

# SUICIDE PREVENTION AND AWARENESS APPS



*"Saving Lives in Tennessee"*



## TENNESSEE SUICIDE PREVENTION NETWORK

For iOS and Android.

<http://itunes.apple.com/us/app/tennessee-suicide-prevention/id646385350?mt=8>



## GUARD YOUR BUDDY

Download the app at:

<http://guardyourbuddy.com/get-the-app/>



## OPERATION REACH OUT

A Smart Phone app aimed at preventing suicide among military personnel and veterans.

[www.militaryfamily.com/downloads/apps](http://www.militaryfamily.com/downloads/apps)



## MY3

You define your network (of your three), and plan to stay safe. For Android and iOS.

[www.my3app.org](http://www.my3app.org)



## PSYCH APP - R U SUICIDAL

For Android and iOS; an app designed for someone who may be or is suicidal.

<http://www.psychappsint.com>



## SUICIDE SAFE

The Suicide Prevention App for Health Care Providers.

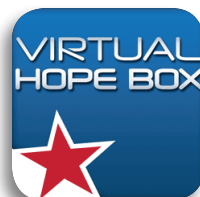
<http://store.samhsa.gov/apps/suicidesafe/>



## A FRIEND ASKS

An app by the Jason Foundation for Android and iOS devices. Suicide Prevention, warning signs, and resources available.

<http://jasonfoundation.com/get-involved/student/a-friend-asks-app/>



## VIRTUAL HOPE BOX

Supporting Behavioral health for military service members and their families.

<http://t2health.dcoe.mil/apps/virtual-hope-box>

# GET CONNECTED TO SUICIDE PREVENTION RESOURCES AND SUPPORT



"Saving Lives in Tennessee"

## AWARENESS AND INFORMATION

- **TSPN.org** - Tennessee Suicide Prevention Network
- **JasonFoundation.com** - The Jason Foundation
- **AFSP.org** - American Foundation for Suicide Prevention
- **SPRC.org** - Suicide Prevention Resource Center
- **Suicidology.org** - American Association of Suicidology

## MILITARY AND VETERANS

- Veterans Crisis Line  
**veteranscrisisline.net**  
**1-800-273-TALK then Press 1**
- Wounded Warrior Project  
**woundedwarriorproject.org**

## SUPPORT

For Families and Friends of Suicide Loss - **pos-ffos.com**

## LGB&T

- The Trevor Project  
**thetrevorproject.org**  
**1-866-488-7386**
- Trans Lifeline  
**translifeline.org**  
**877-565-8860**
- It Gets Better Project LGB&T Youth  
**itgetsbetter.org**



## CRISIS RESOURCES



**1-855-CRISIS1** or **1-855-274-7471**  
**tn.gov/behavioral-health**

## LIFELINE FOR ATTEMPT SURVIVORS

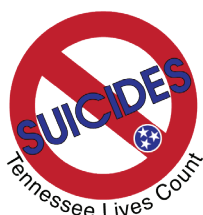
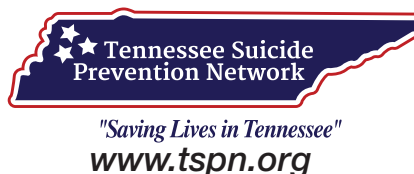
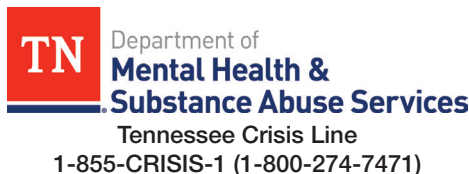
**lifelineforattemptsurvivors.org**

## WORDS OF HOPE ONLINE

- Live Through This - stories of suicide attempt survivors told from survivors  
**livethroughthis.org**
- Now Matters Now - shares strategies to survive and build more manageable and meaningful lives  
**nowmattersnow.org**

## TEENS

- Youth Suicide Prevention Program - **yspp.org**
- Remedy Live - Chat Anonymously through tough situations - **remedylive.org**



Get the TSPN App:  
Available on Apple  
and Android

