

HELPFUL APPS

BETTER STOP SUICIDE



Better Stop Suicide uses world-leading psychological techniques and technology to stop people from dying by suicide. It features a gratitude checklist, life-saving messages, calming audio files, built-in alarm clock, and other features.

TALK LIFE

TalkLife is a safe, positive community where you can talk about anything: mental health, depression, self-harm, eating disorders, a bad breakup or a relationship, school or work, etc. You can instantly meet supportive people who actually care and want to listen. TalkLife is clinically governed with world class real-time safeguarding and moderation.



The Stay Alive app is a pocket suicide prevention resource packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. In addition to the resources, the app includes a safety plan, customizable reasons for living, and a life box where you can store photos that are important to you.

STAY ALIVE

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Created in partnership with the California mental health services authority, this app lets you stay in touch with your network and plan to stay safe. You can be prepared to help yourself and reach out to others when you're having thoughts of suicide.





Suicide Safe (SAMHSA) provides health professionals with information and tools to identify and assess a patient at risk of suicidal thinking, behavior, or attempts. The app offers tips on how to communicate effectively with patients and their families, determine appropriate next steps, and make referrals to treatment and community resources.

SUICIDE SAFE

VIRTUAL HOPE BOX

Virtual Hope Box (VHB) was designed for Veterans and their behavioral health providers as an accessory to treatment. VHB provides help with emotional regulation and stress management via personalized supportive audio, video, pictures, games, mindfulness exercises, positive messages and activity planning, inspirational quotes, coping statements, and other tools.



A Friend Asks helps provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide. The app includes warning signs of suicidal ideation, how to help a friend, how to get help now, what to do and what not to do, and the B1 Program.

A FRIEND ASKS

NOT OK

The Not OK App is a pre-crisis tool designed to get immediate assistance to people who are on the verge of a suicide crisis. Users simply press the "not OK" button and a text message is sent to the user's trusted contacts who then have the option to help if they are available or not at the time. The app also features breathing animations while users wait for the response of their trusted contacts.



This app is designed to support those dealing with suicidal thoughts and help prevent suicide. You can customize your own warning signs that a crisis may be developing, coping strategies for dealing with suicidal urges, places for distraction, friends and family members you can reach out to, professionals you can call, methods of making your environment safe, and your own important reasons for living.

SUICIDE SAFETY PLAN