

National  
Suicide Prevention  
Lifeline  
1-800-273-8255(TALK)

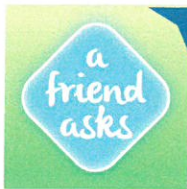
# SOUTH CAROLINA YOUTH SUICIDE PREVENTION INITIATIVE

SCYSPI.ORG  
O: 803-896-4740

## Suicide Prevention Phone Apps for Youth and Young Adults



Resources need to be Available, Approachable, and Able.  
Always check your three A's!



### A Friend Asks

This app is a go-to resource for those who think a friend might be at risk of suicide. A Friend Asks offers tips for how to look for warning signs, step-by-step instructions for how to ask a friend if they've been thinking about suicide, and what to do if they say, "yes." Concerned? Just ask!

### ASK

### Ask About Suicide

Based on a Texas GLS program, ASK educates users about the warning signs of suicide and how to navigate a conversation with someone who might be at risk, including how to properly ask if they're thinking about suicide. The app also features numerous resources in case someone answers, "yes."



### Booster Buddy

BoosterBuddy is an app designed to help children, teens and young adults cope with psychosis and related mental health concerns. It can help youth become more actively involved in managing their wellness. Approved for ages 4 and up.



### MY3

MY3 is a collaborative tool for safety planning. Features such as My Reason for Living, My Coping Strategies, and My Network help users better understand themselves, their feelings and how they can cope to survive their suicidal crises, with access to the National Suicide Prevention Lifeline and 911 at the touch of a button.



### Suicide Safer Home

Is a family member or roommate struggling with suicidal thoughts? Have they indicated a method? If so, Suicide Safer Home helps users learn about resources, how to take appropriate action, and most importantly, how to reduce access to lethal means.



### Virtual Hope Box

Developed by the Department of Defense, Virtual Hope Box is a great app for building resiliency in individuals who struggle with suicidal thoughts. Users develop a fully immersive, customizable experience featuring games, inspirational quotes, coping exercises, breathing therapy, and so much more.

