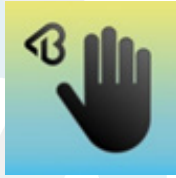


Contact Us

For questions or more information,
please contact the Human Service
Center online at
dss.sd.gov/behavioralhealth/hsc
or by phone at 605.668.3100

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



The Department of Social Services does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of actual or perceived race, color, religion, national origin, sex, age, gender identity, sexual orientation or disability in admission or access to, or treatment or employment in its programs, activities, or services. For more information about this policy or to file a Discrimination Complaint you may contact: Discrimination Coordinator, Director of DSS Division of Legal Services, 700 Governor's Drive, Pierre, SD 57501, 605.773.3305.

Español (Spanish) - ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.800.305.9673 (TTY: 711).

Deutsch (German) - ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1.800.305.9673 (TTY: 711).

Mental Health Wellness and Recovery Phone Apps

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 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

These apps are not intended to be a replacement for treatment nor any sort of medical intervention.

Step 2

Pick 1 or more apps

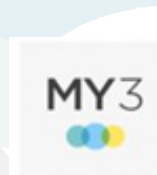
Safety Plan

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



MY3

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



MoodTools

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



MindShift

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



SuperBetter Live Gamefully®

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



What's Up

- Help right now - everything you need to keep calm
- Coping strategies - Thinking patterns, metaphors, manage worries and positive steps
- Information - Anger, anxiety, depression, self esteem and stress
- Personal - My Diary, positive habits, negative habits and My Notices

