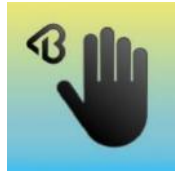


Better Stop Suicide

- Calming audio files
- Gratitude checklist
- Key phone contacts
- Built-in alarm clock
- Records life-saving message
- Helpful tasks to feel better



Virtual Hope Box

- Distract Me
 - Puzzles: Sudoku, photo And word searches
- Inspire Me
 - Read powerful quotes
- Relax Me
 - Controlled breathing, muscle relaxation, guided meditation
- Coping Tools
 - Coping cards, activity planner



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Zero
Suicide
Alliance

Because
ONE life lost
is ONE too many

Mental Health Wellness & Recovery Phone Apps



Free information on phone apps for
Apple© and Android© supported devices

STEP 1

Complete a Safety Plan

What is a Safety Plan?

- A personalized and practical plan that can help you avoid dangerous situations and know the best way to react when you are in danger.
- Best developed in partnership with a mental health clinician, and updated as your social network, warning signs, and coping skills change.
- Write it down on paper first!
- Try your best to create a plan that you would be willing to use/refer to upon during a crisis.
- Your plan should consist of brief instructions, using your own words, and should be easy to read.

A Safety Plan may consist of...

- Warning signs or triggers
- Soothing activities or coping skills
- Supportive contacts
- Your outpatient networks
- Crisis line(s)
- Reasons for living
- Ways to keep yourself safe

STEP 2

Pick 1 or more apps

Safety Plan

- o Feature in Mood Tools
- o Quick access to just your safety plan
- o Easy to update as you get better



MY3

- o Store your information confidentially
- o Get support at times of greatest risk
- o Access to the National Suicide Lifeline 24/7



MoodTools

- o Depression specific, types of therapies...
- o PHQ-9 - track or set reminder
- o Guided meditation, soothing sounds, TED talks
- o Record thoughts and emotions, challenge your thinking
- o Activities to improve mood
- o Have your safety plan handy



MindShift

- o Thought journal, coping cards
- o Mindful recordings between 2-6 minutes
- o Face your fears by identifying steps, identify challenges and do them, review your healthy habits



SuperBetter

Live Gamefully®

- o Bringing the same mindset and psychological strengths naturally displayed when playing games - such as optimism, creativity, courage, and determination - to real life
- o Build and track four types of resilience



What's Up?



Help Right Now
Everything you need to keep calm right here



Coping Strategies
Thinking Patterns, Metaphors, Manage Worries & Positive Steps



Information
Anger, Anxiety, Depression, Self Esteem & Stress



Personal
My Diary, Positive Habits, Negative Habits & My Notes