

## **APPS FOR YOUR PHONE FOR**

### **SUICIDE PREVENTION, DISASTER RESPONSE, AND CONSUMER MENTAL HEALTH**

The phone apps below feature useful safety and mental health applications for professionals, for consumers (youth and adults), and for parents (last page).

There are dozens, maybe hundreds of apps of this nature, but the list below includes great apps for suicide intervention, safety planning 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](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](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](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](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>

## APPS FOR PARENTAL MONITORING OF CHILD'S TECHNOLOGY FOR SAFETY



**Source: Rossen, J. (2016).** *Rossen Report These 3 apps can help you monitor your teens' activities online.* Today Show, Retrieved on December 3, 2016 from <http://www.today.com/parents/these-3-apps-can-help-you-monitor-your-teens-activities-t105483>.



### Net Nanny:

1-800-485-4008, <https://www.netnanny.com/products/netnanny/> , Range: \$39.99 to \$119.99 per year

- Block websites
- Block types of websites (for example ones with nudity, dating, pornography, tobacco, etc.)
- Set it for certain keywords (such as "suicide") so that parent will get a warning



### SecureTeen:

1-310-409-0451 (Mon-Fri 9am-6pm CST), <http://www.secureteen.com/> , Range: \$39.99.

- Provides call logs
- Parent can read child's text messages



### TeenSafe:

1-800-245-8598 (M-F, 6 am-7pm, Sat-Sun, 7am-6pm PST) <http://www.teensafe.com/> Free trial.

- Tracks text messages and calls
- Pinpoints child's exact GPS location instantly





**Life360:**

<https://www.life360.com/>

- Location identifier, with distracted driving details
- Invite and group chat available for circles of family or friends
- Free
- Safety alerts for emergencies