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

**WHAT SCHOOL ADMINISTRATORS CAN DO**

**Flyers**
In the school counselor / principal / nurse and coaches’ offices. Posted in every classroom.

**Webpage**
Update your school’s counseling or student wellness webpage to include ‘Text HELLO to 741741’

**Student IDs**
Advertise this resource on the back of student IDs.

**Bathrooms**
Post stickers with resource in every bathroom stall.

**Assemblies**
At an upcoming student assembly or PTSA night, have people take out their phones and enter 741741 to their contacts.

**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 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.

**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.

**Share 741741 with Your Kids**
Tell them about it. Maybe even just subtly put a flyer on the fridge.

crisistextline.org