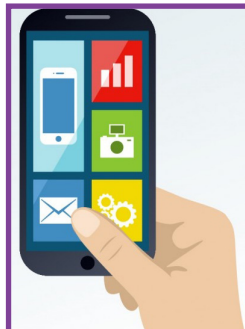




Helping people change direction.

Help is in your hand....



Powerful smartphone apps to help keep you safe.

While smart phones can sometimes be a challenge in protecting our privacy, they can also be great tools in keeping us safe. OneEighty has tried some of the smartphone apps that are designed to help people avoid abuse or assault. The most effective apps we found are listed below with links provided to download the apps to your phone.

Safetrek – Hold Until Safe is free to download, but costs \$2.99 a month with a one-month free trial. It calls itself a 24/7 safety assistant. Designed for when users feel that they may be in danger, Support Safetrek contains a button that users press until they are safe. Once they feel safe, they enter their PIN and nothing happens. If a dangerous situation arises, users simply let go of the button and police are notified of the situation and are dispatched to the user's location.

Click [HERE](#) from your phone to find a download for this app.

Lifeline Response is similar to Safetrek, in that it has a button to press during potentially dangerous situations, but it goes a step further. In the timer mode, the user sets a timer and if the timer is not disabled within the amount of time set, a message will be sent to their control center who will notify police with the user's location and it will text no fewer than six emergency contacts. This app is free to download and has a two-week free trial, but costs \$5.99 a month after the free trial.

Click [HERE](#) from your phone to find a download for this app.

eyeWitness is a free app that gives users the chance to record incidents and upload them to the cloud so that the information will be protected if the videos or photos are ever needed as evidence that some kind of a crime occurred. The app also allows victims to write notes about the incident and provides users with information about what to do if they witness a crime.

Click [HERE](#) from your phone to find a download for this app.

Ice Black Box allows for users in threatening situations to simultaneously call 911 and record the incident as it occurs. User simply need to press the record button and the app will send audio, video, and GPS information to Ice Black Box's server, where it cannot be accessed by anyone but the user. The user's emergency contacts will be notified by text or email. Ice Black Box users are encouraged to prevent potential attacks by holding up their phones and saying, "I have you on Ice!"

Click [HERE](#) from your phone to find a download for this app.

RU Safe is a free screening tool for potential victims. It asks a series of questions related to abuse and tells users whether they may be victims of violence. It then uses GPS to determine where the user is located and instantly presents local options for shelter/advocacy along with the ability to dial those resources immediately.

Click [HERE](#) from your phone to find a download for this app.

Circle of 6 is a free app designed for students that enables users to quickly communicate with up to six contacts who might help them during a crisis. It's a user-friendly app that also asks for friends to "fake call" them if they are in a situation that a phone call could get them out of. It also contains links to domestic violence resources.

Click [HERE](#) from your phone to find a download for this app.