

CRISIS TEXT LINE |



FOR IMMEDIATE RELEASE

Crisis Text Line and SEA WAVES Partner to Provide Free Support for Eating Disorders Within the Military Community During the Holiday Season

NEW YORK/ORLANDO, Fla.--December 12, 2023 – In a groundbreaking moment for the military community, [Crisis Text Line](#) and [SEA WAVES](#) are delighted to announce its pioneering partnership to offer accessible, confidential and free mental health support for individuals struggling with disordered eating within the military.

Since its inception, SEA WAVES has maintained an unwavering dedication to the mission of addressing eating disorders within the military community comprehensively and compassionately. This nonprofit has worked towards creating a military environment where every service member is equipped with the knowledge and support to recognize and address eating disorders effectively.

“Thank you to SEA WAVES for giving us an opportunity to provide compassionate and nonjudgmental support to those navigating the complexities of an eating disorder while in a military environment,” said Jana French, Director of Community Partnerships at Crisis Text Line. “Our volunteer Crisis Counselors offer individuals in need a path towards healing and resiliency.”

Eating disorders have the [second highest](#) mortality rate of all mental illnesses. The number one cause of death in eating disorders is suicide. This collaboration fills a significant gap, offering much-needed support to our service members, veterans, and their families.

"As a retired U.S. Navy senior chief, I am immensely proud to be part of this trailblazing partnership," said Leah Stiles, founder of SEA WAVES. "It's awe-inspiring to know that we're making a difference by supporting our military families through their challenges associated with disordered eating, especially during this holiday season."

This partnership establishes a nurturing space for anyone in need, regardless of the magnitude of their challenges. If you or someone you know is struggling with disordered eating or body image issues, you can reach out to Crisis Text Line by texting WAVES to 741741 and you will be connected to a live volunteer Crisis Counselor.

About Crisis Text Line

[Crisis Text Line](#) is a nonprofit organization that provides free, confidential, 24/7, high-quality text-based mental health support and crisis intervention in English and Spanish. Since its launch in 2013, Crisis Text Line has engaged in more than 9 million crisis conversations and trained over 65,000 volunteers to support people in their moments of need. Crisis Text Line is committed to creating an empathetic world where nobody feels alone. Individuals seeking confidential support can connect with us via text, web chat and WhatsApp. To be connected to a live, trained volunteer Crisis Counselor, text HELLO to 741741 or 443-SUPPORT in WhatsApp or text HOLA to 741741 or 442-AYUDAME in WhatsApp for Spanish or connect with us via [web chat](#). Visit Crisis Text Line on [Instagram](#), [Twitter](#), [Facebook](#) and [TikTok](#). Additional information, including how to become a volunteer or how to support Crisis Text Line through donations or partnerships, is available at www.crisistextline.org.

About SEA WAVES:

[SEA WAVES](#) is a nonprofit organization passionately committed to aiding service members and their families in combating eating disorders within the military community. Our vision is to create a military community where proactive measures are taken to prevent the development of eating disorders, and early intervention and accessible treatment options are readily available. Additional information is available at www.sea-waves.org.

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