

3:19



# GOT YOUR BACK

## It's OK to not be OK

If you or a friend needs immediate help,  
please choose one of the options below:

Call 911

National  
Suicide  
Prevention  
Hotline

Crisis Text  
Hotline

My Squad

*Don't forget to fill out your safety plan*



**I'm OK**



## Connect with Help 24/7

Talk or Text professionals to help you through your situation.

- Call 911
- Crisis Text Hotline
- National Suicide Prevention Hotline



## Personalize your Help

Enter your own personalized contacts, support team and plan.

- My Squad
- Support Locator
- Safety Plan

## Activities and Resources

Activities to calm your body and mind to help stay focused.

- Visualization Activity
- Counting Activity
- Deep Breathing Exercise
- Links to mental health services
- Daily Mood Tracker
- Positive Affirmations

**#gotyourback**  
get the app

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