



Suicide Prevention Apps in Virtual Stores

** - Targets providers and/or bystanders

Highlight - Developed for specific locations or groups

Name	Supported Operating System(s)	Description	Language(s)	Age Rating	Price
Better Stop Suicide	Available on Apple app store for iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 4.4 and up	App works to calm and slow your mind to assist in stopping suicidal thoughts.	English	4+	Free
Suicide Prevention App **	Available on Apple app store for iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 5.0 and up	App offers standardized screening and response planning tools also features an integrated map to locate mental health and medical services near your current location.	English	17+	Free
Suicide Safety Plan	Available on Apple app store for iOS 9.3 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 4.1 and up	App is designed to support those dealing with suicidal thoughts and help prevent suicide. App contains an easy to access list of emergency resources	English	12+	Free



Calm in the Storm: Stress Management	Available on Apple app store for iOS 7.1 or later. Compatible with iPhone, iPad, and iPod touch	App helps you to identify, assess, and track your own stress levels. Also helps you manage suicidal thoughts and create individualized plans for keeping you safe	English	12+	Free
Suicide Safe by SAMHSA **	Available on Apple app store for iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 4.4 and up	Suicide prevention tool for primary care in behavioral health providers.	English	12+	Free
Stay Alive	Available on Apple app store for iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 4.1 and up	Offers suicide prevention resources, useful information, and a safety plan.	English, Danish, Finnish, Norwegian Bokmal, and Swedish	17+	Free
Friend2Friend **	Available on Apple app store for iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 5.0 and up	Simulation for teens to practice having a conversation with a friend and to recognize signs of distress and signs that a friend may be thinking about suicide	English	12+	Free



MY3- Support Network	Available on Apple app store for iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 4.0 and up	Create your support system, build your safety plan toolbox, and access the National Suicide Hotline 24/7.	English	4+	Free
My Coping Plan	Available on Apple app store for iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 5.0 and up	Helps to develop a personalized coping plan.	English	4+	Free
There is Hope **	Available on Apple app store for iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 5.0 and up	App helps determine steps needed to save your or someone else's life	English	4+	Free
Tennessee Suicide Prevention Network	Available on Apple app store for iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 4.4 and up	Guide to warning signs to suicide and provides resources in Tennessee.	English	4+	Free



<p>Suicide Lifeguard **</p>	<p>Available on Apple app store for iOS 7.0 or later. Compatible with iPhone, iPad, and iPod touch.</p> <p>Available on Google play store for android 4.0 and up</p>	<p>Intended for those concerned about someone they know who may be thinking about suicide.</p>		<p>17+</p>	<p>Free</p>
<p>DMHS: Interactive Suicide Prevention</p>	<p>Available on Apple app store for iOS 8.1 or later. Compatible with iPhone, iPad, and iPod touch.</p> <p>Available on Google play store for android 4.0 and up</p>	<p>Provide information about suicide intervention, suicide prevention and mental health resources. It also provides direct link to a 24-hour telephone support Crisis Access Linkage Line (CALL) and resources local to Durham Region, Ontario</p>	<p>English</p>	<p>12+</p>	<p>Free</p>
<p>Just in Case</p>	<p>Available on Apple app store for iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.</p> <p>Available on Google play store for android 4.1 and up</p>	<p>Provides suicide prevention resources for college students. Offers information in warning sign of crisis and suggested responses, both for student and their friends, and bystanders.</p>	<p>English</p>	<p>4+</p>	<p>Free</p>



INSIST	Available on Apple app store for iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 4.1 and up	Indigenous Network Suicide Intervention Skills Training. App developed to support INSIST trained responders. Targets at-risk Indigenous youth (Australia)	English	12+	Free
The Lifeline	Available on Apple app store for iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 4.1 and up	Canada's National Suicide Prevention and Awareness app. Provides awareness education and prevention strategies to guide people in crisis.	English and 30 more languages	4+	Free
DMHS Suicide Prevention and Crisis Intervention	Available on Apple app store for iOS 6.0 or later. Compatible with iPhone, iPad, and iPod touch.	Designed to provide information about suicide intervention, prevention, and mental health resources. Provides direct link to a 24-hour telephone support C.A.L.L. (Crisis Access Linkage Line).	English	4+	Free



HELP Prevent Suicide	Available on Apple app store for iOS 6.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 4.1 and up	Provides easy access to crisis intervention resources, including a list of warning signs, steps on how to talk to someone in crisis, and information on national and Oklahoma-specific resources.	English	12+	Free
SCNG Suicide Prevention	Available on Apple app store for iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 4.1 and up	Implemented to become core framework which SCNG units and leaders use to promote resilience amongst Airmen, Soldiers, and Family Members.	English and 27 more languages	4+	Free
Elijah	Available on Apple app store for iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 4.4 and up	Notification service that send out a text message with your current location. Users can upload personal contacts to be notified at a click of a button.	English	4+	Free



Blue Life Coach	Available on Apple app store for iOS 13.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 4.4 and up	Behavioral health toolkit designed to help law enforcement professionals lower stress, improve performance during challenging situations, improve sleep, reduce emotional reactivity, increase situational awareness, sharpen mental clarity and problem-solving skills.	English	17+	Free
Operation Reach Out	Available on Apple app store for iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 4.0.3 and up	Features include: Help Center, Help for Suicidal People, Help for People trying to Prevent Suicide. Support or military families.	English	17+	Free
First Step Oregon	Available on Apple app store for iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	Provides resources for teenagers, educators, public safety workers, and parents on teen substance abuse and suicide.	English	17+	Free
Mentally Fit	Available on Apple app store for iOS 7.0 or later. Compatible with iPhone, iPad, and iPod touch.	Use as a self-help app for depression or anxiety, or as a therapy tool.	English	12+	\$1.99



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Youper	Available on Apple app store for iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 7.0 and up	Always there to talk. Your AI assistant is always by your side. Take care of your emotional health with Youper.	English	12+	\$9.99+
Safe Students	Available on Apple app store for iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	Provides students a safe way to report bullying and suicide concerns to school administrators at any time, from anywhere, privately and securely using their own mobile device.	English	4+	Free
HOPE- Broome County Mental Health Dept.	Available on Apple app store for iOS 7.1 or later. Compatible with iPhone, iPad, and iPod touch.	Provides user with guide to warning signs that correspond with level of risk and helps user guide a conversation with someone who may be experiencing suicidal thoughts. Supplies a comprehensive list of resources.	English	12+	Free



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Together Strong	Available on Apple app store for iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 5.0 and up	Interactive experience to engage in role-playing conversations with virtual veterans and service members to learn how to best support transition to civilian life.	English	12+	Free
Step Up Speak Out	Available on Apple app store for iOS 7.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 4.0 and up	Promotes campus safety and greater awareness of mental health concerns. Connects users to a 24-hr suicide prevention crisis line geographically closest to users' location (Within Ohio).	English	12+	Free
We Are The 22	Available on Apple app store for iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 4.1 and up	Combating the veteran suicide epidemic through direct, peer-based suicide intervention. Teams are on standby 24-hrs a day to respond in person to veterans in suicidal crisis to provide peer support and get them the help they need.	English and 27 more languages	4+	Free



SPEAK	Available on Apple app store for iOS 9.3 or later. Compatible with iPhone, iPad, and iPod touch.	Suicide prevention and education app for users in North Alabama. Helps users recognize the signs of suicide in friends and family and get them the help they need.	English	4+	Free
ReliefLink	Available on Apple app store for iOS 10.0 or later. Compatible with iPhone, iPad, and iPod touch.	Supplemental tool to manage daily mental health, monitor suicidal feelings and thoughts, and offer options for seeking help.	English	12+	Free
PFPO Pens for Pals Org.	Available on Apple app store for iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch.	Access on demand care and support 24/7. Unites people to create large community of at-risk youth, survivors, and victims of suicide or bullying.	English and 4 more languages	4+	\$5.99
iHelp Sunshine Coast	Available on Apple app store for iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch.	Support and service information for suicide prevention.	English	4+	Free



Yellow Ribbon App	Available on Apple app store for iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store android 4.4 and up	Includes information on the Yellow Ribbon Suicide Prevention Program and has features such as Call 4 Help and Ask 4 Help cards.	English	17+	Free
Alaska Careline	Available on Apple app store for iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 4.1 and up	Provides crisis intervention for individuals considering suicide or experiencing crisis, isolation, or depression.	English and 30 more languages	4+	Free
Kokua Life	Available on Apple app store for iOS 10.2 or later. Compatible with iPhone, iPad, and iPod touch.	Provides users with Hawaii resources and tools related to suicide prevention	English	12+	Free
Reach Out-University of Cincinnati	Available on Apple app store for iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 4.0.3 and up	Provides guidance for supporting a friend in need, suicide prevention, or coping with mental health challenges.	English	12+	Free



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The Fire Watch	Available on Apple app store for iOS 11.0 or later. Compatible with iPhone, iPad, and iPod touch. Available on Google play store for android 4.4 and up	Northeast Florida's fight to end veteran suicide. Network building.	English	12+	Free
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This compilation is not an endorsement of any of the virtual applications mentioned

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