



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

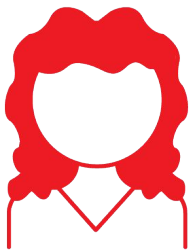
Include 'In crisis? Text HELLO to 741741' in HR department email signature

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.

Matching donations

Feature Crisis Text Line in company donation matching programs. Partner with us: 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 with your kids or friends

Tell them about 741741. Maybe even just subtly put a flyer on the fridge or place a post it on their desk.

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.

Make a donation

Donate at crisistextline.org/donate