

Thinking about suicide?

Worried about someone?



In the app:

Advice
Helplines and chat
Safety plan
Wellness plan
Staying safe guide



Our award-winning Stay Alive app was created by people who have lived experience of those feelings and concerns.

We know there is hope and recovery from suicidal thoughts is possible. You do not have to face anything alone.

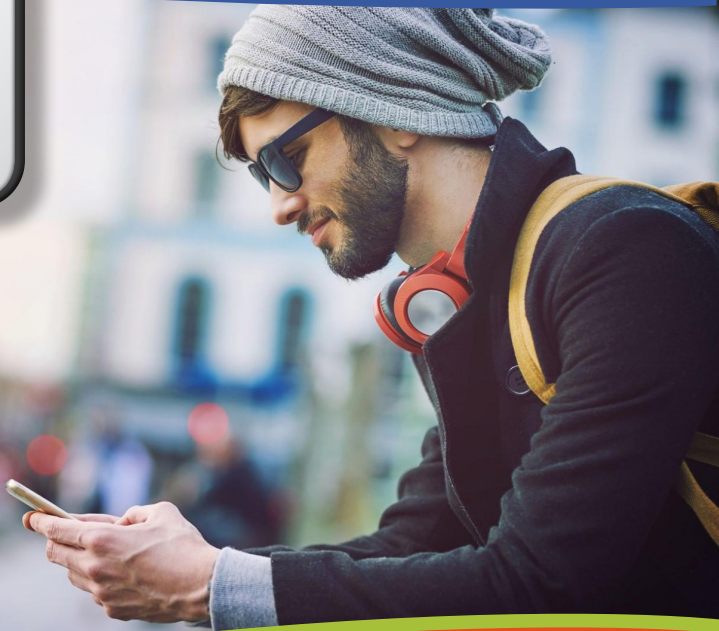
Stay Alive is free, confidential, and full of life-saving resources.

Scan to
download



stayalive.app

GRASSROOTS
SUICIDE PREVENTION



Download the
award-winning

Stay Alive app

It's free and
can help you
and others
stay safe from
suicide

If you feel at risk:

- **Find help now**

Quick access to a large database of UK national and local support

- **Safety plan**

A customisable and shareable plan for keeping you safe from suicide

- **LifeBox**

A place to store your life-affirming photos or videos

- **Log in anywhere**

Access your account any time on iOS, Android or web browser

If you are worried about someone else:

- **Help for others**

UK crisis helplines and services you can contact or recommend

- **Warning signs**

Potential signs that someone is thinking about suicide

- **What to say**

Direct questions, helpful language and debunking suicide myths

- **Safety**

Helping people in public places and keeping yourself safe

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"The app is the next best thing to a friend sitting with me, holding my hand when I am down and out."

- *Sangeeta*

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