



Mental Health and Recovery Services Board

1200 North State Route 53 • Tiffin, Ohio 44883-9799 • Tel.: 419-448-0640 • Fax: 419-448-8743

PRESS RELEASE

April 18, 2018

Contact: Mircea Handru

Phone: 419-448-0640

Crisis Text Line

The Mental Health and Recovery Services Board of Seneca, Sandusky and Wyandot Counties has been promoting the 24/7 Crisis Text Line for about two years in collaboration with Crisis Text Line, Ohio Department of Mental Health and Addiction Services, and Ohio Association of County Behavioral Health Authorities. The Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via a medium people already use and trust: text. It works by sending the word "4hope" to 741741. A live, trained Crisis Counselor receives the text and responds, all from one secure online platform. The goal of the Crisis Counselor is to help the person move from a hot moment to a cool moment and when necessary, link them with appropriate services.

Ohio has recently created a data dashboard that collects the data of the Crisis Text Line usage. During the past year, in Ohio there were 4,998 texters and 54 active rescues as a result of conversations from the Crisis Text Line. An active rescue means the crisis counselor believes the person is suicidal, has a plan to complete suicide, and has the means to complete suicide. At that time, if the conversation cannot be deescalated, the crisis counselor will dispatch first responders to the location of the client.

The Crisis Text Line appears to be most utilized on Thursdays between 2- 4 PM. The major four reason that individuals texted about in the last years are; relationships, anxiety/stress, depression/sadness, and suicide. The most common group utilizing the Crisis Text Line are individuals between 14 - 17 years old. We are able to take a look at the usage in the three counties in which the board covers. In the past year there were 40 conversations in Sandusky County, 55 conversations in Seneca County, and 7 conversations in Wyandot County.

If you or someone you know would benefit from utilizing the Crisis Text Line, text "4hope" to 741 741 anytime, anywhere. Please contacts the Mental Health and Recovery Services Board office for any additional information.

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