

Free, 24/7, confidential crisis support by text

A SIMPLE RESOURCE FOR A MASSIVE PROBLEM

The Problem: 65 million Americans suffer from mental illness each year. They quietly struggle with depression, anxiety, eating disorders, bullying, suicidal thoughts, and more.

A Simple Resource: Crisis Text Line provides free, 24/7 support for people in crisis, via text.

HOW IT WORKS

Step 1:

Text BAY to 741741

Step 2:

A trained Crisis Counselor will respond (83% in under 5 minutes.)

Step 3:

Crisis Counselor will help bring texter from hot to cool moment and plan for future health and safety.

WHO RESPONDS TO TEXTERS?

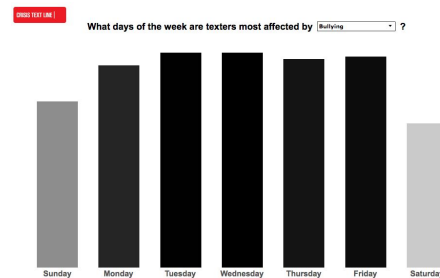
Algorithm. The system reviews for severity. Imminent risk texters are taken first.

Crisis Counselors. These are people over the age of 18 who apply, go through a background check, are accepted, and complete 34 hour training including role plays and observations.

Supervisors. These are full-time paid staff who have a Masters degree in mental health or a related field.

DATA TO IMPROVE THE WORLD

We use data to make us better--and to improve communities. Imagine the impact this large data set could have on police departments, school boards, policy makers, hospitals, families, journalists and academics. Visit crisistrends.org to learn more.



GET INVOLVED

Visit our website at crisistextline.org to learn more about us and get involved as a volunteer Crisis Counselor.

In crisis? Text BAY to 741741

CRISIS TEXT LINE |