

Suicide Prevention Apps



Jason Foundation: A Friend Asks:

- A Friend Asks (Android, iOS) is a free app by the suicide prevention group Jason Foundation. It aims to teach its users how to recognize the signs that someone close to them may be thinking about suicide, and how to reach out to them proactively. The app provides users with a list of common warning signs of suicide ideation, do's and don'ts for such a sensitive situation and easy access to resources such as the National Suicide Prevention Lifeline.



MY3

- While "A Friend Asks" focuses on training users to recognize the signs of suicide ideation in others, MY3 (Android, iOS) is targeted squarely at those who are depressed or suicidal themselves. MY3 aims to keep you connected to your core network, asking you to choose three close contacts, such as friends, family, loved ones or your therapist, that you feel comfortable reaching out to whenever you feel down. In addition, MY3 helps you build your own Safety Plan, asking you to think through and list your own warning signs, coping strategies and support network, so that you can easily act when you recognize your warning signs. In addition, the app includes a wealth of suicide prevention resources and contact information for the National Suicide Prevention Lifeline.



Stay Alive

- This is designed for people who are thinking of suicide. It helps users to create a safety plan with action steps. Users identify people and places that calm them. It includes a "LifeBox" feature. Users can fill their box with inspirational quotes/pictures. They can also include breathing exercises and grounding techniques to reference as needed. There is also quite an extensive databank of knowledge for concerned friends and family members. They can use this help educate themselves and find resources.

Calming Apps



Calm

- This meditation app helps teach users ways to calm their body and ease their mind.



MoodKit

- This app utilizes games and activities to help people improve their mood.



Breathe to Relax

- This app helps the user build breathing skills they can use when they need to relax and calm the mind and body.



Life Armor

- This app contains an assessment tool that helps users identify feelings of depression or post-traumatic stress.



Insight Timer

- This **app** features guided meditations, music and talks posted by contributing experts.



My Strength

- Get a flexible and comprehensive digital program with proven tools and dedicated support for stress, depression, sleep and more **Build a healthier mind for a stronger you**
- www.mystrength.com/

SUICIDE PREVENTION RESOURCE HOTLINES



1-800-273-8255
(TALK)



Text "Hello" to
741-741



Call 211 or text
your Zip Code to
898211



1-866-488-7386

1.800.273.8255 help available 24/7



sdsuicideprevention.org

- National Suicide Prevention Lifeline
 - The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Call 1-800-273-8255 (TALK)
- Crisis Text Line
 - Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment. Text "Hello" to 741-741, also available via Facebook Messenger.
- Helpline Center
 - The Helpline Center is the only call center of it's kind in South Dakota, answering the NSPL for calls that originate in South Dakota, and they are the 211 provider in the state – a central database providing up to date information, assistance in finding good or other basic essentials, and providing crisis support. Available statewide by dialing 211 or texting your zip code to 878211.
- The Trevor Project
 - The Trevor Project provides 24/7 support for LGBTQ+ Youth. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the Trevor Lifeline at 1-866-488-7386.

Suicide Prevention Resource Websites



Helpline Center | 211

- The Helpline Center is making lives better by giving support, offering hope and creating connections all day, every day through the 211 Helpline, Volunteer Connections, and Suicide and Crisis support.
- www.helplinecenter.org
- Call 211 or text 898-211
- Download "211 Helpline" app on your phone



South Dakota Suicide Prevention

- SDSP provides information, education, support, and resources for individuals impacted by suicide and to support suicide prevention across South Dakota.
- www.sdsuicideprevention.org



NAMI South Dakota

- NAMI South Dakota provides education, support, and advocacy for families and individuals affected by mental illness.
- www.namisouthdakota.org



Alliance of Hope

- Alliance of Hope has been working to decrease stigma, increase understanding of the suicide loss experience, and provide direct support to survivors.
- www.allianceofhope.org



Dougy Center

- Dougy Center provides grief support in a safe place where children, teens, young adults, and their families can share their experiences before and after death.
- www.dougy.org/grief-support-resources/teens



The Jason Foundation

- The Jason Foundation, Inc. (JFI) is dedicated to the prevention of the “Silent Epidemic” of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.
- www.jasonfoundation.com



Suicide Prevention Resource Center

- SPRC advances suicide prevention infrastructure and capacity building through consultation, training, and resources to enhance suicide prevention efforts.
- www.sprc.org



Wellness in Watertown Facebook group

- The purpose of this group is to share wellness tips, resources, information and events that relate to mental health. This community group was created for those within the Watertown area to connect with others who are looking for ways to improve their wellness; as well as an opportunity to support others mental health journey.
- www.facebook.com/groups/WellnessWatertown



City of Watertown

- The City of Watertown, in collaboration with Prairie Lakes Healthcare System and Watertown Healthy Youth share health education resources within the Watertown community through a monthly video series.
- www.watertownsd.us/healtheducation



Mental Health America

- Mental Health America (MHA)'s work is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal.
- <https://www.mhanational.org/winter-break-survival-tips-college-students>
- <https://www.mhanational.org/conditions/seasonal-affective-disorder-sad>

Other helpful resources



- www.rethinkingdrinking.niaaa.nih.gov/
- For anyone who drinks, this site offers valuable, research-based information. What do you think about taking a look at your drinking habits and how they may affect your health? *Rethinking Drinking* can help you [learn more](#).



- www.avoidopioidsd.com/



- www.drugfree.org



- **BecomeAnEX** is a **free**, digital quit-smoking plan and online community of thousands of smokers and ex-smokers developed by Truth Initiative in collaboration with Mayo Clinic.
- Visit <https://www.becomeanex.org/>



- **quitSTART App** is a free smartphone app that helps you quit smoking. It gives customized tips, inspiration, and challenges to help you quit for good. Go to your app store to download or go to <https://smokefree.gov/>.



- South Dakota QuitLine – Receive up to 12 weeks of FREE personal coaching and cessation medication for anyone 13 years and older.
- Call 1.866.SD-QUITS (1-866-737-8487)
- Visit SDQuitLine.com/enroll