

How to Reach Out to Crisis Text Line

Text **MIND** to **741741**

Crisis Text Line serves anyone, in any type of mental health crisis, providing access to free, 24/7, and confidential support via text messages.

1

- Text **MIND** to **741741**

Any painful emotion or need for support is valid.
Text **MIND** to **741741** to start.



- You'll get 2 automated replies letting you know **a trained volunteer** will join shortly.



2

- Within minutes, you'll be connected to a volunteer Crisis Counselor (wait times may vary).



- You'll chat back and forth **at your own pace**. Share only what you're comfortable with.



3

- The conversation ends when you both feel you're in **a calmer, safer place**.



- The goal is to **support you**, whether through listening or offering additional resources.



4

Things to Note

- You can press **STOP** at any time to end the conversation.
- For Spanish, respond **AYUDA**.
- Crisis Text Line can only receive messages under 160 characters.
- You will receive in-the-moment resources to utilize.
- You can text **DELETE** to request deletion of your data from Crisis Text Line.