

APPS FOR YOUR PHONE FOR

SUICIDE PREVENTION, DISASTER RESPONSE, AND CONSUMER MENTAL HEALTH

There are dozens, maybe hundreds of apps of this nature, but the suicide, safety plan and other consumer apps for soothing distress. If you visit the links below, there may be other links on those pages listed for your interest.



FOR MENTAL HEALTH PROFESSIONALS AND SUICIDE PREVENTION ALLIES

Suicide SAFE Mobile App for Providers and Suicide Prevention Allies

<http://store.samhsa.gov/apps/suicidesafe/>

CDC Updates News on Rising Suicide Rates

http://www.cdc.gov/nchs/data/hestat/suicide/rates_1999_2014.htm

SAMHSA Mobile Apps (Disaster, Suicide, Bullying, TALK They Hear You Underage Drinking)

http://store.samhsa.gov/apps/?WT.mc_id=EB_20160509_SuicideSafePromo

Safety Plan

<https://itunes.apple.com/us/app/safety-plan/id695122998?mt=8>

Suicide Safety Plan

<https://itunes.apple.com/us/app/suicide-safety-plan/id1003891579?mt=8>

SAMHSA Behavioral Health Disaster Response

https://itunes.apple.com/us/app/samhsa-behavioral-health-disaster/id787518271?mt=8&WT.ac=LP_20140206_DISASTERAPP_ITUNES

Talk They Hear You (preventing underage drinking)

<https://itunes.apple.com/us/app/talk-they-hear-you/id932083938?mt=8>

KnowBullying by SAMHSA

https://itunes.apple.com/us/app/knowbullying-by-samhsa-put/id899639011?mt=8&WT.ac=LP_20140722_KNOWBULLYING_ITUNES

Psychological First Aid (PFA)

<https://itunes.apple.com/us/app/pfa-mobile/id551079424?mt=8>

PTSD Coach

<https://itunes.apple.com/us/app/ptsd-coach/id430646302?mt=8>

PTSD eraser

<https://itunes.apple.com/us/app/ptsd-eraser/id480699807?mt=8>

Virtual Hope Box

<https://itunes.apple.com/us/app/virtual-hope-box/id825099621?mt=8>

Simple & Free DBT App

<https://itunes.apple.com/us/app/simple-free-dbt-skills-diary/id666921665?mt=8>

T2 Mood Tracker

<https://itunes.apple.com/us/app/t2-mood-tracker/id428373825?mt=8>

Psych Decision Trees for Diagnosing

<https://itunes.apple.com/us/app/psych-decision-trees/id730681821?mt=8>

Psychology Terminology

<https://itunes.apple.com/us/app/psychology-terminology/id406132315?mt=8>

Nervous System Anatomy

<https://itunes.apple.com/us/app/nervous-system-anatomy/id313549669?mt=8>

Pocket Pharmacist

<https://itunes.apple.com/us/app/pocketpharmacist-drug-information/id387365379?mt=8>

iCBT

<https://itunes.apple.com/us/app/icbt/id355021834?mt=8>

iSTRESS

<https://itunes.apple.com/us/app/istress/id308147604?mt=8>

Alcohol's Effects on the Brain: A Reach Out Now Mobile Application`

<https://itunes.apple.com/us/app/alcohols-effects-on-brain/id992971998?mt=8>

Mood Tools Depression Aid

<https://itunes.apple.com/us/app/moodtools-depression-aid/id1012822112?mt=8>

Depression Screening Tool

<https://itunes.apple.com/us/app/depression-screening-test/id1006280166?mt=8>

Anger Management Tips

<https://itunes.apple.com/us/app/anger-management-tips!/id875149444?mt=8>

Asperger's Test

<https://itunes.apple.com/us/app/aspergers-test-determine-your/id684261444?mt=8>