

GOT5 CHALLENGE

Support mental health in your school by helping raise awareness of the Crisis Text Line!

The Got5 Challenge helps raise awareness of the Crisis Text Line – a **free, anonymous, text-based support network that's available 24/7**. Simply text "Got5"* to 741-741 to start texting with a trained Crisis Counselor who can help you get through a difficult moment.

**Got5 is New York State's unique Crisis Text Line keyword.*

To complete the Got5 Challenge, your school must:

- Sign your school up for the Got5 Challenge to receive free Crisis Text Line promotional items from the Suicide Prevention Center of New York to utilize at your school
- Post photos of your school's Crisis Text Line promotional items on social media and tag **@preventsuicideny** on Facebook and Instagram
- Distribute an email to students and faculty to help spread awareness of the Crisis Text Line and include a link to SPCNY's Crisis Text Line Video.

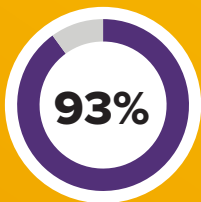
**Sign Up
& Get Started**



**Watch the
Video**



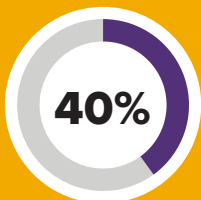
Crisis Text Line Facts by the Numbers:



Satisfaction rate (Found the conversation helpful)

39,800 Crisis Text Line conversations with New York State teens (17 years old and younger)

804 Suicidal de-escalations



"School" was the top reason 40% of teens texted the Crisis Text Line



CRISIS TEXT LINE |



**Office of
Mental Health**