



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

