

# 4 Ways to Use LiveSafe To Support Mental Health

**1**

## Emergency Options

Easily call or message organizational security teams or call 911 in the event of a mental health or other safety or medical emergency.

**Use Case:** If you or a coworker is experiencing a mental health crisis, message security for instant assistance and resources.

**2**

## Tip Submit

Submit tips explaining mental health concerns or incidents so that relevant organizational teams can address the situation.

**Use Case:** If someone shares that they are experiencing mental health concerns or thoughts of self harm, submit a tip, anonymously if desired, so that they can receive support.

**3**

## Two-Way Messaging

After submitting a tip or messaging security, chat with your organization's safety and security officials in real time, anonymously if you choose.

**Use Case:** If you are suffering a panic attack, chat with the dispatcher and receive immediate help, even if you choose to remain anonymous.

**4**

## Resources

Access your organization's mental health resources and points of contact in the "Resources" section in the LiveSafe mobile app.

**Use Case:** If you or a coworker needs access to mental health resources, find relevant location and contact information, such as the National Suicide Prevention Hotline, RAINN Hotline, and Trans Lifeline.