

# GOT5 CHALLENGE

## Templates for: STUDENT AND STAFF EMAIL

### OPTION 1

**Subject Line:** *Do you know about the Crisis Text Line?*

As we return to the classroom this year, it's important to remember that the Crisis Text Line is here for you if you need someone to listen. Text Got5 to 741-741 to be connected to a trained Crisis Counselor who is always ready to support you and help you get to a calm and safe headspace during a difficult moment.

Thousands of New York State teenagers have reached out to the Crisis Text Line. It's free, anonymous, available 24/7 and most importantly – it's for everyone.

Watch this short video from the Suicide Prevention Center of New York to learn more about how the Crisis Text Line works.



### OPTION 2

**Subject Line:** *The Crisis Text Line is here for you.*

The Crisis Text Line is here for you whenever you need someone to listen and help you get to a safe place during a tough moment. Thousands of New York State teenagers have reached out to the Crisis Text Line – it's free, anonymous, available 24/7 and most importantly – it's for everyone. Text Got5 to 741-741 to reach a trained Crisis Counselor who will be there and support you.

Watch this short video from the Suicide Prevention Center of New York to learn more about how the Crisis Text Line works.



### OPTION 3

**Subject Line:** *Need someone to listen? The Crisis Text line is here.*

Remind yourself and others that the Crisis Text Line is here for you if you every need someone to listen and help you get through a tough moment. Thousands of New York State teenagers have reached out to the Crisis Text Line in recent years. It's free, anonymous, available 24/7 and most importantly – it's for everyone. Text Got5 to 741-741 to reach a trained Crisis Counselor who will be there and support you.

Watch this short video from the Suicide Prevention Center of New York to learn more about how the Crisis Text Line works.



# Templates for:

## **SOCIAL MEDIA POST**

### OPTION



The @CrisisTextLine is here for you whenever you need someone to listen and help you get to a safe place during a tough moment. Thousands of NYS teens have reached out to the Crisis Text Line – it's free, anonymous, available 24/7 and most importantly – it's for everyone. Text Got5 to 741-741 to reach a trained Crisis Counselor who will be there and support you.

Check out the video from @NYSOMH's @PreventSuicideNY to learn more!

**Video Link**

### OPTION



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**Video Link**

### OPTION



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Learn more by watching @NYSOMH's @PreventSuicideNY video!

<https://vimeo.com/579544328>