



"Saving Lives in Tennessee"

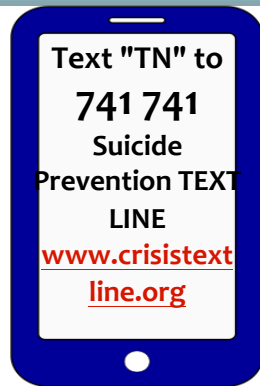
## Get Connected to Suicide Prevention Resources and Support

**Online!** 

### Awareness and Information

- \* AFSP.org- American Foundation for Suicide Prevention
- \* SPRC.org- Suicide Prevention Resource Center
- \* SAVE.org- Suicide Awareness and Voices for Education
- \* Suicidology.org- American Association of Suicidology
- \* TSPN.org- Tennessee Suicide Prevention Network

### Crisis Resources



### Teens

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



**Lifeline for Attempt Survivors-**

### Military and Veterans

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

### 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

### 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



# Suicide Prevention and Awareness Apps



Tennessee Suicide Prevention Network APP for iOS  
<https://itunes.apple.com/us/app/tennessee-suicide-prevention/id646385350?mt=8>



Operation Reach Out - [www.militaryfamily.com/downloads/apps](http://www.militaryfamily.com/downloads/apps);  
 a Smart Phone app aimed at preventing suicide among military personnel and veterans



R U Suicidal? For Android and iOS; an app designed for someone who may be or is suicidal

<http://www.psychappsint.com/>



A Friend Asks 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/>

Guard Your Buddy App  
 Download the app at:

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



MY3



[www.my3app.org](http://www.my3app.org) for Android and iOS

You define your network (of your three), and plan to stay safe



Suicide Safe: The Suicide Prevention App for Health Care Providers

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



Hope Box: Supporting Behavioral health for military service members and their families

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



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

