

**Crisis Text Line provides free, 24/7 crisis support by text. Text HELLO to 741741 to be connected to a trained Crisis Counselor.**



## **AS A COMPANY**

### **Flyers**

Post a Crisis Text Line flyer in popular locations (fridge, coffee machine, bulletin board)

### **Internal portal or website**

Update your employee website, wellness board, or HR guide to include 'In crisis? Text HELLO to 741741'

### **Company IDs**

Advertise this resource on the back of company IDs.

### **Bathrooms**

Post stickers with resource in every bathroom stall.

### **All Staff Meetings**

At an upcoming all staff meeting, have people take out their phones and enter 741741 to their contacts.

### **Social Media**

Post on Twitter, Instagram, Tumblr, and Facebook so that your users and staff know where to turn in crisis.

### **Signature**

Include 'In crisis? Text HELLO to 741741' in HR department email signature

### **Encourage team volunteering**

Employees can train to volunteer from home or the office. Even better when it's together! Imagine having a team that knows how to support people in crisis! Visit [crisistextline.org/volunteer](http://crisistextline.org/volunteer).

### **Matching donations**

Feature Crisis Text Line in company donation matching programs. Partner with us: [crisistextline.org/partnerships](http://crisistextline.org/partnerships)



## **AS AN INDIVIDUAL**

### **Your Community**

Be an advocate in your community. Share Crisis Text Line with school leaders, city government, and local orgs. Table at farmers markets and community events. Bring flyers to local churches and recreation centers. Share at PTA meetings.

### **Share 741741 with your kids**

Tell them about it. Maybe even just subtly put a flyer on the fridge.

### **Spread the word**

Email friends. Post on Facebook.

### **Volunteer**

Become a volunteer Crisis Counselor. We promise you will feel the impact you are making every single shift. Best of all, you can do it from your couch! Visit [crisistextline.org/volunteer](http://crisistextline.org/volunteer).

### **Make a donation**

Donate at [crisistextline.org/donate](http://crisistextline.org/donate)