

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