



Mental Health and Recovery Services Board

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PRESS RELEASE

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Ohio Crisis Text Line

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Crisis Text Line provides free support at your fingertips, 24 hours a day, seven days a week. It is a free, confidential service available via text on mobile devices. Crisis Text Line's goal is to move people from a hot moment to a cool calm. Anyone should feel free to use Crisis Text Line. An individual may text the keyword "4HOPE" to 741741 and expect a reply from a crisis counselor within five minutes. The message is confidential, anonymous, and secure. Crisis Text Line does not charge the user if their cell phone plan is with AT&T, T-Mobile, Sprint or Verizon, and nothing will appear on their phone bill.

A unique and very important feature of Crisis Text Line is the active rescue. When a person texting is deemed to be an immediate danger to themselves, the crisis counselor will engage in an active rescue. During an active rescue, the crisis counselor connects with and dispatches emergency services to the person in order to save them from self-harm. As of January, there have been 243 active rescues in Ohio. That means that 243 lives have been saved by this service.

In Ohio, the most common reason for texting the Crisis Text Line is depression (17% of conversations), followed by family issues (15.5%), romantic problems (14.7%), and suicidal thoughts (11.8%). In February of 2017, more than 22% of Ohio Crisis Text Line users had issues with depression. Also according to the hotline, Wednesdays at 5 p.m. are the worst for bullying in Ohio, and texters in the state talk about substance abuse the most on Saturdays and Sundays between 3 a.m. and 5 a.m.

For residents of Seneca, Sandusky and Wyandot counties, we also have a Crisis Hotline available 24/7, by calling [1-800-826-1306](tel:1-800-826-1306).

If any local agency is interested in obtaining Crisis Text Line promotional materials, please contact our office at [419-448-0640](tel:419-448-0640).

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