



Volunteer with Crisis Text Line

Crisis Text Line provides free, nationwide, 24/7 support for people in crisis. All via text message. Volunteer Crisis Counselors are superheroes with laptops instead of capes.

65 million Americans suffer from mental illness each year. They quietly struggle with depression, anxiety, eating disorders, bullying, suicidal thoughts, and more. The need is huge...so is your potential for impact.

HOW DO YOU BECOME A CRISIS COUNSELOR?

Step 1:

Fill out the 30-minute application
(find it here: crisistextline.org/volunteer)

Step 2:

Consent to a background check

Step 3:

Complete the 34-hour web-based training

Step 4:

Take your first shift and start changing lives! You will commit to volunteer 4 hours a week for one year. Volunteering can be done in 2 hour increments.

THE PERKS

Learn skills. In 34 hours, you'll walk away knowing active listening, collaborative problem solving, and crisis management. (These are skills that will help in your personal relationships too!)

Train from anywhere. In your PJs. In a coffee shop. Whatever.

Oooh, impressive! Our Crisis Counselors highlight the training on their resumes when interviewing for jobs, applying to grad school, and building out their LinkedIn profile.

Feel supported. This is a community. We support each other. We are a big awesome family.

WHAT ARE OTHERS SAYING?

"I volunteer for Crisis Text Line because practicing empathy and reflective listening makes me a better friend, partner, and employee." -Monika Lind, student

"The great conversations leave you warm and fuzzy - those are good for the soul. The hard conversations require patience and fortitude - those are good for the spirit." -Ellen Kaster, consultant

READY TO VOLUNTEER

Apply here: crisistextline.org/volunteer

Questions? Email: support@crisistextline.org / **In crisis?** Text HELLO to 741741

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