

# About Crisis Text Line powered by Kids Help Phone

Kids Help Phone has launched a service partnership with U.S. based helpline Crisis Text Line to provide young people in Canada with the first 24/7, free texting service! This new service – Crisis Text Line powered by Kids Help Phone – allows people to connect to free, 24/7 text-based support without the need for a data plan, internet connection or app. By eliminating barriers to seeking help, Kids Help Phone is ensuring people receive the help they need, when they need it most and in a manner that suits them best.

The service launched with a trial in Manitoba in February 2018. Using learning from the service trial, the service has now expanded nationally across Canada.

## How you can help

We're calling on our supporters to help us spread the word about the launch of this exciting new service! Below you will find information and resources on sharing the message to your networks.

## Spread the message on social media

We've created some suggested messaging that you can share on social media to raise awareness of this new service among young people.

- » Exciting news! @KidsHelpPhone has launched a 24/7, free confidential texting service. Text TALK to 686868 to connect with a volunteer Crisis Responder about any problem, big or small.
- » You can now text TALK to 686868 to be connected to a trained Crisis Responder to help you with any issue – big or small. The service is free, confidential, and available 24/7.

## Digital toolkit

This toolkit provides a set of communication materials for individuals and organizations to share on their own channels.

## Assets included in the digital toolkit:

- Digital copy of this document
- Digital poster and print-ready poster
- Images for social media posts

Download today at [kidshelpphone.ca/text/toolkit](http://kidshelpphone.ca/text/toolkit) and show your support for Canada's first 24/7 texting service. If you have any questions about how to use these assets, please contact Dan Howe at [materials@kidshelpphone.ca](mailto:materials@kidshelpphone.ca).

**CRISIS TEXT LINE |**

powered by

**Kids Help Phone** 

**Thank you for your support in helping us spread the word about Crisis Text Line powered by Kids Help Phone.** Together, we can support mental health and well-being and always ensure young people can access the support they need, in the way they need it most.

 /KidsHelpPhone

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