



# STAY CONNECTED TO YOUR SUPPORT NETWORK WHEN YOU ARE HAVING THOUGHTS OF SUICIDE.

## CREATE YOUR SUPPORT SYSTEM

Simply add the contact information for people who know and care about you and can help when you are experiencing thoughts of suicide.

## BUILD YOUR SAFETY PLAN

You can customize a safety plan by identifying your warning signs, coping strategies, distractions and personal networks to help keep yourself safe.

## ACCESS IMPORTANT RESOURCES

Personalize MY3 by adding other suicide prevention resources and websites that help you feel better and stay safe. A number of different resources are also already listed in MY3.

*If you need to talk to someone about your suicidal thoughts, please contact the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)**. Trained counselors are available to provide free, confidential help, day or night.*

Download MY3 for free on iPhone App Store or Google Play Store. Search for MY3-Support Network.



[www.MY3App.org](http://www.MY3App.org)

