commitment. At the end, choose a licence or stop, and your clients keep everything.

hello@lightkeeperstudio.co.uk

SCAN TO SEE STEADY

Coming soon to Google Play and Windows. iPhone later. For adults aged 18 and over.
Steady supports recovery. It isn't medical treatment or a medical device, and it doesn't give medical advice.

Privacy, prices and how to start →

PRIVACY AND DATA PROTECTION

Nothing leaves the client's *phone*

Steady has no server, so there's nothing for us, or for you, to store or look after.

For your data protection lead

We don't process any client data on your behalf, so there's no client data for a data processing agreement to cover for the app itself. Please make your own check, as you would for any app you suggest. Our privacy policy and terms are on the website.

- Everything stays on the client's own phone or computer.
- Nothing is sent to us or to you. We can't see it or share it.
- A PIN lock, and Support still works on the lock screen.
- Backups are files clients save. They can delete everything.
- No account, analytics, ads or tracking. It works offline.
- Your key holds only your service's name and number.
- Reminders only say "Morning routine", "Evening routine" or "Appointment".
- Your key is checked on the device. Nothing is reported back.

PRICES

Priced by people, not *places*

SMALL	MEDIUM	LARGE
£199 a year	**£995** a year	**£1,995** a year
Up to 100 people a year	Up to 500 people a year	Up to 2,500 people a year

Each licence covers one district (a local council area). Bigger, or more than one district? Let's talk. Volunteer-led peer groups: free. Priced by people, not sites. Prices exclude VAT.

EVERY LICENCE INCLUDES

- No counting of clients
- Leaflets and client cards
- Steady Plus for every client
- Help by email
- Your service in Support
- Invoices and purchase orders
- Clients keep everything
- A free 3-month pilot to start

HOW TO GET STARTED

1. **Get in touch**
   Email us and tell us about your service.
2. **Free pilot**
   We send you a licence key with your service's name and number.
3. **Pass it on**
   Share the key and hand out cards. Clients paste it in Settings, then Licence.
4. **Choose**
   After 3 months, pick a licence or stop. Clients keep everything.

Get in touch

hello@lightkeeperstudio.co.uk

steadyrecovery.com

Scan the code to see Steady on the website.

If someone needs help now

Emergency	In danger, or has taken too much	**999**
Samaritans	Free, 24/7, whatever it is	**116 123**
FRANK	Drugs advice, 24/7. Or text 82111	**0300 123 6600**
Know the Score	Drugs and alcohol in Scotland	**0800 587 5879**
DAN 24/7	Drugs and alcohol in Wales, 24/7	**0808 808 2234**
Lifeline	Crisis support in Northern Ireland, 24/7	**0808 808 8000**

Outside the UK: findahelpline.com lists free helplines in your country.

Steady is not affiliated with Alcoholics Anonymous, Narcotics Anonymous or SMART Recovery.
Steady supports recovery. It isn't medical treatment or a medical device, and it doesn't give medical advice.

Lightkeeper Studio, a UK sole trader
For adults aged 18 and over