

BACK GOT YOUR



# GOT YOUR BACK



## The Got Your Back App

powered by Jacob's SWAG

**A NEW DIGITAL PLATFORM FOR SUICIDE AWARENESS, PREVENTION, AND EDUCATION, WITH TOOLS CUSTOM BUILT TO HELP THE USER COPE WITH ANXIETY AND DEPRESSION**

### Included features:

- **MY SQUAD** personal support group of friends and family
- Immediate messaging tools for **MY SQUAD** when the user needs them to know they are **NOT OKAY**
- One-touch access to crisis hotlines via phone or text
- Mindfulness and calming exercises to help guide the user through moments of anxiety, stress, or depression
- Nationwide support services locator
- In-app **SAFETY PLAN** for the user to share with their **MY SQUAD** personal support group
- Mood chart
- Weekly positive affirmations via a push notification

Anyone, Anytime, Anywhere.



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