



# Safety apps & tools



**Arc** – enables people experiencing family violence to track details of abusive behaviour by uploading photos; videos; audio and diary entries to record what happened, when and how it made them feel.



**bSafe – Never Walk Alone**- an app to alert your friends that you have arrived safely at your destination and send location information to those in your network. It has an SOS button that can activate and send your location to your pre-determined guardians.



**Beyond now** – a suicide safety planning app. Convenient and confidential, this app puts your safety plan in your pocket so you can access and edit it at any time.



**Calm Harm** – provides tasks that help you resist or manage the urge to self-harm. You can add your own tasks too and is completely private and password protected.



**Daisy** – a personal safety and information app which connects survivors with educational information, support resources, and a way to contact police or other trusted contacts in an unsafe situation. Developed by 1800RESPECT.



**Empower You** – designed to be user-friendly, intuitive, and interactive, while still having the best safety features for user privacy and discretion.



**Leelou** – is a personal safety app that can have up to five trusted contacts referred to as 'Guardians' who will be notified when you press the SOS button.



**Positive Pathways** – is for women experiencing family and domestic violence in WA. It looks like a wellness app however, its main purpose is for use in emergencies, with audio recording, automatic help messages & GPS location with a one-touch 000 call function.



**Sunny** – is 1800RESPECT's app for women with a disability who have experienced violence and abuse. It has been co-designed with women with a disability to make sure it provides the very best support for the people who use it.

Further app information is available on the [Tool Box ReachOut](#) website

Not all apps are available on Android

Further trauma information and resources are available on the [SARC](#) website