










Useful Suicide Prevention Mobile Apps:

	Name in App Store	Target Population	Features	Pros
	ASK & Prevent Suicide	Individuals looking to help a friend/loved one	Provides educational resources and crisis intervention resources for suicide prevention. Warning Signs, referral information, Crisis lines specific to different populations	Basic. Easy to use, especially for those inexperienced with technology
	Indiana Injury Prevention Resource Guide through the Indiana State Department of Health	People working with individuals at risk for injury and/or suicide, suicide prevention coalitions/councils	Information on the size and scope of specific injury problems in Indiana. Ways to address the public health issue of suicide in the state as well as other causes of injury	Lots of information on specific types of injuries, resources and references. Specific to the state of Indiana
	Jason Foundation A Friend Asks	Teens, Young Adults, those looking to help a friend/loved one	Warning signs, Resources, How to help a friend, What to do; What not to do, Get help NOW (can press to call national suicide hotline)	Very user friendly, appeals to youth
	Lifebuoy: Suicide Prevention:	Suicide Survivors	Treatment Locator (gives location, contact information and map for all mental health treatment centers and crisis centers nearby), crisis chat lifeline, Mood Diary with sharing capability, self help resources	Provides resources specific to those who have a history of suicidal ideation
	MY3- Support Network	Individuals at risk for Suicidal Ideation/Thoughts	Allows users to select 3 individuals from contact list to support them in times of crisis, has a safety plan toolbox with customizable strategies, people and places that can be used as coping skills	Allows users to personalize their own support system

	Name in App Store	Target Population	Features	Pros
	Safety Plan	Individuals with Suicidal Ideation/Thoughts	Personalized Digital Safety Plan stored on phone, Info about safety plans, immediate connection to safety plan supports	Easy to use and access quickly. Allows for constant access to safety plan
	Suicide Safe by SAMHSA	Primary Care, Behavioral Health Providers	Based on the Suicide Assessment Five-Step Evaluation and Triage practice guidelines (SAFE-T)	Access to downloadable resources, focused on clinical providers, endorsed by SAMHSA
	Suicide Safer Home	Those living with someone who has suicidal thoughts, safety plan supports	Ways to reduce access to lethal means, safe disposal/storage of medication and firearms, practical safety planning tips, to do list	Provides info on a number of different potential risk factors
	Virtual Hope Box	Individuals struggling with thoughts of suicide, behavioral health providers	A variety of tools to assist someone who may need to redirect their thought pattern. Includes inspirational quotes, guided relaxation/medication and self-identified coping tools	Easy to use. Variety of options for hope-building, can be modified to address the needs of the individual

Other Useful Websites :

http://www.havehope.com	Information for youth, parents and teachers on suicide prevention with specific pages for each demographic regarding warning signs, how to get help and the importance of suicide prevention.
http://www.in.gov/issp/	Website through the Department of Mental Health and Addiction and the Family and Social Services Administration. Access to the Indiana State Suicide Prevention Plan, state resources for suicide prevention, coalitions and task forces across the state, services related to suicide prevention

Please note that information entered into apps may not be kept private. Please review the app's policies prior to use. This information is current as of August 2017. App details and cost may change. **DISCLAIMER:** Indiana Suicide Prevention Network does not endorse or warrant for suicide prevention purposes, or any particular purpose, any of these applications. Indiana Suicide Prevention Network is sharing this for informational purposes as a public service only and assumes no responsibility or liability for any circumstances arising out of the use, misuse, interpretation or application of any information supplied by any of these applications. Indiana Suicide Prevention Network has not evaluated any of this applications for treatment accuracy or any other use or purpose. Updated August 2017