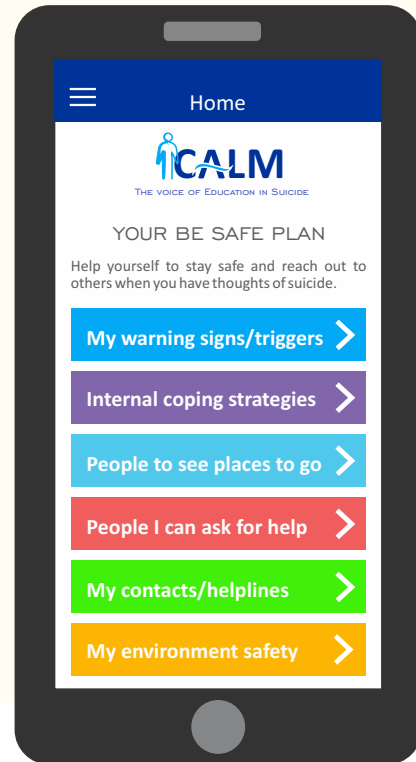


# SUICIDE SAFETY

An app  
for the  
person  
thinking  
suicide



## Technology saving lives!

Research shows us that suicide ideation comes in waves and often people need to work to keep themselves safe “until the wave passes”. The Be Safe enables the person with thoughts of suicide to design a plan that will help them be safe during times when they are feeling like there is no other way out.

The Be Safe App is based on the latest research by Barbara Stanley and Gregory Brown. It gives the person access to things to do, people to see or help seeking options that can support them to be safe, using tools they have developed themselves to address their unique stressors or situation. You can read more about the evidence-based research on our website at this link: <https://www.keepcalm.org.au/our-safety-plan/>

The ‘Be Safe’ app is free, and you can **DOWNLOAD IT NOW** - access your app store and search these three words → ‘be safe suicide’ – and look for the large blue square with a big white ‘C’ in the centre.



THE VOICE OF EDUCATION IN SUICIDE

*Calm conversations  
can save lives*