“A Friend Asks” App

Crisis Response and Suicide Prevention · https://bridges4mentalhealth.org/hub/crisis-response-and-suicide-prevention/a-friend-asks-app/

“A Friend Asks” is a **FREE** smartphone app that helps provide the information, tools, and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

The **“A Friend Asks”** App contains the following information:

- warning signs of suicidal ideation
- how to help a friend
- how to get help now
- what to do and what not to do
- the B1 Program

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