

3:03

### Step 1: Questions

Write up to three yes-or-no questions that help you distinguish if you are in a suicidal state.

[Click for examples](#)

[Examples](#)

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### Step 1: Questions

Write up to three yes-or-no questions that help you distinguish if you are in a suicidal state.

[Click for examples](#)

[Examples](#)

**Example Questions:**

Do you feel like you deserve to die?

Do you feel like you want to die?

Are you able to feel any positive emotions?

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### 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](#)

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Step 2: Reminders

Quotes: "A man should live, if only out of curiosity."

Enter any text that will help 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."

Examples


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."

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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

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

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Step 3: Set reminder time

Time

8:00am

or

Random

Complete

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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

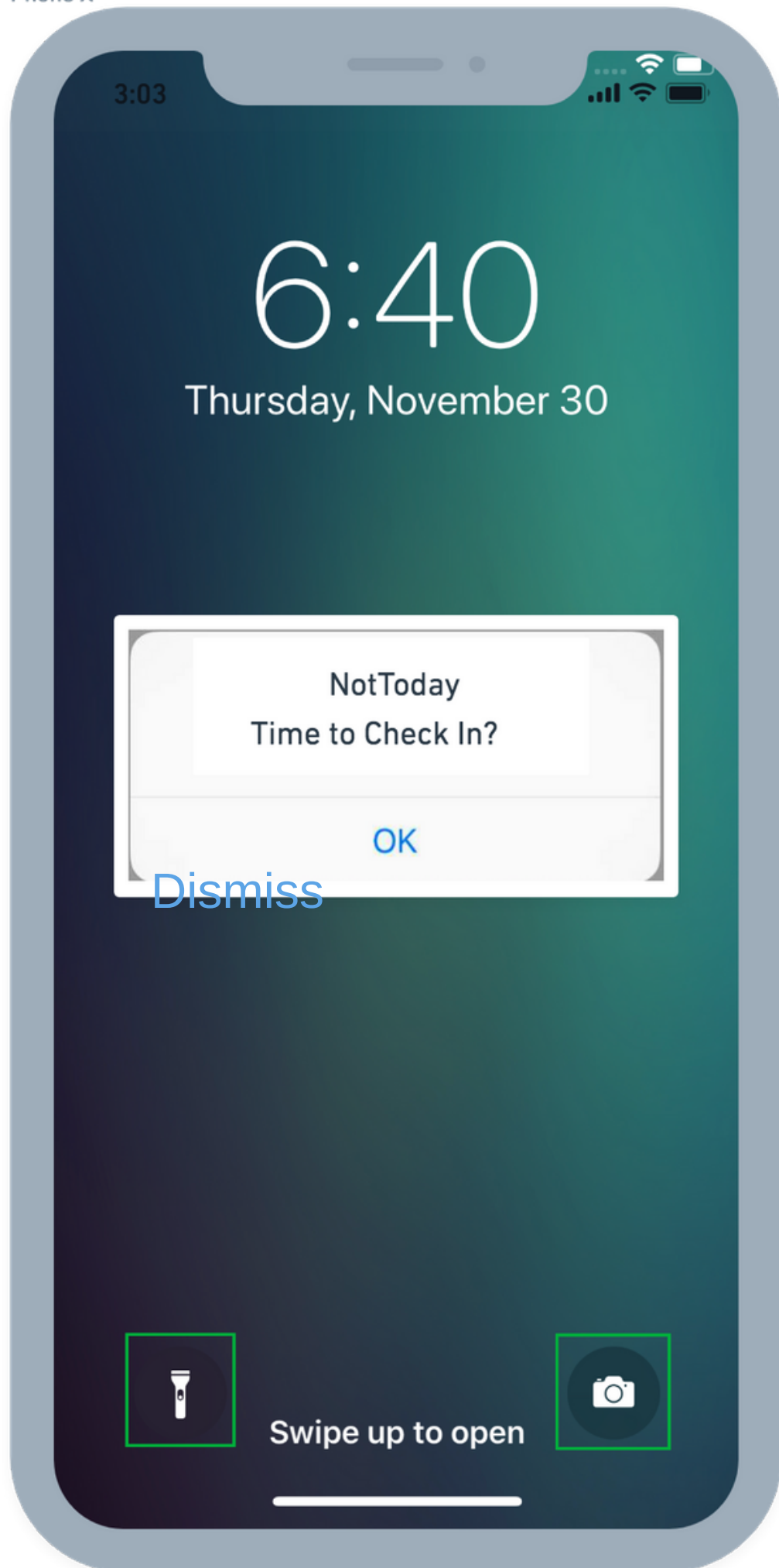
Phone Number

Next

Setup Complete



Daily Reminder Sequence



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Do you feel like you want to die?

Yes ☒

No ☐

Do you feel like you should die?

Yes ☒

No ☐

Are you unable to feel any positive emotions?


Yes ☒

No ☐

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Phrase you have determined will help you access non-suicidal mental state

image you choose



Call or text friend/therapist

Do you feel like you're safe now?

Yes ☒

No ☐



Phone X

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Do you have a plan on how to die?

Yes ☒

No ☐

Do you have access to things you could use to kill yourself?

Yes ☒

No ☐

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

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

If Yes to either

Phone X

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Dial 911

Dial National Suicide Hotline

Crisis Text Line

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

