Better Stop Suicide
- Calming audio files
- Gratitude checklist
- Key phone contacts
- Built-in alarm clock
- Records life-saving message
- Helpful tasks to feel better

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

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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).

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
**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

**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

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