

County of Santa Clara Behavioral Health Services Technology-Aided Suicide Prevention

Mobile Apps

MY3

Designed for individuals who may experience suicidal crises to help them avert crises and practice self-care, as well as reach out for help.

Available on iTunes & Google Play

Circle of 6

Two taps lets your circle know where you are and how they can help. Circle of 6 app makes it quick and easy to reach the people you choose.

Available on iTunes & Google Play

Online Text and Chat

Crisis Text Line

Text message for free, 24/7 crisis support.

Text **RENEW** to **741741**

Lifeline Crisis Chat

A national suicide prevention and crisis chat.

www.crisischat.org

7 Cups of Tea

Provides online chat and therapy.

www.7cups.com

The Trevor Project

Provides crisis intervention and suicide prevention for LGBTQ youth.

If you're thinking about suicide:

Call **Trevor Lifeline** at **1-866-488-7386** or

Text **TREVOR** to **1-202-304-1200**



County Suicide and Crisis Hotline 24/7

1-855-278-4204

www.sccbhsd.org/suicideprevention