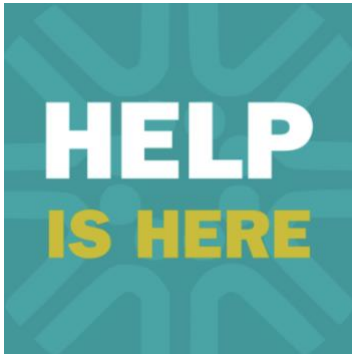


Name: \_\_\_\_\_

## Help Is Here: App Activity



Tri-C's "Help Is Here" App is free to anyone, not just Tri-C students and employees! The App allows quick access to emergency and crisis numbers, suicide risk factors/warning signs, how to help others, and more. This activity will help you explore the App and become aware of its many resources.

**To complete this activity:** Download the Help Is Here App by going to the iPhone App store or Android's Google Play and searching for "Help Is Here". (Links @ [www.tri-c.edu/helpishere](http://www.tri-c.edu/helpishere))

### ***Answer the following:***

**Click on "Suicide Prevention" (home screen) and answer the following:**

1. Under "Suicide Warning Signs": What is **ONE** direct verbal, **ONE** indirect verbal, and **ONE** behavioral clue/warning sign?
2. Under "Risk Factors" & "Protective Factors": Name **ONE** risk factor. Name **ONE** protective factor.
3. Under "Do's and Don'ts Page": If you are concerned about someone, what is **ONE** thing you should do? What is **ONE** thing you shouldn't do?

**Click on "24/7 Help" and answer the following:**

4. Under "Suicide and Crisis Lifeline", what are **TWO** 24/7 text numbers available?

**Click on "Local Help" and answer the following:**

5. What is Tri-C's "Campus Counseling Services" phone number?
6. What are **TWO** other helpful resources on this page? List the name, phone # and/or website.

**Click on "Relax", explore the tips, and answer the following:**

7. Which relaxation tip do you want try out first after browsing?

**Please complete the activity by answering the following:**

8. Note **ONE** thing you found most helpful about the App and why:
9. Note **ONE** thing you would add to/change on the App and why:
10. To complete this activity, go into your device's app store, give the app a "star rating", and write a review, if you choose. Thanks!

***Thanks for your feedback! We hope you found this App helpful and share it with others!***