



Crisis Text Line

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Crisis Text Line 741741: Free, 24/7 crisis support at your fingertips. This text line is anonymous. Text "HOME" to start.

How it works:

1. **You text 741741 when in crisis. Available 24/7 in the USA.**
2. **A live, trained crisis counselor receives the text and responds quickly.**
3. **The crisis counselor helps you move from a hot moment to a cool calm to stay safe and healthy using effective active listening and suggested referrals – all through text message using Crisis Text Line's secure platform.**