

ContactLifeline

CRISIS TEXT LINE

HELP ME

Text "CLL" to
741741

5:30pm–9:30pm
to reach our listeners

Others available 24/7
www.crisistextline.org

**Support is at your
fingertips**

access to free, 24/7
emotional support and
information

1. A person texts into CTL anywhere, anytime.
2. A live, trained specialist receives the text and responds quickly.
3. The specialist helps the person stay safe and healthy with effective, secure counseling and/or referrals.