

*"Adds easily to any other help available, before and between visits."*

Sri Lanka Daily Impact

A plane full of healthy young women under 30 attempt suicide every day.

Sri Lanka Weekly Impact

A bus full of men in their prime of life actually die from suicide every week.

## Current Problems

### Languages Supported

Most people who attempt suicide or think strongly about it tell somebody before taking action.

Friends, family and colleagues are paralysed when suicide is even hinted at, in case they say something wrong.

Does this new tool work?

Discussing suicidal thoughts is awkward and giving support is hard and worrying.

## Our Solutions

### ENGLISH • SINHALA • TAMIL

Our website shows family, friends and colleagues what to message, 24/7, without any training being needed.

We have hundreds of medically approved and lived experience approved messages ready to send.

Won a major award. Praised by Prof Pat McGorry and other experts. Research proves connections reduce suicide attempts.

Messages are preferred by many people discussing sensitive issues. We provide a detailed Support section.

Current Problems	Our Solutions
How does this work when the person at risk is reluctant or unable to seek professional help?	Reading messages from significant contacts silently wraps a progressive mental and emotional safety net around them.
Professionals and crisis lines have long waiting times.	No waiting any hour of day or night, even in rural and remote areas.
One visit or phone call rarely can stop suicidal ideas.	We advocate multiple contacts until the crisis passes or professionals take over.
Tens of thousands at risk; no economy can afford enough professionals.	We "mobilise people power" by involving and empowering dozens of motivated friends and family.
Suicide thoughts carry a stigma.	No sign-ups or any tracking of messages.
Is it hard to copy the messages?	One click copies any message to SMS or WhatsApp on the user's phone.

"...what we know to be true: community connection is one of the most powerful protective factors for suicide prevention"

— Suicide Prevention Australia, October 2025

Confirmed by published research on 692,000 people (Darvishi et al 2024).