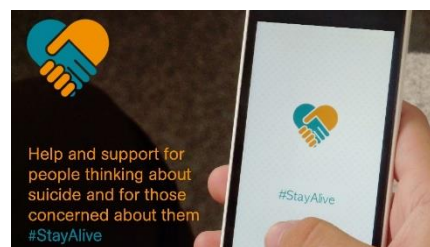


## Stay Alive App for Surrey

### What is it?

The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.



### Safety Plan

In addition to the resources, the app includes a safety plan, customisable reasons for living, and a LifeBox. Here you can store photos and memories that are important to you.

You can also read the strategies for staying safe or explore the tips on how to stay grounded when you're feeling overwhelmed. Try the guided-breathing exercises, and support your wellness by creating your own interactive Wellness Plan.

### Local crisis support

The app links you directly to local and national crisis resources, so you won't need to carry around slips of paper with contact details on – it's all stored there within the app. If the resource isn't listed, simply add in your own.

