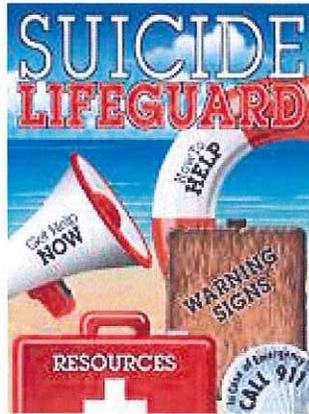


FREE SUICIDE PREVENTION LIFEGUARD APP



As part of the Missouri Suicide Prevention Project, the Missouri Institute of Mental Health has created a free suicide prevention app for both iPhone and Android through a federal suicide prevention grant. The app teaches how to recognize suicide warning signs, ask someone if they are feeling suicidal, respond if they need help and refer them for help. Resources include national and Missouri hotlines, mental health agencies, and information for military families/veterans, the deaf or hard-of- hearing and the LGBTQ community.

Instructions for Downloading

1. Scan the following QR Code to take you directly to the appropriate app store:

iPhone App



Android App



2. Go to your app store, search for "Suicide Lifeguard" and download it. The image of the app is above.
3. Download from iTunes (for the iPhone, iPad and iPod Touch) or GooglePlay (for the Android) by going to <http://bit.ly/Lifeguard-app>. The Apple version iPhone requires iOS 6.1 or later; the Android version requires Android 3.0 or later.

If you have any questions please contact Dr. Liz Sale (314-516-8471; liz.sale@mimh.edu) or Joel Epstein (314-516-8421; joel.epstein@mimh.edu) at the Missouri Institute of Mental Health. For more information about the Missouri Suicide Prevention Project, contact Scott Perkins at (573-751-8155; scott.perkins@dmh.mo.gov).