



Suicide Prevention Mobile App Comparisons: MY3 & SuicideSafe

	MY3 (www.my3app.org & www.my3app.org)	SuicideSafe (www.store.samhsa.gov/apps/suicidesafe)
Created by	A collaboration between California's Know the Signs Suicide Prevention Campaign, the National Suicide Prevention Lifeline, and Santa Clara County Suicide Intervention Workgroup. As of June 2014, owned and operated by National Suicide Prevention Lifeline	SAMHSA
Year developed	2012-2014	2014-2015
User	Individuals at-risk for suicide	Healthcare providers
Primary function	Connecting individuals at-risk to their safety plan, support systems (for example, friends, family and providers), and the National Suicide Prevention Lifeline	Helping providers assess clients for suicide risk using the "SAFE-T" model
Other functions	Customizable resource pages	Case studies demonstrating "SAFE-T", resource information, locate treatment options to share with clients
Cost	Free	Free
Available languages	English & Spanish	English
Platforms	iOS & Android	iOS & Android
Marketing materials available	In English: http://www.my3app.org/get-involved/ In Spanish: http://www.my3app.org/es/involucrase/	None unavailable for the SuicideSafe App. SAFE-T guide found here: http://store.samhsa.gov/product/Suicide-Assessment-Five-Step-Evaluation-and-Triage-SAFE-T-/SMA09-4432
Images		

MY3 & SuicideSafe complement each other:

SuicideSafe can help healthcare providers identify clients who are at risk for suicide. Once a client is identified as being at risk for suicide, providers can help the client download MY3 to set up a personalized safety plan, and identify individuals that the client would want to call in the event they begin to experience thoughts of suicide and introduce the National Suicide Prevention Lifeline to the client as a 24/7 resource. The clients can also email a copy of the safety plan to their provider directly through MY3.