



Thoughts of suicide?

988 SUICIDE & CRISIS
LIFELINE

Call, Text, or Chat

Coping and Symptom Management Apps



Recognize signs and respond to a friend in crisis



Helps to cope with depression, anxiety, anger, stress and more
What's Up



Safety plan and support during crisis



Reduce stress and increase happiness
Happify



Coping, relaxation and positive thinking



Manage anxiety and be mindful
Mindshift

Free for iPhone or Android

