



National Suicide Prevention Week is September 9-15, 2018 and World Suicide Prevention Day is September 10, 2018.

The Vermont Suicide Prevention Center, a public-private partnership of the Center for Health and Learning, is issuing three press releases during National Suicide Prevention week. This is release number one of three.

FOR IMMEDIATE RELEASE

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Crisis Text Line

Although there is no single cause of suicide, one of the risks for suicide is social isolation, and there's scientific evidence for reducing suicide risk by making sure we connect with one another. The Vermont Crisis Text Line connects individuals with professional help through a free, 24/7 text support line. Anyone with a mobile device can connect anonymously with a trained Crisis Counselor. This free texting service is available to anyone, at any time, for any type of crisis they are experiencing. Text VT to 741741 from anywhere – and you will receive an automated text response, followed by a response from a live Crisis Counselor.

The mission of Crisis Text Line is to turn a “hot moment to a cool calm” and can be used for any type of crisis. The Crisis Counselors will work with you until you can get space from the situation and develop a plan for the next steps to receive support and care. This service is useful when your social support system is absent, unavailable, or unable to support you through a crisis.

Crisis Text Line Counselors are specially trained to help people who are considering suicide and are able to rapidly assess the level of need for each individual texter. In the event of a life-threatening situation, Crisis Text Line works with local agencies and emergency responders to intervene and get help to the person in need. Since its inception, Vermonters have used the Crisis Text Line for support around bullying, friend and social issues, health concerns, hopelessness, isolation, depression and suicidal thoughts. We don't always know who is struggling, but we do know that one conversation could save a life.

More information on Vermont Crisis Text Line can be found at the following link <http://vtcrisistextline.org/>. More information about risk factors and warning signs for suicide can be found on the Vermont Suicide Prevention Center website, at www.vtspc.org.

If you are feeling suicidal or are concerned about someone else, help is available from a number of resources. Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), text VT to 741741 for the Vermont Crisis Text Line service, dial 2-1-1 to locate your local mental health agency, or visit www.suicidepreventionlifeline.org to text/chat.

You can support the work of the VT Suicide Prevention Center by visiting www.vtspc.org