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3:03

NotToday:

Thoughts

Self-Defense Against Suicidal

Check In



NotToday is a tool for self-defense that lets you "leave a note" from your normal mental state to your suicidal one, as a reminder that you don't actually want to die, no matter how real it may feel at the time.

Since, when you are in a dissociated suicidal state, you won't remember to go back and look at the note, the app will check in with you each day to see if you are having suicidal thoughts. If not, just dismiss the notification.

You may not feel able to say "I'll never kill myself."

But you can say, Not Today.

Continue to Setup



NotToday is for people with chronic suicidal thoughts. Meaning, they go through periods of actively wanting to kill themselves, or passively wishing to die, and then other times feel normal.

Phone X

This is different from being in a suicidal crisis, which is when you have a plan and access to a way to kill yourself. If the case, please hang in there and call 911 dial a local suicide hotline or text Crisis Text Line

Text

If the first description sounds like you, this is how to use the app:

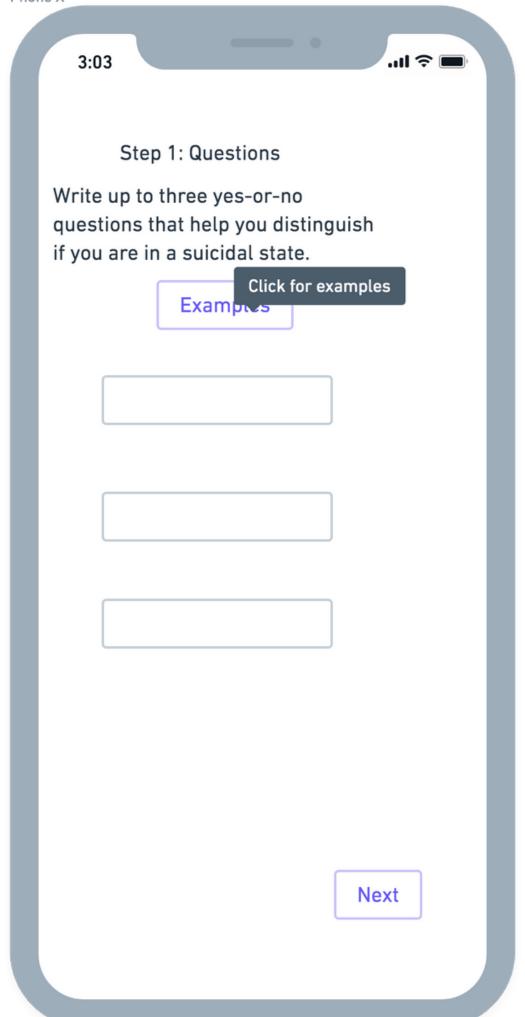
Suicide Hotline

Crisis Text Line

Start Here

Settings

Info





3:03 Step 2: Reminders Enter any text that will help remind you that you have states of mind where you don't want to die. Click for examples Examples

Next

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Phone X

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Step 2: Reminders

Videos: Link to any videos you could watch to remind you that you don't always want to die.

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Step 2: Reminders

Photos: Select any photos of people, animals, symbols, etc. that will help you remember you don't always want to die.



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Step 2: Reminders Quotes: "A man should live, if only out Enter any text that will help of curiosity." remind you that you have states of mind where you don't want to die. Journal Entries: "7/26/2019 I feel so normal today. I can't believe yesterday I was obsessing over dying." Self-Compassion: I'm not the only one who sometimes feels this way. If I were talking to someone else having the same experience, I would try to comfort them. I might say, "It's so sad for anyone to have to feel like you are feeling right now."

Phone X

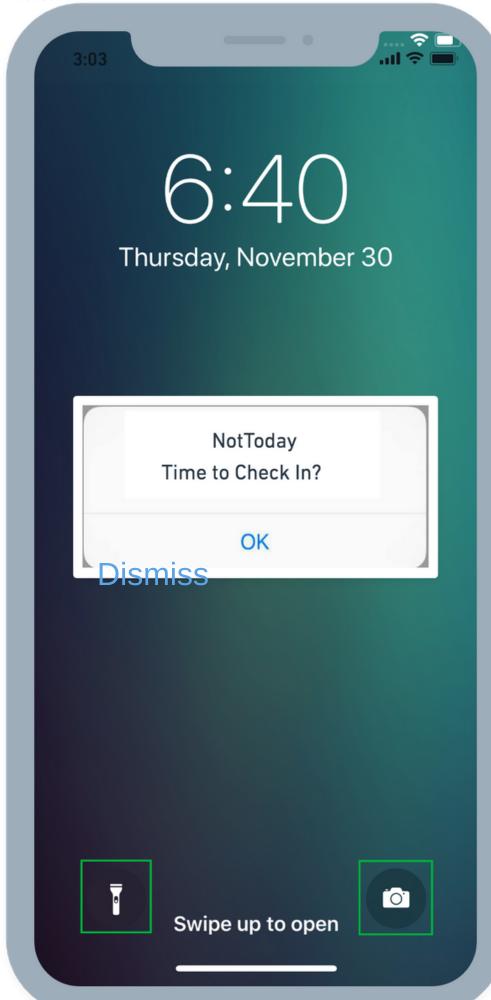
''II 🕹 🔳 3:03 Step 3: Set reminder time Time 8:00am Random Complete

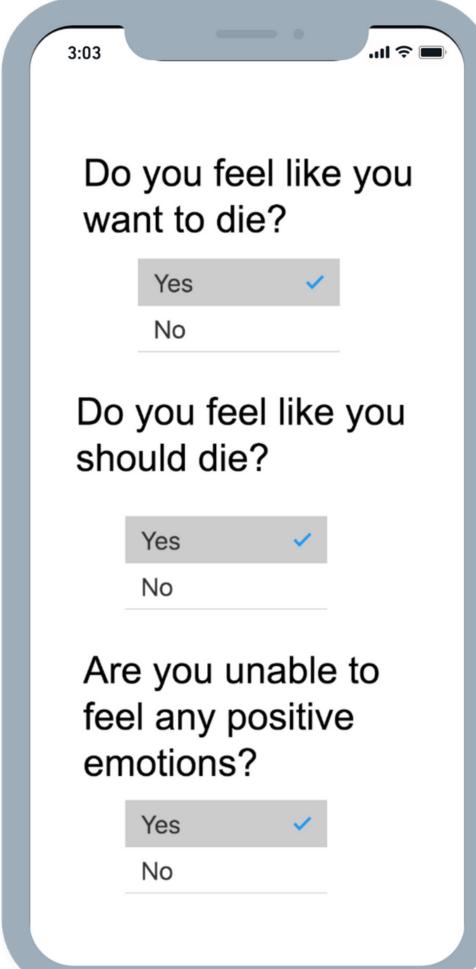
3:03	매 중 🔳
Step 2: Reminders	
If there are friends, therapist or other contacts you would want to call or text, enter their contact info here	
Name	
Phone Number	
Name	
Phone Number	
Name	
Phone Number	
Next	

Setup Complete

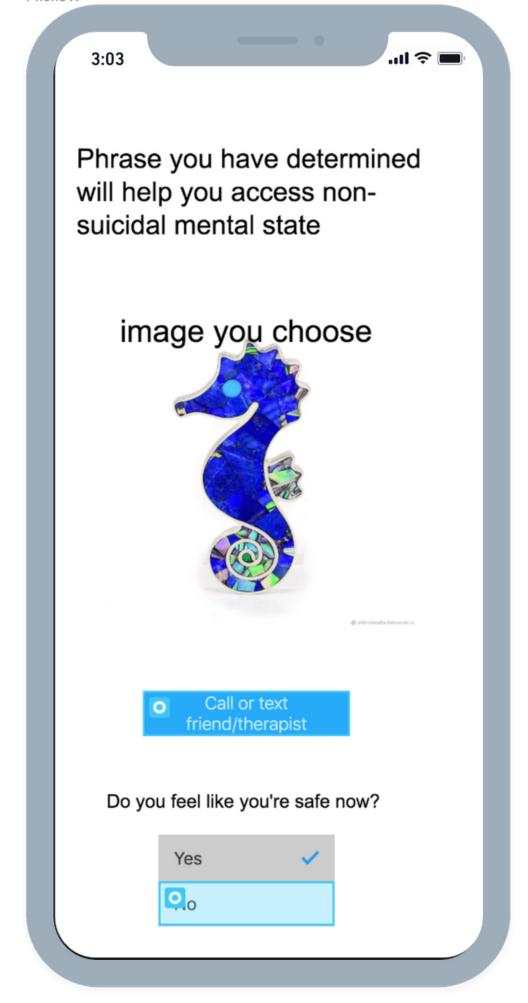


Daily Reminder Sequence



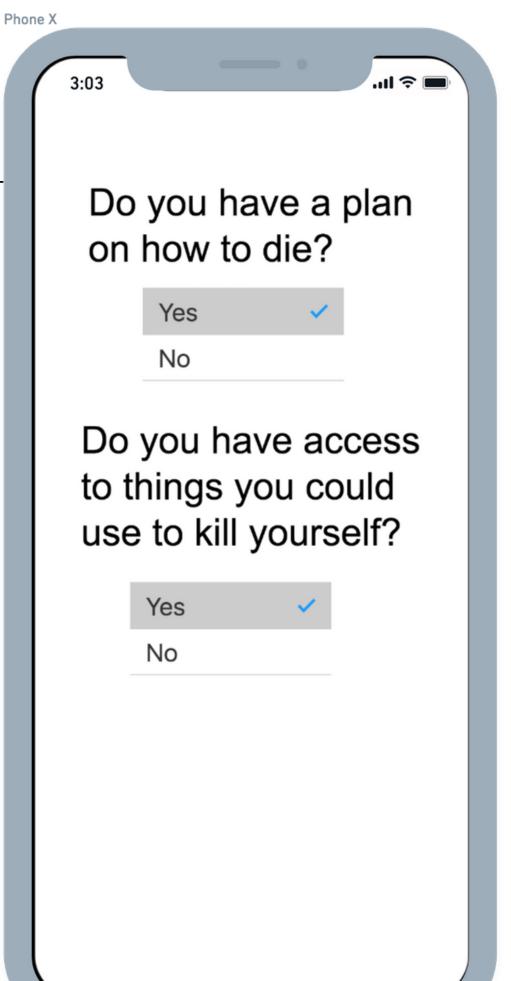


Phone X

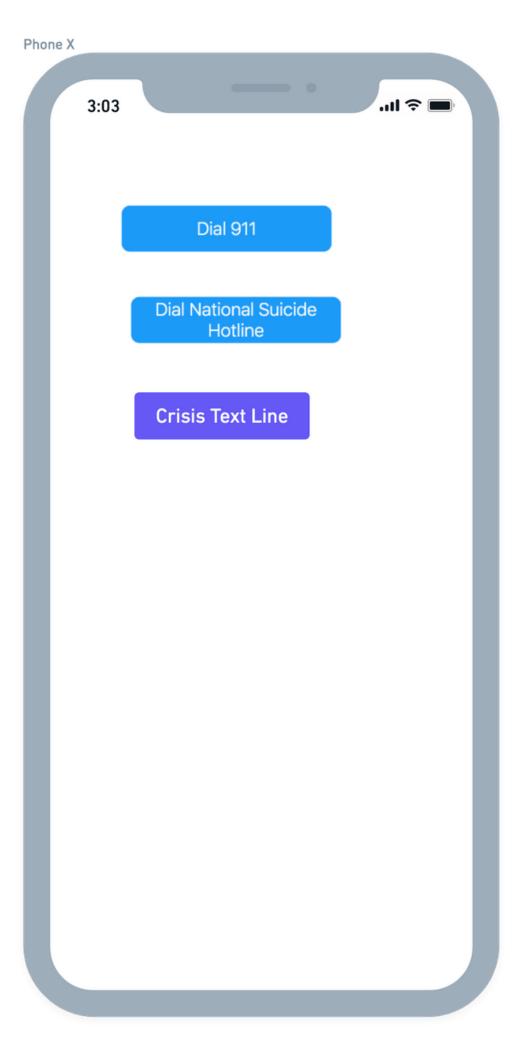


If Yes to "Do you feel safe now", close app

If No to "Do you feel safe now", Display:



If Yes to either



Not shown: Menu for editing content, thank yous to app contributors, donating to a suicide prevention charity or app upkeep, and displaying dedication page

매송 🔳 3:03 Dedicated to Chandra Natalie Pok 1980-2016 and to JCK3, M.D. "the analyst survives" -- D.W. Winnicott Donald Winnicott - Wikipedia