



## STAY CONNECTED TO YOUR NETWORK WHEN YOU ARE HAVING THOUGHTS OF SUICIDE.

**CREATE YOUR SUPPORT SYSTEM:** Simply add the contact information for people who know and care about you and can help you when your experiencing thoughts of suicide. These contacts can include your friends, family, professional caregivers and a local crisis hotline. Always tell your contacts that you have included them on MY3 and that you may contact them if you ever start having thoughts of suicide. In any situation, the National Suicide Prevention Lifeline **(1.800.273.TALK [8255])** and **911** are there to help you. These numbers come pre-loaded on MY3.

The National Suicide Prevention Lifeline is free, and connects you to your nearest crisis center staffed by trained crisis counselors. It is available any time, day or night, every single day.

**BUILD YOUR SAFETY PLAN:** Customize your safety plan by identifying your warning signs, coping strategies, distractions and personal networks so you can help yourself stay safe. Need help creating your safety plan? Talk to your mental health care provider. Also, you can always call the National Suicide Prevention Lifeline **(1.800.273.TALK [8255])** and a trained crisis counselor can help you set up your safety plan.

**ACCESS IMPORTANT RESOURCES:** Personalize MY3 by adding other suicide prevention resources and websites that help you feel better and stay safe. A number of different resources are listed in MY3.

### MY3APP.ORG



#### *IPHONE DOWNLOAD INSTRUCTIONS*

- 1) Touch the App Store icon on your iPhone
- 2) Search for "MY3 – Support Network"
- 3) To install the app on your device touch "Free"
- 4) Then touch "Install"
- 5) You should now see the MY3 app icon on your iPhone

#### *ANDROID DOWNLOAD INSTRUCTIONS*

- 1) Touch the Google Play Store
- 2) Search for "MY3 – Support Network"
- 3) To install the app on your device touch "Install"
- 4) Tap "Accept" to accept the app's permissions
- 5) You should now see the MY3 app icon on your device



## FIND YOUR NEAREST CALIFORNIA CRISIS HOTLINE

California has a number of crisis centers with hotlines to serve you 24 hours a day, 7 days a week. Choose your closest crisis center and add their number as one of your primary contacts on MY3. Crisis hotline staff will be glad to assist you, and can connect you to other local services.

### **SUPERIOR REGION (NORTH OF SAN FRANCISCO BAY AREA)**

Wellspace Health Suicide Crisis Line  
**1.916.368.3111 or 1.800.273.8255**

Suicide Prevention & Crisis Services of Yolo County  
**1.530.756.5000**

### **SAN FRANCISCO BAY AREA**

Family Services Agency of Marin North Bay Suicide Prevention Hotline  
**1.855.587.6373**

San Francisco Suicide Prevention Crisis Line  
**1.415.781.0500**

Contra Costa Crisis Center Hotline  
**1.800.833.2900**

Crisis Support Services of Alameda County Crisis Hotline  
**1.800.309.2131**

Santa Clara County Suicide & Crisis Hotline  
**1.855.278.4204**

Star Vista Crisis Hotline  
**1.650.579.0350**

### **CENTRAL COAST**

Transitions Mental Health Association San Luis Obispo Hotline  
**1.800.783.0607**

Family Services Agency of the Central Coast Crisis Line  
**1.877.663.5433**

### **CENTRAL VALLEY**

Kingsview Central Valley Suicide Prevention Hotline  
**1.888.506.5991**

Kern County Mental Health Department Crisis Services  
**1.800.991.5272**

### **SOUTHERN CALIFORNIA**

Didi Hirsch Suicide Crisis Line  
**1.877.727.4747**

OptumHealth San Diego Access & Crisis Line  
**1.888.724.7240**

### **SERVING CALIFORNIA**

Institute on Aging Friendship Line (for older adults)  
**1.800.971.0016**

Trevor Lifeline (for Lesbian, Gay, Bisexual, Transgender, or Questioning Youth)  
**1.866.488.7386**