

**CRISIS TEXT LINE |**

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## **Crisis Text Line and The Jed Foundation (JED) Launch Mental Health Podcast with Stacy London**

*In “Could Be Better, tbh” celebrities including Busy Phillips, Jameela Jamil, and Dear Evan Hansen’s Benj Pasek open up about loneliness, anxiety, and reaching out for help*

**New York, NY- 2.26.20-** [Crisis Text Line](#), a not-for-profit organization that provides free, 24/7 confidential support and The Jed Foundation (JED) are launching a podcast to bust stigma and encourage listeners to get support.

“You may know me from fashion, but as much as I care about a good pant, I’ve always cared about mental health. I’ve decided it’s time to talk about it,” said Stacy London, host of the podcast *Could Be Better, tbh*.

In the 10-episode series, Stacy has candid conversations with celebrities and influencers about their mental health issues, ranging from anxiety to PTSD to suicidal ideation. They also break down how to get help while sharing accessible ways to improve your mental health.

Throughout the season, the podcast includes Busy Philipps on the importance of having a therapist - and when to get a new therapist, Jameela Jamil on surviving anxiety and depression, Benj Pasek on the story that inspired *Dear Evan Hansen*, and YouTuber Clawdeena on self-harm.

Could Be Better, tbh will be premiere on March 2, 2020 with new episodes dropping every Monday until May 4, 2020. It will be available for streaming on iTunes, Spotify, and wherever podcasts can be heard.

**About Crisis Text Line**

Crisis Text Line provides free, 24/7, confidential support for people in crisis via text. [www.crisistextline.org](http://www.crisistextline.org). Text CRISIS to 741741 to be connected to a live, trained Crisis Counselor. Crisis Counselors complete a 30-hour training and have 24/7 supervision by full-time Crisis Text Line mental health professionals. Text CRISIS to 741741 24 hours a day, seven days a week to be connected to a live, trained crisis counselor.

**About The JED Foundation (JED)**

JED is a nonprofit that protects emotional health and prevents suicide for our nation's teens and young adults. We're partnering with high schools and colleges to strengthen their mental health, substance misuse, and suicide prevention programs and systems. We're equipping teens and young adults with the skills and knowledge to help themselves and each other. We're encouraging community awareness, understanding and action for young adult mental health.