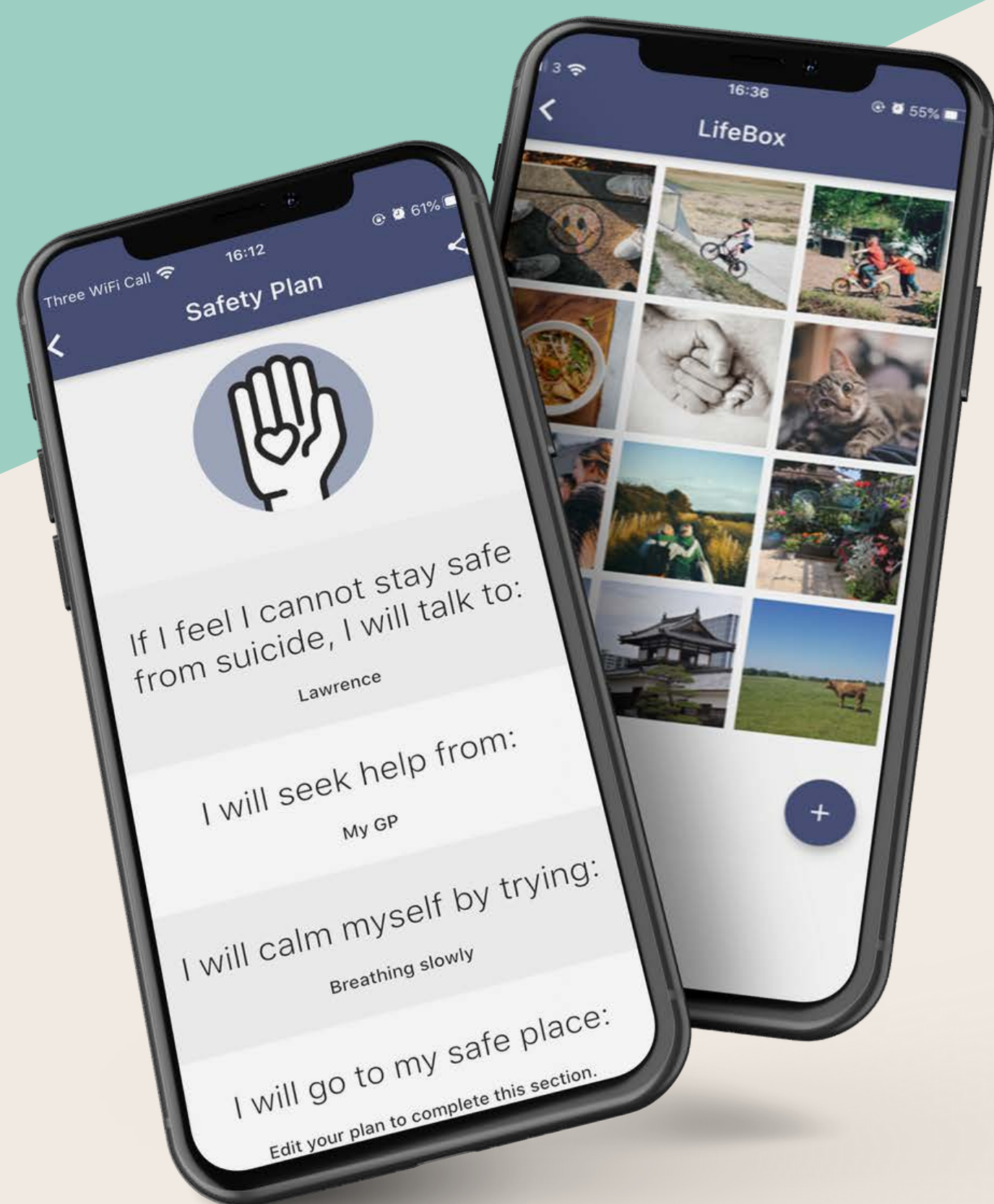


Thinking about suicide? Worried about someone?

STAY ALIVE

“ I have used Stay Alive with volunteers and service users across the UK and the feedback is consistently positive. People have used it when in crisis and say it is literally life-saving. ”



— Tools —

- **LifeBox** – A place to store your life-affirming photos.
- **Safety Plan** – A customisable plan for keeping you safe from suicide.
- **Find Help now** – Quick access to a large database of UK national and local crisis support.
- **Wellness Plan** – A place for your positive thoughts, inspiration, ideas.
- **Reasons For Living** – A place to keep statements reminding me why I should stay alive.

— Features —

- **Guidance and advice** for yourself or those supporting others in crisis.
- **Log In function** allowing you to access your profile anywhere.
- Now available on **IOS, Android and web browser.**

www.stayalive.app



Download the award-winning StayAlive app, updated for 2020. It's free and can help you and others stay safe from suicide.