

Hope by CAMH

A guide for mobile app use

Version: 3

Date last updated: September 23, 2020

camh



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What is *Hope by CAMH*?

Hope by CAMH is a free smartphone app that provides suicide prevention information, tools and resources to support and guide individuals when they are experiencing thoughts of suicide. One of the key features of this app is the ability for individuals to create a personalized suicide safety plan.

How would I use the *Hope by CAMH* app to create a safety plan?

A safety plan can be developed through the *Hope by CAMH* app in one sitting, or over time, with your health professional, caregiver or friend. If you are in a trusting relationship with someone, you may ask them to help you develop your plan. A safety plan is best developed when you are not experiencing intense suicidal thoughts - this may be after a suicidal crisis. The ***Hope by CAMH*** app can be accessed at any time – especially if you are experiencing intense thoughts of suicide – and it can be updated as your situation changes¹.

How can I find more information about CAMH's *Hope by CAMH* app?

To download the ***Hope by CAMH*** app:

Visit the Google Playstore or Apple App store on your smart phone and search for: ***Hope by CAMH***

OR visit <https://www.camh.ca/hopebycamhapp> for links to these downloads

For technical questions about the app, please email appsupport@camh.ca

References:

¹Centre for Suicide Prevention (branch of Canadian Mental Health Association). Accessed from <https://www.suicideinfo.ca/resource/safety-plans/>

1

Home page

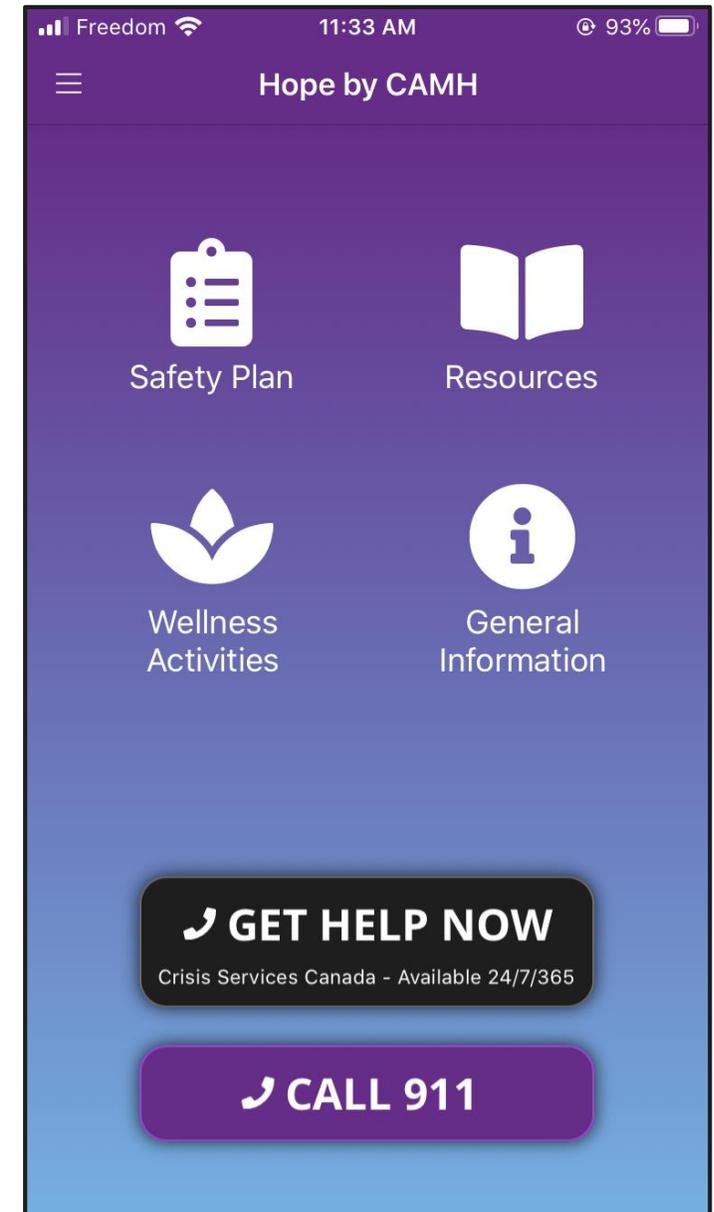
How do I use the *Hope by CAMH* app?

1. Home page:

Upon download, you will be brought to the ***Hope by CAMH*** app homepage from which you can access the following four sections:

- **Safety plan:** A customizable safety plan based on CAMH documentation
- **Resources:** A list of crisis resources that can be accessed by phone, text, or in-person visits, sorted by location (province, region)
- **Wellness Activities:** Activities such as journaling and boxed breathing to help you cope during a difficult time
- **General Information:** Information and statistics about suicide and risk factors, including resources for family and friends

If you are in crisis and require immediate support, you are deserving of help and can click on the GET HELP NOW button to reach out to the Crisis Services Canada helpline. If you feel safe in the moment, follow up with your family physician or care team. If you require immediate, in-person emergency care, go to your nearest emergency department, or call 911.



At any point while using the app, you may click the menu icon ☰ to navigate to the four sections, in addition to the **About** the app section and **Terms of Use**.

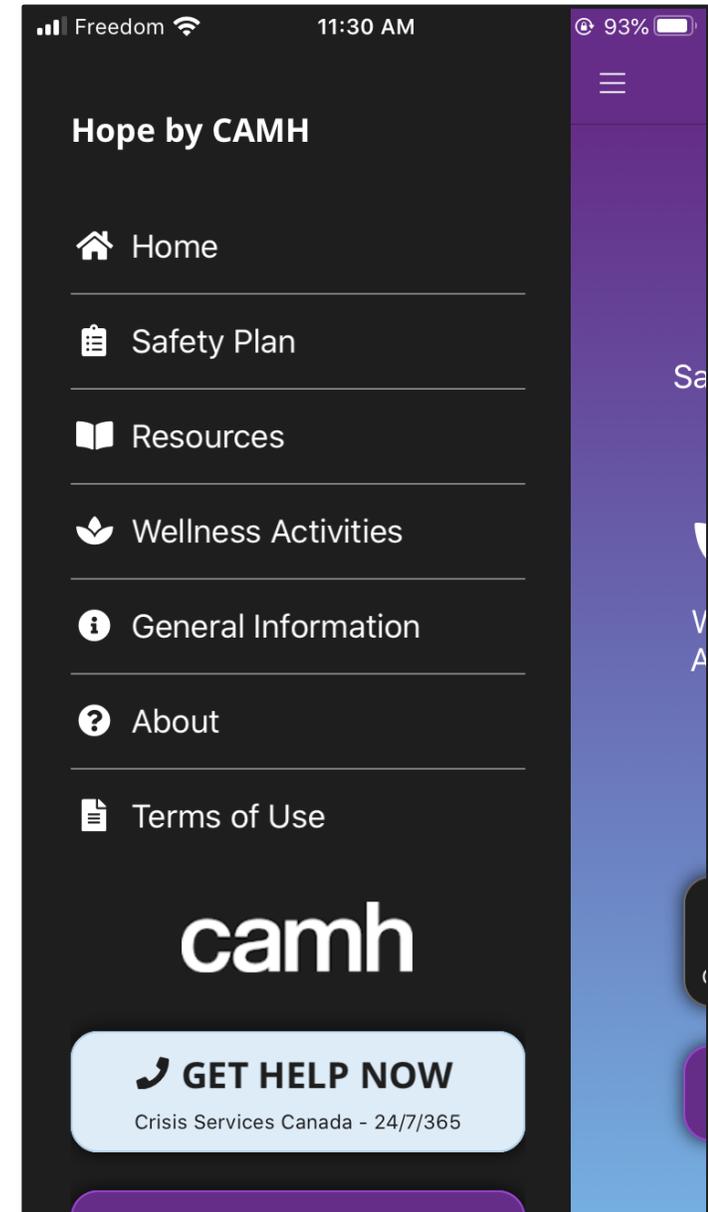
A note on Privacy and Confidentiality

Hope by CAMH will not collect any information you provide and your anonymity will be maintained at all times.

This app will not track your location and cannot store or access your personal information such as your name, address, phone contacts, or the information you add to your safety plan.

Within the **Terms of Use** section, you will be informed that:

- All information (including text and phone numbers) *is stored directly on your personal mobile device* and not sent to any external servers.
- You also have full control over who you choose to e-mail a copy of your safety plan to, if you choose to do so.



2

Safety Plan

2. Safety Plan

On this page of the app, you can **BUILD/EDIT** your personal safety plan by identifying your warning signs, reasons for living, coping strategies, support network, and environment safety by clicking on the sections.

You can also choose to **VIEW** your completed Safety Plan.



2.1 Warning Signs (similar to 2.2, 2.5)

Within each sub-section of the Safety Plan, you can toggle on/off between the chosen prompts. Prompts that have been toggled on (i.e. in green) will appear in your Safety Plan.

You can also add your own personalized information by typing in the free text box at the end of each sub-section.

Click SAVE (📁) once you have updated a section and move on to the next section in the Safety Plan by clicking the >> button.

Freedom 11:31 AM 93%

Warning Signs

I feel trapped and that there is no way out of my current situation.

I believe that death is preferable to a pained life.

I believe that no other choices exist except living the pained life or death.

Hopelessness

I have a negative sense of self, others, and my future. The future seems hopeless with little chance for positive change.

Withdrawal

I have been withdrawing from significant others, family, friends, and society.

Anger

Freedom 11:32 AM 93%

Warning Signs

potential consequences.

Mood changes

I am experiencing dramatic mood shifts or states.

You can add your own warning signs or triggers below. Reflect on what behaviours are unusual, or ask a loved one if they can recognize these behaviours.

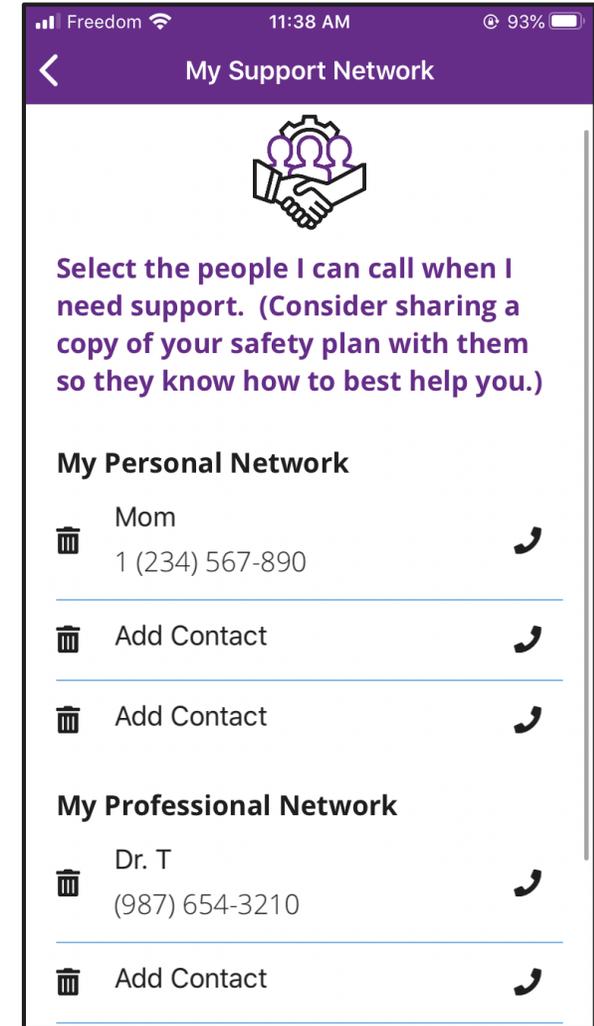
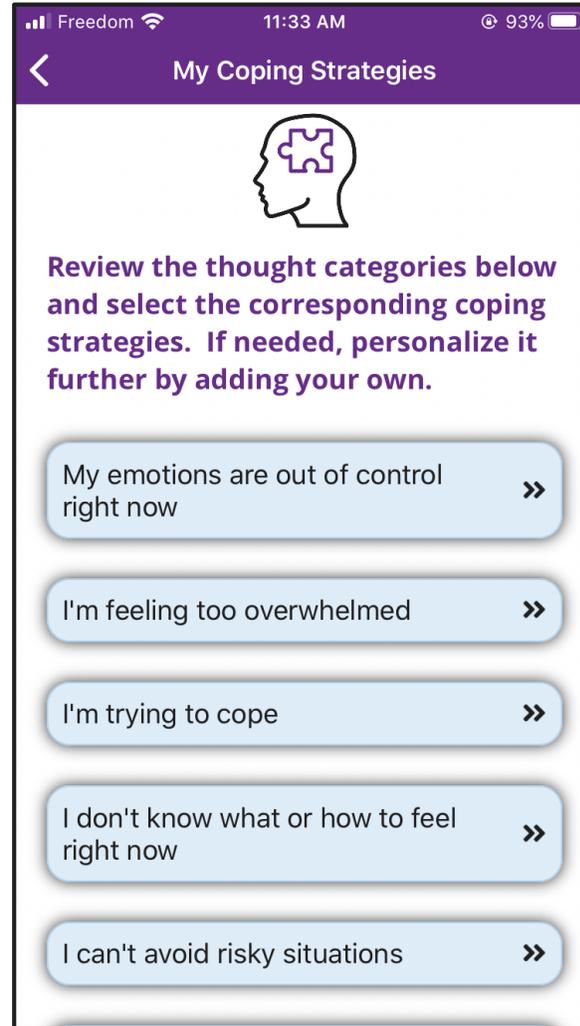
My sleep patterns have been out of place

Uncontrollable rage

2.3/ 2.4 My Coping Strategies/ My Support Network

Within the Coping Strategies sub-section, there are several thought categories to choose from. Similarly to the other sections, you can also personalize this section by adding your own information.

Within the Support Network sub-section, you can directly add contacts *from your cell phone contact list* by clicking the “Add Contact” button.

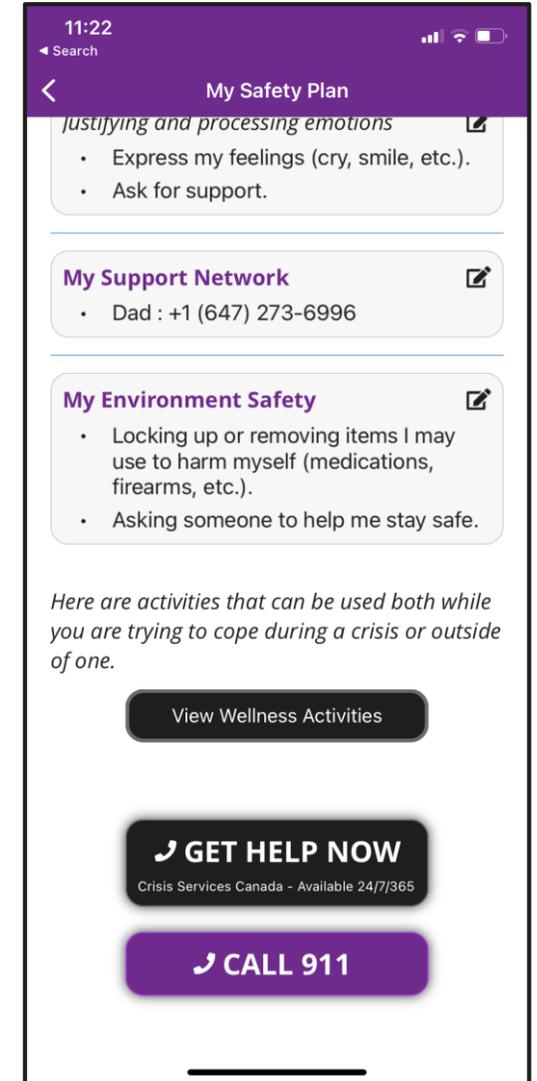
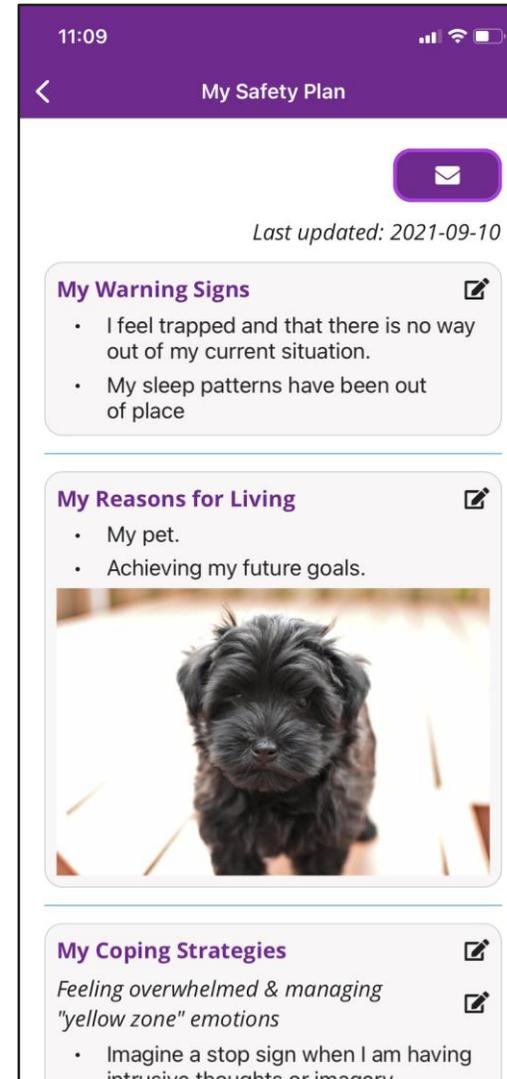


2.5 Viewing my Safety Plan

Once you have inputted all your Safety Plan details, you can view your completed plan.

While viewing your Plan, you can also edit any of the sections in your Safety Plan by clicking on the  icon in each section.

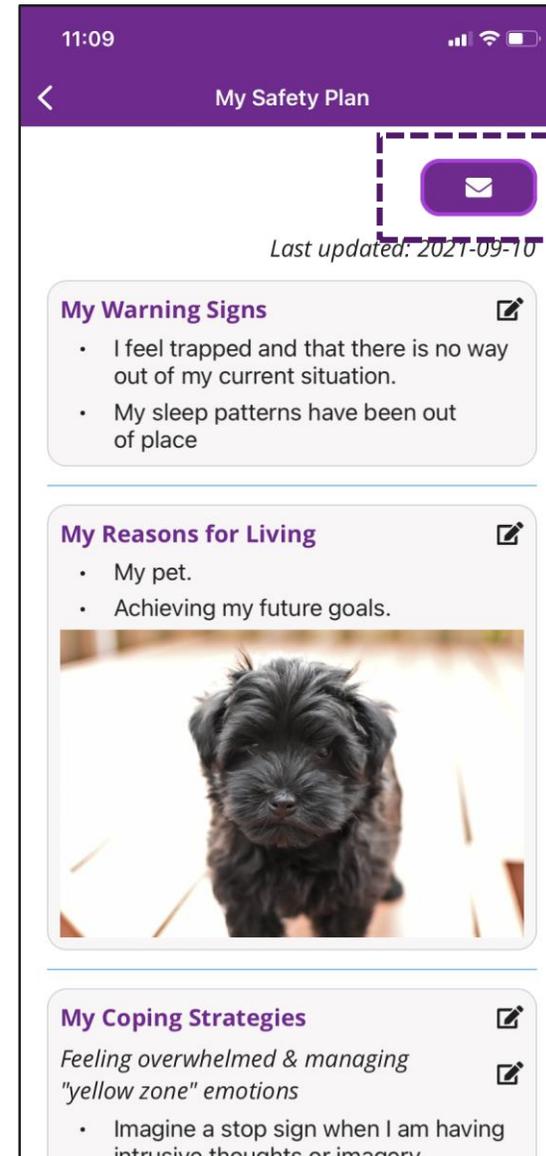
You can also click on the *View Wellness Activities* button to go directly into that section of the app.



2.6 E-mailing your safety plan

You can also click the  icon if you would like to e-mail a copy of your safety plan to your clinician or loved ones (or whomever you choose to share this with).

The Safety Plan text will be transferred into an e-mail using the default e-mail app on your phone, and you are free to edit the subject and/or body of the e-mail before adding recipients and sending it.



3

Resources

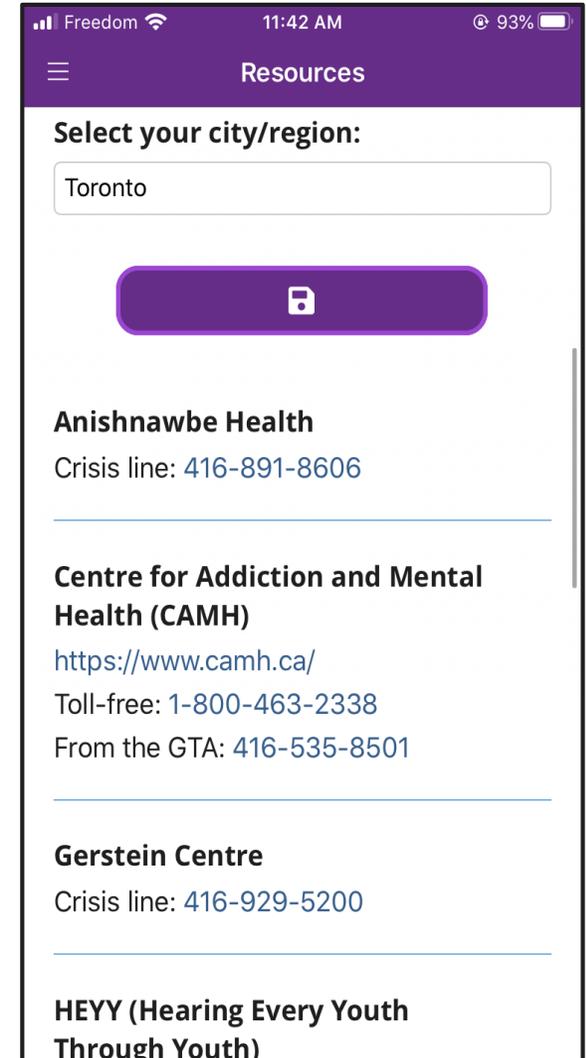
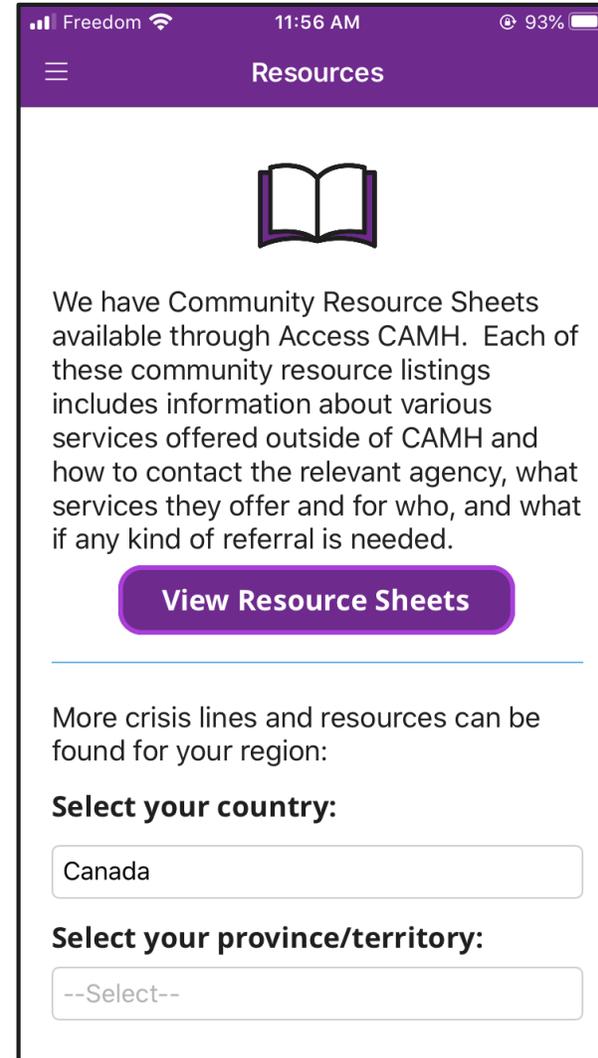
3. Resources

Within the resources section, you can find:

- A link to CAMH Community Resource Sheets
- Resources in your area by selecting your Country, Province/territory and City/region

Resources can include a phone number, number to text, in-person address or a link to the resource's homepage.

You can save your location choice to default for future use.



4

Wellness Activities

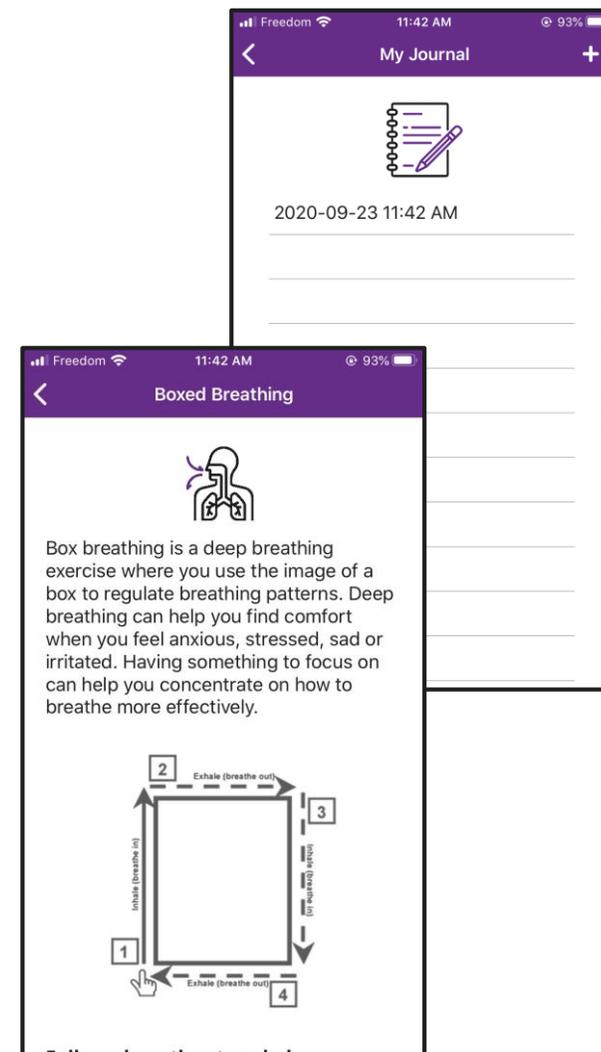
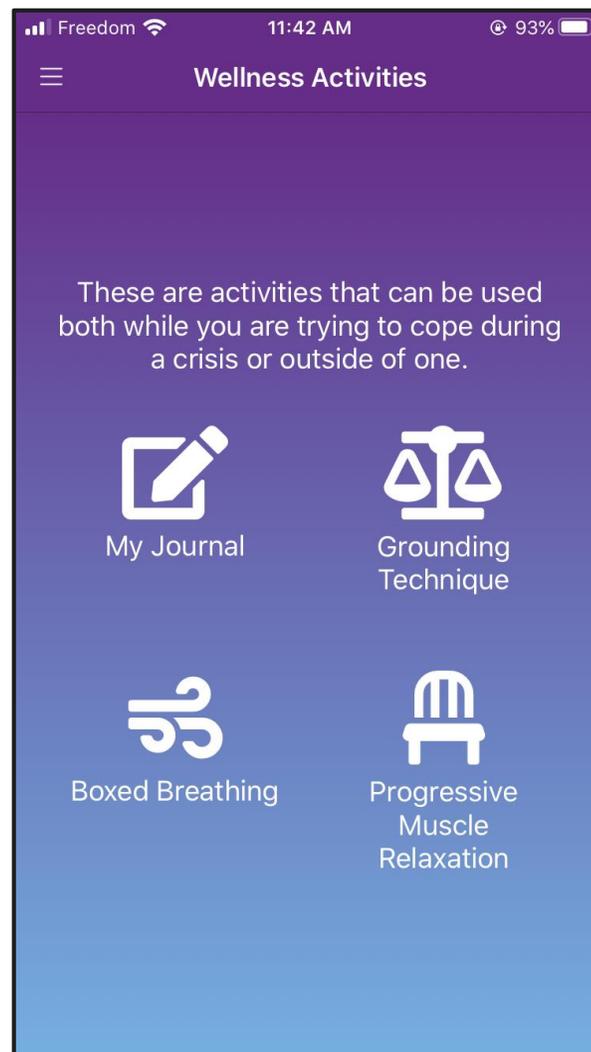
4. Wellness Activities

You can choose between a range of Wellness Resources¹ including:

- Journaling
- Grounding Technique
- Progressive Muscle Relaxation, or
- Boxed Breathing

Reference:

¹Centre for Addiction and Mental Health. (2013). A Guide to Wellness and Comfort Activities Retrieved from https://www.porticonetwork.ca/documents/21686/33120/wellness_guide-FPO-V3_57561.pdf/f2ddeb43-d98e-427b-b8ee-25c186554022.



5

General Information

5. General Information

The General Information section contains several sections that will provide you with pertinent information about:

- Suicide – what is it and why people turn to it?
- Statistics and Risk Factors
- How Suicide affects Friends and Family
- Resources for Family and Loved ones

Also included here is a list of references to information found within the app.

