

www.MY3App.org



HELP YOUR CLIENTS STAY CONNECTED
TO THEIR MY3 NETWORK WHEN THEY ARE
HAVING THOUGHTS OF SUICIDE.



CREATE A SUPPORT SYSTEM FOR YOUR CLIENTS

Simply add the contact information for people who can help your clients when they are experiencing thoughts of suicide.

HELP BUILD YOUR CLIENT'S SAFETY PLAN

Help customize their safety plan by identifying their warning signs, coping strategies, distractions and personal networks so they can stay safe.

ACCESS IMPORTANT RESOURCES

Help personalize your client's MY3 by adding suicide prevention resources that help them feel better and stay safe. Resources are listed in MY3.



Visit www.MY3App.org to download materials and resources for your clients. Download the app on iPhone App Store or Google Play Store. Search for MY3-Support Network.