

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 your iPhone's App store or Android's Google Play and searching for "Help Is Here". (Link/instructions @ [www.tri-c.edu/helpishere](http://www.tri-c.edu/helpishere))

**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: What is **ONE** direct verbal, one indirect verbal, and one behavioral clue/warning sign?
6. 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 and shouldn't do?

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

8. Note **ONE** thing (if any) you would change/add to improve the Help Is Here website:
9. Note **ONE** thing (if any) you found most helpful about the Help Is Here website:
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!***