

# Thinking about suicide?

## Worried about someone?



**In the app:**

Advice  
Helplines and chat  
Safety plans  
Wellness Plan  
Staying safe guide



**Our award-winning Stay Alive app was created by people who have lived experience of those feelings and concerns.**

We know there is hope and you do have options. It is never too late to reach out and find support. You are not alone.

Stay Alive is free, anonymous, and full of life-saving resources.

Scan to  
download



[stayalive.app](https://stayalive.app)

**GRASSROOTS**  
SUICIDE PREVENTION

Download the  
award-winning

**Stay Alive app**

It's free and  
can help you  
and others  
stay safe from  
suicide

### If you feel at risk:

- **Find help now**  
Quick access to a large database of UK national and local support
- **Safety plan**  
A customisable and shareable plan for keeping you safe from suicide
- **LifeBox**  
A place to store your life-affirming photos or videos
- **Log in anywhere**  
Access your account any time on iOS, Android or web browser

### If you are worried about someone else:

- **Help for others**  
UK crisis helplines and services you can contact or recommend
- **Warning signs**  
Potential signs that someone is thinking about suicide
- **What to say**  
Direct questions, helpful language and debunking suicide myths
- **Safety**  
Helping people in public places and keeping yourself safe

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"The app is the next best thing to a friend sitting with me, holding my hand when I am down and out."

- *Sangeeta*

**GRASSROOTS**  
SUICIDAL PREVENTION