



# HELP YOUR CLIENTS STAY CONNECTED TO THEIR SUPPORT NETWORK WHEN THEY ARE HAVING THOUGHTS OF SUICIDE.

## CREATE A SUPPORT SYSTEM FOR YOUR CLIENTS

Simply add the contact information for people who can help your clients when they are experiencing thoughts of suicide.

## HELP BUILD YOUR CLIENT'S SAFETY PLAN

Help customize their safety plan by identifying their warning signs, coping strategies, distractions and personal networks so they can stay safe.

## ACCESS IMPORTANT RESOURCES

Help personalize your client's MY3 by adding suicide prevention resources that help them feel better and stay safe. Resources are listed in MY3.

Visit [www.MY3App.org](http://www.MY3App.org) to download materials and resources for your clients. Download MY3 on iPhone App Store or Google Play Store. Search for MY3-Support Network.



[www.MY3App.org](http://www.MY3App.org)

