

Supplementary Material

1 Supplementary Tables

1.1 Appendix A: Full Lists of Search Terms (App Store)

Supplementary Table 1. Full list of search terms for suicidal behaviour

English	Spanish	Dutch	German
suicide	suicidio	zelfmoord	Suizid
suicide prevention	prevención del suicidio	zelfmoordpreventie	Suizidprävention
suicidal ideation	ideación suicida	zelfmoordgedachten	Suizidgedanken
suicide attempt	intento de suicidio	zelfmoordpoging	Suizidversuch
suicide risk	riesgo de suicidio	zelfmoordrisico	Suizidrisiko
suicidal thoughts	pensamientos suicidas	zelfmoordgedachten	Suizidgedanken
suicidal behavio[u]r	comportamiento suicida	suicidaal gedrag	Suizidverhalten
suicidality	suicidio	zelfmoord	Suizidalität

Supplementary Table 2. Full list of search terms NSSI

English	German
self-injury	
selfinjury	Selbstverletzung
self injury	
self-harm	
selfharm	Selbstschädigung
self harm	Selbstbeschädigung
self-mutilation	
selfmutilation	
self mutilation	
auto-mutilation	
automutilation	
self-injurious behavior	
selfinjurious behavior	Selbstverletzendes Verhalten

self injurious behavior

Self-destruction

self destruction

parasuicide

para suicide

1.2 Appendix B: Full List of Search Terms (Database Search)

Supplementary Table 3. Full list of search terms for evidence on identified MHA

Pubmed	PsycINFO via Ebsco
(BackUp OR Calm Harm OR Calm Harm - manages self harm OR Better Stop Suicide OR AuxiliaApp OR AuxiliaApp OR Krisen Kompass OR Krisen Kompass OR distrACT OR distrACT OR Friend2Friend OR "Friend 2 Friend" distrACT OR distrACT OR mhGAP-IG 2.0 App (e-mhGAP) OR mhGAP-IG 2.0 App OR Be Safe OR DMHS: Interactive Suicide Prevention OR Interactive Suicide Prevention OR Vrag Maar OR Vrag Maar OR Stay Alive OR Stay Alive OR Suicide Prevention App OR Operation Life OR Operation Life OR Suicide Prevention App OR ReMinder Suicide Safety Plan OR Jewish Care OR Prevent Suicide OR Kokua Life OR MoodTools - Depression Aid OR MoodTools OR MoodTools - Depression Aid OR TechSafe - Mental Health OR TechSafe - Mental Health OR OnTrackAgain OR OnTrackAgain OR Prevent Suicide - D&G OR Prevent suicide OR Prevent Suicide - Highland OR Prevent Suicide - Highland OR Prevent Suicide - NE Scotland OR PrevensuicOR PrevensuicOR Elevate Client OR Christian Veterinary Mission OR Suicide Preventie AppOR suicide preventie app OR Suicide Preventie AppOR Cleveland State Univ Reach Out OR Cleveland state university reach out OR Suicide Safety Plan OR The Daily Difference OR I live OR Brothers for Life OR Student Health App OR ReMinder Suicide Safety Plan OR Suicide Safety Plan OR DMHS: Suicide Prevention Info OR Carpe Diem - Depression and Anxiety Forum OR SafetyNet: Your Suicide Prevention App OR safety net OR Columbus State Hope & Help OR MYPLAN - Your safety plan OR MYPLAN OR Lakeland Reach Out OR Students Against Violence MS OR Backup Buddy (SCOT) OR	(BackUp OR Calm Harm OR Calm Harm - manages self harm OR Better Stop Suicide OR AuxiliaApp OR AuxiliaApp OR Krisen Kompass OR Krisen Kompass OR distrACT OR distrACT OR Friend2Friend OR "Friend 2 Friend" distrACT OR distrACT OR mhGAP-IG 2.0 App (e-mhGAP) OR mhGAP-IG 2.0 App OR Be Safe OR DMHS: Interactive Suicide Prevention OR Interactive Suicide Prevention OR Vrag Maar OR Vrag Maar OR Stay Alive OR Stay Alive OR Suicide Prevention App OR Operation Life OR Operation Life OR Suicide Prevention App OR ReMinder Suicide Safety Plan OR Jewish Care OR Prevent Suicide OR Kokua Life OR MoodTools - Depression Aid OR MoodTools OR MoodTools - Depression Aid OR TechSafe - Mental Health OR TechSafe - Mental Health OR OnTrackAgain OR OnTrackAgain OR Prevent Suicide - D&G OR Prevent suicide OR Prevent Suicide - Highland OR Prevent Suicide - Highland OR Prevent Suicide - NE Scotland OR PrevensuicOR PrevensuicOR Elevate Client OR Christian Veterinary Mission OR Suicide Preventie AppOR suicide preventie app OR Suicide Preventie AppOR Cleveland State Univ Reach Out OR Cleveland state university reach out OR Suicide Safety Plan OR The Daily Difference OR I live OR Brothers for Life OR Student Health App OR ReMinder Suicide Safety Plan OR Suicide Safety Plan OR DMHS: Suicide Prevention Info OR Carpe Diem - Depression and Anxiety Forum OR SafetyNet: Your Suicide Prevention App OR safety net OR Columbus State Hope & Help OR MYPLAN - Your safety plan OR MYPLAN OR Lakeland Reach Out OR Students Against Violence MS OR Backup Buddy (SCOT) OR

DMHS Suicide Prevention and Crisis Access Linkage Line (C.A.L.L.) OR C.A.L.L. OR Tri-C Help Is Here OR Backup Buddy (SECAMB) OR Gaia Teen Mind OR ReliefLink OR Blue Life Coach OR MY3 - Support Network OR MY3 - Support Network OR Reach Out-Univ of Cincinnati OR Reach out OR Reach Out-Case Western Reserve OR Mount Union Raiders Reach Out OR HOPE - Broome County Mental Health Department OR Calm Care OR Calm Care OR Sinclair College Hope Link OR Onondaga SPS OR Onondaga SPS OR Columbia Protocol OR Columbia Protocol OR Dutchess County HELPLINE OR iHelp Sunshine Coast OR Combined Minds OR WeCare, Aviation OR wecare OR TheHopeLine OR Self-Heal OR WeCare, 7th SFG(A) OR WeCare, 1st Theater Sustainment Command OR WeCare, 428th FA BDE OR WeCare, 7th TB(X) OR WeCare, Fort Stewart OR WeCare, Walter Reed OR Albany County HOPE OR Ulster County SPEAK OR The Fire Watch OR WeCare Fort Huachuca OR WeCare JBLE OR WeCare JBM-HH OR WeCare, Camp Humphreys OR WeCare, Europe OR WeCare, Fort Campbell OR WeCare, Fort Campbell OR WeCare, Fort Detrick OR WeCare, Fort Detrick OR WeCare, Fort Hood OR WeCare, Fort Jackson OR WeCare, Fort Rucker OR WeCare, Ft Bragg OR WeCare, GA NG OR WeCare, GA NG OR WeCare, JBSA OR WeCare, JBSA OR WeCare, JRTC & Fort Polk OR WeCare, Resolute Support OR WeCare, USACE OR WeCare, USACE OR WeCare, USAJFKSWCS OR WeCare, USAJFKSWCS OR WeCare, USAREC OR WeCare, 7th TB (X) OR Coaches Assistance Program OR Self-Heal OR Don't panic - Depression and panic help OR don't panic OR Suicide? Help! Tayside OR suicide help OR trustTalk247 OR Ulster County SPEAK OR STOPP app OR oscER Jr. San Diego OR oscER San Diego OR WeCare, CASCOM OR SPEAK North Alabama OR Albany County HOPE OR Elijah OR SPEAK North Alabama OR Urgencias psiquiátricas OR WeCare CASCOM OR iwontbesilent OR i won't be silent OR	DMHS Suicide Prevention and Crisis Access Linkage Line (C.A.L.L.) OR C.A.L.L. OR Tri-C Help Is Here OR Backup Buddy (SECAMB) OR Gaia Teen Mind OR ReliefLink OR Blue Life Coach OR MY3 - Support Network OR MY3 - Support Network OR Reach Out-Univ of Cincinnati OR Reach out OR Reach Out-Case Western Reserve OR Mount Union Raiders Reach Out OR HOPE - Broome County Mental Health Department OR Calm Care OR Calm Care OR Sinclair College Hope Link OR Onondaga SPS OR Onondaga SPS OR Columbia Protocol OR Columbia Protocol OR Dutchess County HELPLINE OR iHelp Sunshine Coast OR Combined Minds OR WeCare, Aviation OR wecare OR TheHopeLine OR Self-Heal OR WeCare, 7th SFG(A) OR WeCare, 1st Theater Sustainment Command OR WeCare, 428th FA BDE OR WeCare, 7th TB(X) OR WeCare, Fort Stewart OR WeCare, Walter Reed OR Albany County HOPE OR Ulster County SPEAK OR The Fire Watch OR WeCare Fort Huachuca OR WeCare JBLE OR WeCare JBM-HH OR WeCare, Camp Humphreys OR WeCare, Europe OR WeCare, Fort Campbell OR WeCare, Fort Campbell OR WeCare, Fort Detrick OR WeCare, Fort Detrick OR WeCare, Fort Hood OR WeCare, Fort Jackson OR WeCare, Fort Rucker OR WeCare, Ft Bragg OR WeCare, GA NG OR WeCare, GA NG OR WeCare, JBSA OR WeCare, JBSA OR WeCare, JRTC & Fort Polk OR WeCare, Resolute Support OR WeCare, USACE OR WeCare, USACE OR WeCare, USAJFKSWCS OR WeCare, USAJFKSWCS OR WeCare, USAREC OR WeCare, 7th TB (X) OR Coaches Assistance Program OR Self-Heal OR Don't panic - Depression and panic help OR don't panic OR Suicide? Help! Tayside OR suicide help OR trustTalk247 OR Ulster County SPEAK OR STOPP app OR oscER Jr. San Diego OR oscER San Diego OR WeCare, CASCOM OR SPEAK North Alabama OR Albany County HOPE OR Elijah OR SPEAK North Alabama OR Urgencias psiquiátricas OR WeCare CASCOM OR iwontbesilent OR i won't be silent OR
--	--

Be Safe	OR			Be Safe	OR		
WeCare, JRTC & Fort Polk		OR		WeCare, JRTC & Fort Polk		OR	
Jason Foundation A Friend Ask		OR		Jason Foundation A Friend Ask		OR	
A.L.E.R.T.	OR			A.L.E.R.T.	OR		
Am I? Safety Plan		OR		Am I? Safety Plan		OR	
Operation Reach Out		OR		Operation Reach Out		OR	
Jason Foundation A Friend Ask		OR		Jason Foundation A Friend Ask		OR	
Coping Skills		OR		Coping Skills		OR	
Step Up and Speak Out		OR		Step Up and Speak Out		OR	
Step Up and Speak Out		OR		Step Up and Speak Out		OR	
Guard Your Buddy - Tennessee		OR	guard your buddy	Guard Your Buddy - Tennessee		OR	guard your buddy
Be Safe	OR			Be Safe	OR		
HELP App-Prevention Resources		OR		HELP App-Prevention Resources		OR	
WeCare 59th Ordnance Brigade		OR		WeCare 59th Ordnance Brigade		OR	
WeCare, 59th Ordnance BDE		OR		WeCare, 59th Ordnance BDE		OR	
Shatter the Silence		OR		Shatter the Silence		OR	
MS DMH - Shatter the Silence		OR		MS DMH - Shatter the Silence		OR	
Hywel Dda Self Help Guides		OR		Hywel Dda Self Help Guides		OR	
Operation Reach Out		OR		Operation Reach Out		OR	
The LifeLine		OR		The LifeLine		OR	
The LifeLine		OR		The LifeLine		OR	
CerboCare : OCD and Depression Relief Self Help			OR	CerboCare : OCD and Depression Relief Self Help			OR
Community Stress First Aid		OR		Community Stress First Aid		OR	
Alachua Talk		OR		Alachua Talk		OR	
MSE&SUICIDE ASSESSr		OR		MSE&SUICIDE ASSESSr		OR	
Is Someone Suicidal?	OR			Is Someone Suicidal?	OR		
TUFMINDS		OR		TUFMINDS		OR	
eDIVO	OR			eDIVO	OR		
Suicide Lifeguard		OR		Suicide Lifeguard		OR	
Don't panic - Depression and panic help			OR	Don't panic - Depression and panic help			OR
HELP Prevent Suicide		OR		HELP Prevent Suicide		OR	
HELP Prevent Suicide		OR		HELP Prevent Suicide		OR	
Emotional Support Helpline Directory			OR	Emotional Support Helpline Directory			OR
Prevención del suicidio		OR		Prevención del suicidio		OR	
Self Harm Recovery		OR		Self Harm Recovery		OR	
First Step Oregon		OR		First Step Oregon		OR	
Suicidio y Psicología		OR		Suicidio y Psicología		OR	
Self Harm Recovery		OR		Self Harm Recovery		OR	
TheHopeLine		OR		TheHopeLine		OR	
Suicide Prevention -Ways to Help a Suicidal Friend			OR	Suicide Prevention -Ways to Help a Suicidal Friend			OR
PMCS Combating Suicide		OR	combating suicide	PMCS Combating Suicide		OR	combating suicide
Safe Hearts		OR		Safe Hearts		OR	
A Teen Suicide Prevention Anime			OR	A Teen Suicide Prevention Anime			OR
Alaska Careline		OR		Alaska Careline		OR	
Army Leader Smart Cards		OR		Army Leader Smart Cards		OR	
Mental Health - psychologist		OR		Mental Health - psychologist		OR	
Botón Anti-Suicidio		OR		Botón Anti-Suicidio		OR	
BackUp door Zelfmoord		OR		BackUp door Zelfmoord		OR	
suicid* OR self-harm OR selfharm OR "self harm")				suicid* OR self-harm OR selfharm OR "self harm")			
AND				AND			
(app[Title/Abstract] OR mobile[Title/Abstract])				(TI (app OR mobile) OR AB (app OR mobile))			

1.3 Appendix C: MARS Ratings

Supplementary Table 4. Mean MARS rating scores in descending order of the total mean score

	Platform	Search Terms	Overall mean score	Engagement	Functionality	Esthetics	Information Quality	Therapeutic Gain	Subjective Quality	Impact Factor
BackUp	iOS	Suicidality	4,59	4,60	5,00	5,00	3,75	4,00	3,75	3,67
Calm Harm - manages self harm	Android	NSSI	4,43	4,50	4,50	4,83	3,90	3,50	4,00	3,75
Calm Harm - manages self harm	iOS	NSSI	4,43	4,40	4,50	4,83	3,98	3,50	3,88	3,75
Better Stop Suicide	Android	Suicidality	4,40	4,90	4,38	4,33	4,00	3,33	3,75	3,83
AuxiliaApp	Android	Suicidality	4,32	4,20	4,75	4,33	4,00	3,00	3,75	3,67
AuxiliaApp	iOS	Suicidality	4,32	4,20	4,75	4,33	4,00	3,00	3,80	3,67
Krisen Kompass	iOS	Suicidality	4,31	4,40	4,38	4,17	4,29	3,42	3,75	3,92
Krisen Kompass	Android	Suicidality	4,31	4,40	4,38	4,17	4,29	3,42	3,75	3,92
distrACT	iOS	Suicidality/NSSI	4,24	3,70	4,69	4,42	4,15	3,17	3,63	4,04
distrACT	Android	Suicidality/NSSI	4,24	3,70	4,69	4,42	4,15	3,17	3,63	4,04
Friend2Friend	iOS	Suicidality	4,26	4,50	4,38	4,00	4,17	3,00	3,75	3,83
mhGAP-IG 2.0 App (e-mhGAP)	iOS	Suicidality	4,20	3,80	4,63	4,17	4,20	3,25	3,75	2,59
Be Safe	iOS	Suicidality	4,19	4,00	4,75	4,17	3,84	2,84	3,50	3,50
DMHS: Interactive Suicide Prevention	iOS	Suicidality	4,16	4,60	4,25	4,00	3,80	3,17	3,75	3,67
Vrag Maar	Android	Suicidality	4,14	4,20	4,75	4,00	3,60	3,00	3,00	3,50
Vrag Maar	iOS	Suicidality	4,14	4,20	4,75	4,00	3,60	3,00	3,00	3,50
Stay Alive	iOS	Suicidality	4,11	4,40	4,38	4,00	3,68	3,67	3,75	3,50
Stay Alive	Android	Suicidality	4,11	4,40	4,38	4,00	3,67	3,67	3,75	3,50
Suicide Prevention App	Android	Suicidality	4,08	4,00	4,50	4,00	3,83	3,00	3,50	3,33
Operation Life	Android	Suicidality	4,06	4,20	4,25	4,00	3,80	3,13	3,38	3,25
Operation Life	iOS	Suicidality	4,06	4,20	4,25	4,00	3,80	3,13	3,63	3,25
Suicide Prevention App	iOS	Suicidality	4,03	3,90	4,38	4,00	3,83	3,00	3,38	3,25
ReMinder Suicide Safety Plan	iOS	Suicidality	4,00	4,20	4,25	4,00	3,53	3,00	3,50	3,17
Jewish Care	Android	Suicidality	3,92	4,20	4,25	3,83	3,40	3,00	2,75	3,50
Prevent Suicide	iOS	Suicidality	3,89	3,90	4,25	4,00	3,40	3,00	3,25	3,34
Kokua Life	iOS	Suicidality	3,87	3,80	3,88	4,00	3,80	2,88	2,75	3,34
MoodTools - Depression Aid	Android	Suicidality	3,87	3,80	4,25	3,83	3,59	3,17	3,38	3,08
MoodTools - Depression Aid	iOS	Suicidality	3,87	3,80	4,25	3,83	3,59	3,17	3,38	3,08
TechSafe - Mental Health	iOS	NSSI	3,86	2,80	4,50	4,17	3,98	3,00	2,75	3,58
TechSafe - Mental Health	Android	NSSI	3,86	2,80	4,50	4,17	3,98	3,00	2,88	3,58
OnTrackAgain	Android	Suicidality	3,83	3,80	4,00	4,00	3,50	3,00	3,25	3,17
OnTrackAgain	iOS	Suicidality	3,83	3,80	4,00	4,00	3,50	3,00	3,25	3,17
Prevent Suicide - D&G	iOS	Suicidality	3,82	3,70	4,25	3,84	3,50	3,00	3,00	3,34
Prevent Suicide - Highland	Android	Suicidality	3,82	3,70	4,25	3,84	3,50	3,00	3,00	3,34
Prevent Suicide - Highland	iOS	Suicidality	3,82	3,70	4,25	3,84	3,50	3,00	3,00	3,34
Prevent Suicide - NE Scotland	Android	Suicidality	3,81	3,70	4,25	3,84	3,47	3,00	3,00	3,34

Prevensuic	Android	Suicidality	3,81	3,80	4,25	3,67	3,50	3,00	2,75	3,00
Prevensuic	iOS	Suicidality	3,81	3,80	4,25	3,67	3,50	3,00	2,75	3,00
Elevate Client	Android	Suicidality	3,80	4,00	3,88	3,67	3,67	3,25	2,75	3,25
Christian Veterinary Mission	Android	Suicidality	3,79	3,20	4,25	4,50	3,20	2,17	2,63	2,25
Suicide Preventie App	Android	Suicidality	3,79	3,80	4,25	3,70	3,40	2,75	3,00	2,50
Suicide Preventie App	iOS	Suicidality	3,79	3,80	4,25	3,70	3,40	2,75	3,00	2,50
Cleveland State Univ Reach Out	iOS	Suicidality	3,78	2,90	4,63	3,50	4,10	2,50	2,88	3,33
Suicide Safety Plan	iOS	Suicidality	3,78	3,80	4,25	3,67	3,40	2,71	3,00	3,00
The Daily Difference	Android	NSSI	3,78	3,00	4,38	3,83	3,90	3,00	3,38	3,67
I live	Android	Suicidality	3,77	4,00	4,13	3,67	3,30	2,84	2,75	3,33
Brothers for Life	iOS	Suicidality	3,75	3,80	4,38	3,67	3,17	2,67	3,13	2,92
Student Health App	Android	NSSI	3,75	3,20	4,13	3,33	4,35	3,00	2,88	3,50
ReMinder Suicide Safety Plan	Android	Suicidality	3,75	4,20	4,25	3,00	3,53	2,67	3,50	3,17
Suicide Safety Plan	Android	Suicidality	3,74	3,80	4,25	3,50	3,40	2,71	3,00	3,00
DMHS: Suicide Prevention Info	Android	Suicidality	3,72	3,30	4,25	3,67	3,67	3,17	2,75	3,00
Carpe Diem - Depression and Anxiety Forum	Android	Suicidality	3,71	4,00	4,50	3,50	2,83	2,33	2,75	2,42
SafetyNet: Your Suicide Prevention App	Android	Suicidality	3,71	3,70	4,13	3,67	3,33	2,83	2,75	2,75
Columbus State Hope & Help	iOS	Suicidality	3,69	2,90	4,38	3,67	3,84	2,67	2,75	3,17
MYPLAN - Your safety plan	Android	Suicidality	3,69	3,60	4,00	3,67	3,50	3,83	3,13	3,00
Lakeland Reach Out	iOS	Suicidality	3,69	2,80	4,38	3,67	3,90	2,50	2,88	3,25
Students Against Violence MS	iOS	NSSI	3,68	2,40	4,50	3,83	4,00	2,83	2,50	2,92
Backup Buddy (SCOT)	Android	NSSI	3,68	2,90	4,13	3,83	3,88	2,67	2,13	3,33
DMHS Suicide Prevention and Crisis Access Linkage Line (C.A.L.L.)	iOS	Suicidality	3,68	3,30	4,25	3,50	3,67	3,17	2,75	3,09
Tri-C Help Is Here	iOS	Suicidality	3,66	3,00	4,25	3,50	3,90	2,67	2,75	3,25
Backup Buddy (SECAMB)	Android	NSSI	3,66	2,80	4,13	3,83	3,88	2,67	2,13	3,33
Gaia Teen Mind	Android	NSSI	3,66	2,80	4,75	3,33	3,75	2,83	2,50	3,33
ReliefLink	iOS	Suicidality	3,65	3,70	4,00	3,50	3,42	3,13	2,75	2,92
Blue Life Coach	iOS	Suicidality	3,65	3,60	3,88	3,33	3,80	3,00	3,38	3,50
MY3 - Support Network	iOS	Suicidality	3,65	3,80	4,00	4,00	2,80	2,67	2,75	2,83
MY3 - Support Network	Android	Suicidality	3,65	3,80	4,00	4,00	2,80	2,67	2,75	2,83
Reach Out-Univ of Cincinnati	iOS	Suicidality	3,64	3,00	4,25	3,50	3,80	2,67	2,75	3,25
Reach Out-Case Western Reserve	iOS	Suicidality	3,64	3,00	4,25	3,50	3,80	2,67	2,88	3,25
Mount Union Raiders Reach Out	iOS	Suicidality	3,62	2,80	4,38	3,50	3,80	2,67	2,50	3,00
HOPE - Broome County Mental Health Department	iOS	Suicidality	3,62	2,90	4,25	3,50	3,82	2,67	2,75	2,75
Calm Care	iOS	Suicidality	3,61	3,20	4,25	3,33	3,67	2,33	2,50	2,75
Calm Care	Android	Suicidality	3,61	3,20	4,25	3,33	3,67	2,33	2,50	2,75
Sinclair College Hope Link	iOS	Suicidality	3,61	3,20	4,25	3,50	3,50	2,67	2,75	3,17
Onondaga SPS	iOS	Suicidality	3,60	3,00	4,38	3,50	3,53	2,67	2,63	3,00
Onondaga SPS	Android	Suicidality	3,60	3,00	4,38	3,50	3,53	2,67	2,63	3,00
Columbia Protocol	Android	Suicidality	3,58	3,40	4,25	3,33	3,33	2,33	2,13	2,75
Columbia Protocol	iOS	Suicidality	3,58	3,40	4,25	3,33	3,33	2,33	2,13	2,75

Dutchess County HELPLINE	iOS	Suicidality	3,57	3,50	3,88	3,33	3,58	2,67	2,63	3,42
iHelp Sunshine Coast	iOS	Suicidality	3,57	2,80	4,25	3,83	3,40	2,50	2,63	2,92
Combined Minds	iOS	NSSI	3,56	2,50	4,13	4,00	3,60	3,00	3,00	3,33
WeCare, Aviation	Android	Suicidality	3,55	3,00	4,25	3,17	3,80	2,67	2,50	3,08
TheHopeLine	Android	Suicidality/NSSI	3,33	3,40	3,69	3,25	2,98	2,50	2,26	2,79
Self-Heal	Android	NSSI	3,55	3,10	3,88	3,33	3,88	3,00	2,88	3,67
WeCare, 7th SFG(A)	Android	Suicidality	3,53	3,00	4,25	3,17	3,70	2,67	2,63	3,00
WeCare, 1st Theater Sustainment Command	iOS	Suicidality	3,53	3,00	4,25	3,17	3,70	2,83	2,63	3,00
WeCare, 428th FA BDE	iOS	Suicidality	3,53	3,00	4,25	3,17	3,70	2,67	2,50	3,08
WeCare, 7th TB(X)	Android	Suicidality	3,53	3,00	4,25	3,17	3,70	2,67	2,50	3,08
WeCare, Fort Stewart	iOS	Suicidality	3,53	3,00	4,25	3,17	3,70	2,67	2,50	3,08
WeCare, Walter Reed	iOS	Suicidality	3,53	3,10	4,25	3,17	3,60	2,67	2,63	3,00
Albany County HOPE	Android	Suicidality	3,52	3,50	3,75	3,33	3,50	2,67	2,75	3,42
Ulster County SPEAK	Android	Suicidality	3,52	3,30	4,25	3,17	3,35	2,67	2,50	2,92
The Fire Watch	iOS	Suicidality	3,51	3,10	4,13	3,50	3,30	2,50	2,50	2,83
WeCare Fort Huachuca	iOS	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare JBLE	iOS	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare JBM-HH	iOS	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, Camp Humphreys	Android	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, Europe	Android	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, Fort Campbell	iOS	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, Fort Campbell	Android	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, Fort Detrick	iOS	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, Fort Detrick	Android	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, Fort Hood	Android	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, Fort Jackson	iOS	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, Fort Rucker	iOS	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, Ft Bragg	iOS	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, GA NG	Android	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, GA NG	iOS	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, JBSA	iOS	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, JBSA	Android	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, JRTC & Fort Polk	Android	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, Resolute Support	Android	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, USACE	iOS	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, USACE	Android	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, USAJFKSWCS	Android	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, USAJFKSWCS	iOS	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, USAREC	iOS	Suicidality	3,50	3,00	4,25	3,17	3,60	2,67	2,63	3,00
WeCare, 7th TB (X)	iOS	Suicidality	3,50	3,00	4,13	3,17	3,70	2,67	2,50	3,08
Coaches Assistance Program	Android	Suicidality	3,50	2,70	4,25	3,33	3,70	2,67	2,75	2,75
Self-Heal	iOS	NSSI	3,49	3,00	4,00	3,33	3,63	3,00	2,75	3,58
Suicide? Help! Tayside	iOS	Suicidality	3,49	3,20	4,13	3,33	3,30	2,50	2,75	2,92
trustTalk247	iOS	Suicidality	3,49	3,60	3,75	3,33	3,27	2,38	2,63	3,00
Ulster County SPEAK	iOS	Suicidality	3,49	3,30	4,13	3,17	3,35	2,67	2,50	2,92
STOPP app	Android	NSSI	3,48	2,80	4,50	3,50	3,13	2,83	2,13	2,33
oscER Jr. San Diego	iOS	Suicidality	3,47	2,60	4,25	3,50	3,55	2,50	2,50	2,75
oscER San Diego	iOS	Suicidality	3,47	2,60	4,25	3,50	3,55	2,50	2,50	2,75

WeCare, CASCOS	Android	Suicidality	3,47	3,00	4,13	3,17	3,60	2,50	2,25	2,75
SPEAK North Alabama	iOS	Suicidality	3,47	3,10	4,25	3,33	3,20	2,67	2,50	2,67
Albany County HOPE	iOS	Suicidality	3,46	3,50	3,50	3,33	3,50	2,67	2,75	3,42
Elijah	iOS	Suicidality	3,45	3,10	3,88	3,33	3,50	2,33	2,50	2,42
SPEAK North Alabama	Android	Suicidality	3,44	3,10	4,13	3,33	3,20	2,67	2,50	2,67
Urgencias psiquiátricas	Android	Suicidality	3,43	2,80	4,50	3,00	3,40	2,75	2,75	2,83
WeCare CASCOS	iOS	Suicidality	3,42	2,80	4,13	3,17	3,60	2,50	2,25	2,75
iwontbesilent	Android	Suicidality	3,42	3,00	3,75	3,33	3,59	2,50	2,38	2,84
Be Safe	Android	Suicidality	3,38	3,70	3,88	3,33	2,62	2,50	3,25	3,33
WeCare, JRTC & Fort Polk	iOS	Suicidality	3,38	3,00	4,25	3,17	3,10	2,67	2,63	3,00
Jason Foundation A Friend Ask	iOS	Suicidality	3,37	2,50	4,38	3,50	3,12	2,83	2,75	2,83
A.L.E.R.T.	iOS	Suicidality	3,37	3,40	3,38	3,50	3,20	2,67	2,75	3,33
Am I? Safety Plan	Android	Suicidality	3,35	3,10	3,63	3,33	3,33	2,88	3,00	3,50
Operation Reach Out	iOS	Suicidality	3,34	2,70	4,13	3,17	3,38	3,00	2,50	2,83
Jason Foundation A Friend Ask	Android	Suicidality	3,33	2,50	4,38	3,33	3,12	2,83	2,75	2,83
Coping Skills	iOS	NSSI	3,33	3,10	3,75	3,33	3,13	3,00	2,50	2,25
Don't panic - Depression and panic help	Android	Suicidality/NSSI	3,31	3,50	3,81	3,09	2,84	2,42	2,32	2,63
Step Up and Speak Out	iOS	Suicidality	3,31	2,60	4,13	3,00	3,50	2,67	2,50	2,83
Step Up and Speak Out	Android	Suicidality	3,31	2,60	4,13	3,00	3,50	2,67	2,50	2,83
Guard Your Buddy - Tennessee	iOS	Suicidality	3,29	2,40	4,13	3,33	3,30	2,33	2,50	2,84
Be Safe	iOS	Suicidality	3,29	3,70	3,50	3,33	2,62	2,50	3,25	3,33
HELP App-Prevention Resources	Android	NSSI	3,27	1,80	4,38	3,50	3,42	2,50	1,75	2,25
WeCare 59th Ordnance Brigade	iOS	Suicidality	3,27	2,50	4,13	3,17	3,30	2,50	2,38	2,50
WeCare, 59th Ordnance BDE	Android	Suicidality	3,27	2,50	4,13	3,17	3,30	2,50	2,38	2,50
Shatter the Silence	Android	Suicidality	3,26	2,30	4,13	3,33	3,30	2,33	2,25	2,50
MS DMH - Shatter the Silence	iOS	Suicidality	3,26	2,30	4,13	3,33	3,30	2,67	2,25	2,50
Hywel Dda Self Help Guides	Android	NSSI	3,23	2,20	4,00	2,83	3,88	3,17	2,13	3,25
Operation Reach Out	Android	Suicidality	3,22	2,50	4,00	3,00	3,38	3,00	2,50	2,83
The LifeLine	iOS	Suicidality	3,22	3,10	3,50	3,17	3,10	2,50	2,63	2,75
The LifeLine	Android	Suicidality	3,22	3,10	3,50	3,17	3,10	2,50	2,63	2,75
CerboCare: OCD and Depression Relief Self Help	Android	Suicidality	3,20	2,30	4,00	3,17	3,33	2,67	2,75	3,34
Community Stress First Aid	iOS	Suicidality	3,18	2,50	4,25	3,00	2,98	2,33	1,75	2,33
Alachua Talk	Android	Suicidality	3,18	2,50	3,63	3,00	3,60	2,58	2,63	2,75
MSE&SUICIDE ASSESSr	Android	Suicidality	3,18	3,30	3,75	2,67	3,00	2,63	2,50	2,25
Is Someone Suicidal?	Android	Suicidality	3,18	2,80	3,75	2,83	3,34	2,67	2,25	2,75
TUFMINDS	Android	Suicidality	3,18	3,40	3,63	2,83	2,85	2,67	2,00	2,67
eDIVO	Android	Suicidality	3,15	2,40	3,38	3,33	3,50	2,50	2,13	2,25
Suicide Lifeguard	Android	Suicidality	3,15	2,30	4,00	3,00	3,30	2,50	2,13	2,58
HELP Prevent Suicide	Android	Suicidality	3,14	2,30	4,00	3,33	2,92	2,50	2,25	2,75
HELP Prevent Suicide	iOS	Suicidality	3,14	2,30	4,00	3,33	2,92	2,29	2,46	2,75
Emotional Support Helpline Directory	Android	Suicidality	3,12	2,60	3,88	3,00	3,00	2,33	1,75	2,08
Prevención del suicidio	iOS	Suicidality	3,08	2,60	3,50	3,00	3,20	2,33	2,50	2,50
Self Harm Recovery	Android	NSSI	3,08	2,80	4,00	2,67	2,83	2,50	2,00	2,08

First Step Oregon	iOS	Suicidality	3,04	2,70	4,00	3,17	2,29	2,17	2,38	3,08
Suicidio y Psicología	Android	Suicidality	2,96	2,20	3,75	2,67	3,20	2,33	2,00	2,17
Self Harm Recovery	iOS	NSSI	2,86	2,60	3,50	2,50	2,83	2,29	1,75	1,92
Suicide Prevention -Ways to Help a Suicidal Friend	Android	Suicidality	2,76	2,60	3,63	2,17	2,64	2,17	1,75	2,34
PMCS Combating Suicide	iOS	Suicidality	2,75	2,30	3,75	2,17	2,80	2,17	1,75	2,33
Safe Hearts	iOS	Suicidality	2,72	2,30	3,13	2,67	2,80	2,00	1,63	2,50
A Teen Suicide Prevention Anime	Android	Suicidality	2,70	2,30	4,00	2,00	2,50	2,67	1,88	2,67
Alaska Careline	Android	Suicidality	2,52	2,50	2,50	2,33	2,75	2,46	2,25	2,67
Army Leader Smart Cards	Android	Suicidality	2,48	1,70	3,50	2,00	2,70	2,33	2,13	2,50
Mental Health - psychologist	Android	NSSI	2,35	1,90	2,88	2,33	2,28	2,17	1,38	1,58
Botón Anti-Suicidio	Android	Suicidality	1,88	1,00	4,00	1,00	1,50	2,33	1,50	0,67

1.4 Appendix D: Mean scores, Features and Functions of High-Quality MHA

Supplementary Table 5. Mean rating scores, features and functions of the high-quality MHA for suicide/NSSI prevention (full version)

Name	Pathology	Platform	MARS mean score	Target Group	Security and privacy	Evidence and certification	Credible Source
BackUp	Suicidalidad	iOS	4.53	AP AE	PS, CI	WAT Label	✓
Calm Harm – manages self-harm	NSSI	iOS/Android	4.43	AP	PW, PS, CI	Award winning	✓
Better Stop Suicide	Suicidalidad	Android	4.4	AP	PS, CI	Award winning	✓
AuxiliaApp	Suicidalidad	iOS/Android	4.32	AP AE P	PW, PS, CI	Web/Aplicación de Psiquiatría-Psicología Acreditada	✓
Krisen Kompass	Suicidalidad	iOS/Android	4.31	AP AE B	PS, CI		✓
Friend2Friend	Suicidalidad	iOS	4.26	AE	PS,		✓
distrAct*	Suicidalidad/ NSSI	iOS/Android	4.24	AP	PS, CI	Certified member of the information standard	✓
mhGAP-IG 2.0 App (e-mhGAP)	Suicidalidad	iOS	4.2	P	PS, CI		✓
Be Safe	Suicidalidad	iOS	4.19	AP	PS, CI		✓
DMHS: Interactive Suicide Prevention	Suicidalidad	iOS	4.16	AP	CI		✓
Vrag Maar	Suicidalidad	iOS/Android	4.14	AP AE	PS, CI		✓
Stay Alive	Suicidalidad	iOS/Android	4.11	AP AE	PS, CI	Award winning	✓
Operation Life	Suicidalidad	iOS/Android	4.06	AP	PS, CI		✓
Suicide Prevention App	Suicidalidad	iOS/Android	4.06	AP AE P	PS, CI		✓
Jewish Care	Suicidalidad	Android	3.92	AP	PS, CI		✓
Prevent Suicide	Suicidalidad	iOS	3.89	AP AE	PS, CI	Award winning	✓
Kokua Life	Suicidalidad	iOS	3.87	AP AE	CI		✓
MoodTools - Depression Aid	Suicidalidad	iOS/Android	3.87	AP	PS, CI		✓
ReMinder Suicide Safety Plan	Suicidalidad	iOS/Android	3.87	AP	PS, CI		✓
TechSafe – Mental Health	NSSI	iOS/Android	3.86	AP AE	PS, CI		✓
OnTrackAgain	Suicidalidad	iOS/Android	3.83	AP	PS, CI		✓
Prevent Suicide D&G	Suicidalidad	iOS	3.82	AP AE	PS, CI		✓

Prevent Suicide - Highland	Suicidal	iOS/Android	3.82	AP AE	PS, CI		✓
Prevent Suicide - NE Scotland	Suicidal	Android	3.81	AP AE	PS, CI		✓
Prevensuic	Suicidal	iOS/Android	3.81	AP AE P	PS, CI		✓
Elevate Client	Suicidal	Android	3.8	AP P	PS, CI		
Christian Veterinary Mission	Suicidal	Android	3.79	AP AE	PS, CI		✓
Suicide Preventie App	Suicidal	iOS/Android	3.79	P	PS, CI		✓
Cleveland State Univ Reach Out	Suicidal	iOS	3.78	AP AE	PS, CI		✓
The Daily Difference	NSSI	Android	3.78	AP	PS		
I live	Suicidal	Android	3.77	AP	PS, CI		
Suicide Safety Plan	Suicidal	iOS/Android	3.76	AP	PS, CI		✓
Brothers for Life	Suicidal	iOS	3.75	AP	CI		
Student Health App	NSSI	Android	3.75	AP AE	PS, CI	Certified member of the information standard	✓
DMHS: Suicide Prevention Info	Suicidal	Android	3.72	AP AE	PS, CI		✓
Carpe Diem - Depression and Anxiety Forum	Suicidal	Android	3.71	?	?	?	?
SafetyNet: Your Suicide Prevention App	Suicidal	Android	3.71	AP	PS		
Columbus State Hope & Help	Suicidal	iOS	3.69	AP AE	PS, CI		✓
MYPLAN – Your safety plan	Suicidal	Android	3.69	AP	PS	RCT protocol	✓
Lakeland Reach Out	Suicidal	iOS	3.69	AP AE	PS, CI		✓
Students Against Violence MS	NSSI	iOS	3.68	AP AE	PS, CI		✓
Backup Buddy (SCOT)	NSSI	Android	3.68	AP	PS, CI		✓
DMHS Suicide Prevention and Crisis Access Linkage Line (C.A.L.L.)	Suicidal	iOS	3.68	AP AE	PS, CI		✓
Tri-C Help is Here	Suicidal	iOS	3.66	AP AE	PS, CI		✓
Backup Buddy (SECAMB)	NSSI	Android	3.66	AP	PS, CI		✓
Gaia Teen Mind	NSSI	Android	3.66	AP	PW		✓

AP=Affected Persons; AE=Affiliated Environment; P=Professionals; PS=Privacy Policy; CI=Contact Information; PW = Password Protection; RCT= Randomized Controlled Trial

*According to the calculation of the mean score from suicide and NSSI rating

1.5 Appendix E: Suicide Prevention Tools

Supplementary Table 6. Purpose and suicide/NSSI prevention strategies of high-quality MHA (full version)

	Purpose			Screening strategies		Accessing support strategies				Mental Health/treatment strategies					
	Information	Resources (emergency)	Urge/behavior management	Physician-screening	Selfscreening	Peer and Family Support	Non-crisis Support	Crisis Support/	Visibility at all times	Psychotherapy	Safety Plan	Limiting access to means	Identification of warning signs	Identification of triggers	Coping strategies
BackUp	suicide	✓	suicide			✓		✓	✓	Information/education Tips/advice Strategies/skills Urge management	✓		✓	✓	Relaxation Exercise Comfort Distraction Resource orientation Mindfulness Acceptance Positive Reminders
Calm Harm – manages selfharm			NSSI		✓	✓				Tips/advice Strategies/skills Urge management					Relaxation Breathing Exercise Comfort Distraction Self-Expression Resource orientation Mindfulness Acceptance
Better Stop Suicide			suicide		✓	✓		✓ (SC)		Information/education					Relaxation Breathing

Supplementary Material

									Tips/advice Strategies/ skills Urge management					Exercise Distraction Resource orientation Mindfulne ss Acceptanc e
AuxiliaApp	suicide	✓	suicide	✓	✓	✓	✓	✓	Information/ education Strategies/ skills Urge management	✓				Resource orientation Positive reminders
Krisen Kompass	suicide	✓	suicide		✓	✓	✓	✓	Information/ education Tips/advice Strategies/ skills Urge management	✓	✓	✓	✓	Relaxation Breathing Resource orientation Mindfulne ss Acceptanc e Mental Training
Friend2Frien d	suicide	✓				✓		✓ (OH)	Information/ education Tips/advice Strategies/ skills			✓		Resource orientation
distrACT	suicide NSSI	✓	suicide NSSI			✓	✓	✓	Information/ education Tips/advice Strategies/ skills Urge management			✓		Distraction Resource orientation Acceptanc e
mhGAPIG 2.0 App (emhGAP)*	Suicide NSSI	✓	Suicide NSSI	✓		✓	✓	✓	Professional Assessment Information/ education Tips/advice		✓	✓		
	Additional: Assessment tool													

Be Safe	✓	✓	suicide	✓	✓	✓	✓ (CAN)		Tips/advice Strategies/ skills Urge management	✓		✓	Resource orientation Distraction Comfort
DMHS: Interactive Suicide Prevention	suicide	✓		✓	✓	✓	✓ (ON)	✓	Information/ education Problem Solving Mood Tracking	✓		✓	Relaxation Breathing Exercise Comfort Distraction Self- Expression Resource orientation
Vrag Maar	suicide	✓	suicide		✓		✓ (NLD)	✓	Information/ education Tips/advice Strategies/ skills Urge management	✓		✓	Resource orientation Positive Reminders Distraction Comfort
Stay Alive	suicide	✓	suicide		✓	✓	✓ (UK)		Information/ education Tips/advice Strategies/ skills Urge management	✓	✓	✓	Relaxation Breathing Comfort Resource orientation Mindfulness Grounding
Operation Life		✓	suicide		✓	✓	✓ (S)	(AU)	Tips/advice Strategies/ skills Urge management			✓	Grounding Mental Training Positive Reminders Resource orientation
Suicide	suicide	✓		✓	✓	✓	✓			✓	✓	✓	✓

Prevention App	(USA)								Information/ education Tips/advice Strategies/ skills Urge management Professional Assessment						Resource orientation
Additional: Assessment tool															
Jewish Care	suicide	✓	suicide		✓	✓	✓ (AUS)	✓	Information/ education Tips/advice Urge management	✓	✓	✓	✓	Positive Reminders Resource orientation	
Prevent Suicide	suicide	✓	suicide		✓	✓	✓ (SCT)	✓	Information/ education Tips/advice Urge management Strategies/ skills	✓		✓	✓	Positive Reminders Resource orientation Distraction	
Kokua Life	suicide	✓	suicide	✓	✓	✓	✓ (USA)		Information/ education Tips/advice Urge management	✓		✓	✓	Positive Reminders Resource orientation Distraction	
MoodTools Depression Aid*	✓	✓	suicide	✓	✓				Information/ education Tips/advice Urge management	✓	✓	✓	✓	Positive Reminders Resource orientation Distraction Relaxation Breathing Exercise Mindfulness	
ReMinder Suicide Safety Plan		✓	suicide	✓	✓	✓	✓ (AUS)	✓	Tips/advice Strategies/ skills Urge management	✓	✓	✓		Relaxation Breathing Resource orientation	

TechSafe Mental Health	NSSI	✓		✓	✓			Information/ education Tips/advice				Resource orientation	
OnTrackAga in		✓	suicide	✓		✓ (NLD)		Tips/advice Strategies/ skills Urge management	✓		✓	✓	Resource Orientation Relaxation Mindfulne ss Positive Reminders Distraction
Prevent Suicide D&G	suicide	✓	suicide	✓	✓	✓ (SCT)	✓	Information/ education Tips/advice Urge management Strategies/ skills	✓		✓	✓	Positive Reminders Resource orientation Distraction
Prevent Suicide Highland	suicide	✓	suicide	✓	✓	✓ (SCT)	✓	Information/ education Tips/advice Urge management Strategies/ skills	✓		✓	✓	Positive Reminders Resource orientation Distraction
Prevent Suicide NE Scotland	suicide	✓	suicide	✓	✓	✓ (SCT)	✓	Information/ education Tips/advice Urge management Strategies/ skills	✓		✓	✓	Positive Reminders Resource orientation Distraction
Prevensuic	suicide	✓	suicide	✓		✓		Information/ education Tips/advice Strategies/ skills Urge management	✓		✓		Resource Orientation Positive Reminders Distraction

Brothers for Life	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*
Student Health App	NSSI	✓				✓	✓			Information/education Tips/advice			✓		Resource orientation Distraction Self-Expression
DMHS: Suicide Prevention Info	suicide	✓	suicide		✓	✓	✓	✓ (CAN)	✓	Information/education Tips/advice Strategies/skills Urge management	✓	✓			Resource orientation Grounding Distraction Mindfulness
Carpe Diem Depression and Anxiety Forum															
SafetyNet: Your Suicide Prevention App		✓	suicide		✓	✓		✓	✓	Tips/advice Urge management Strategies/skills	✓			✓	Relaxation Breathing Exercise Self-Expression Resource orientation Distraction Grounding
Columbus State Hope & Help	suicide	✓				✓	✓	✓ (USA)	✓	Information/education Tips/advice Strategies/skills			✓		Resource orientation
MYPLAN – Your safety plan	✓	✓	✓			✓	✓	✓		Information/education	✓		✓		Resource orientation

									Strategies/ skills Urge management			
Lakeland Reach Out	suicide	✓			✓	✓	✓ (USA)	✓	Information/ education Tips/advice Strategies/ skills	✓		Resource orientation
Students Against Violence MS	Suicide NSSI	✓			✓	✓	✓ (USA)		Information/ education Tips/advice			Resource orientation
Backup Buddy (SCOT)	NSSI	✓			✓	✓	✓ (UK)		Information/ education Tips/advice			Distraction Comfort Grounding Resource orientation
DMHS Suicide Prevention and Crisis Access Linkage Line (C.A.L.L.)	suicide	✓	suicide	✓	✓	✓	✓ (CAN)	✓	Information/ education Tips/advice Strategies/ skills Urge management	✓	✓	Resource orientation Grounding Distraction Mindfulness
TriC Help is Here	suicide	✓			✓	✓	✓ (USA)	✓	Information/ education Tips/advice Strategies/ skills	✓		Resource orientation
Backup Buddy (SECAMB)	NSSI	✓			✓	✓	✓ (UK)		Information/ education Tips/advice			Distraction Comfort Grounding Resource orientation
Gaia Teen Mind	NSSI	✓	NSSI	✓	✓	✓			Information/ education Tips/advice Strategies/ skills			Resource orientation Self- Expression Relaxation

Urge
management

Comfort
Exercise
Distraction
Grounding

SC=Several Countries; OH=Ohio; CAN=Canada, ON=Ontario; NLD=Netherlands; UK=United Kingdom; AUS=Australia; SCT=Scotland; USA=United States of America *Unavailable at the time of assessment