









Safety Plans (Click the icons to link to resources)

		Operation Reach Out	Safety planning and resources	Free
		My3	Stay connected to your 3 main supports	Free
		Lifebuoy	Resources when feeling suicidal	Free
		Reliefink	Safety planning, mood tracking and coping	Free
		Safety Plan	Create a comprehensive safety plan	Free
		Breaking the Silence	By JD Schramm	Free

KEY



App available for download from Google Play



App available for download from the Apple Store



YouTube video



Book



Ted Talk video



Website



MP3 file



Article can be downloaded as a PDF



Please note that while every effort has been made by CAPS to provide a list of helpful resources, we do not guarantee the effectiveness of the resources provided. Your discretion is advised.