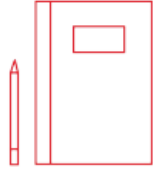


Crisis Text Line provides free, 24/7 crisis support by text.  
Text HELLO to 741741 to be connected to a trained Crisis Counselor.

CRISIS TEXT LINE |



### WHAT STUDENTS CAN DO

#### Chalk Campaign

Write the number on sidewalks, in the parking lot, and on whiteboards in classrooms... every week.

#### Campus Clubs & Publications

Activate student groups to spread the word. Write an article about Crisis Text Line and the data at [crisistrends.org](http://crisistrends.org) in the school newspaper. Create a recurring ad in the newspaper promoting the resource.

#### Announcements

Include 741741 or Crisis Text Line's PSA video on morning video announcements.

#### Social Media

Post on Twitter, Tumblr, and Facebook so that your friends know where to turn in crisis: Text HELLO to 741741!



### WHAT PARENTS CAN DO

#### Your Community

Be an advocate at your kid's school. Share this flyer with school leaders. Table at farmers markets and community events.

#### Share 741741 with Your Kids

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

#### Other Parents

Email friends. Post on Facebook. Spread the word to other parents.

#### 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).