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 BEACON 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 BEACON 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.

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

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.

crisistextline.org