

Help Is Here: App Activity



Tri-C offers the “Help Is Here” App, 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, and how to help others.

To complete this activity: Download the Help Is Here App by going to your iPhone App store or Android’s Google Play and searching for Help Is Here (*instructions @ www.tri-c.edu/helpishere or on the Tri-C Mobile App click "Help Is Here"*)

Answer the following:

Click on "**Get Help Now**" and answer the following:

1. What are two ways 24/7 help can be accessed?
2. Campus Resources: What is Tri-C’s Counseling & Psychological Services’ phone number?
3. Community Resources: What are two helpful resources (phone and/or websites)
4. Drug & Alcohol Help: What are two helpful resources (phone and/or websites)

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

5. Suicide Warning Signs: Name one direct verbal, one indirect verbal, and one behavioral clue/warning sign.
6. Suicide Risk Factors: What are two risk factors?
7. Do’s and Don’ts: If you are concerned about a friend or loved one, what are two things you should do/say AND two things you shouldn’t do/say?

Please complete the activity by answering the following:

8. What is one suggestion you have to improve this App?
9. What do you like most/find most helpful about this App?
10. To complete this activity, go into your device’s app store, give the app a “star rating”. Write a review, if you choose. We appreciate the feedback. Thanks!