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Crisis Text Line Service Expanded to Serve California Community College Students

SACRAMENTO, Calif.—May 31, 2017— A new collaboration between the Crisis Text Line, the California Community College Chancellor’s Office, and the Foundation for California Community Colleges will provide free, text-based, confidential assistance to California community college students. Crisis Text Line will provide a version of the text-based service specifically aimed at California Community College students who may be experiencing a mental health challenge. About half of adults will experience a mental health challenge over the course of their lifetime according to the Centers for Disease Control and Prevention.

To receive text-based support from trained Crisis Text Line counselors, students can text “COURAGE” to 741741. The support is free, accessible 24/7, and confidential. To date, Crisis Text Line, a national organization, has answered more than 38 million messages. The organization has over 3,000 trained Crisis Counselors with strict safeguards and protocols to provide care, safety, and confidentiality for each user.

The text-based resource further supports the mental health initiatives available through the California Community Colleges Student Mental Health Program, a statewide effort focusing on prevention and early intervention strategies which address the mental health needs of California community college students.

“We are proud to collaborate with the Crisis Text Line to offer expanded support for students,” said Keetha Mills, CEO and president of the Foundation for California Community Colleges.

Each of the 113 California Community Colleges will receive Crisis Text Line toolkits to increase awareness of the text-based service. Toolkits will be sent to community college health centers, psychological service centers, veterans resource centers, and student services offices as part of Mental Health Month in May. Toolkits include decals, posters, bookmarks, and wallet cards. The campaign is funded by the California Mental Health Services Authority (CalMHSA), an organization of California counties working to improve mental health outcomes for individuals, families, and communities. CalMHSA is funded by counties through the voter-approved Mental Health Services Act (Prop 63).

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The Foundation for California Community Colleges is the official foundation to the California Community Colleges' Board of Governors, Chancellor, and System Office. The Foundation's mission is to benefit, support, and enhance the missions of the California Community College system, the largest higher education system in the nation. Incorporated in 1998, the Foundation works with Community Colleges and partner organizations to manage donations, grants, programs, and services that drive excellence in education while saving millions of dollars for colleges each year. The Foundation is a 501(c)(3) tax-exempt non-profit corporation and receives no direct state or public support. *For more information, visit www.foundationccc.org.*

The California Community Colleges is the largest system of higher education in the nation composed of 72 districts and 113 colleges serving 2.1 million students per year. Community colleges supply workforce training, basic skills education and prepare students for transfer to four-year institutions. The Chancellor's Office provides leadership, advocacy and support under the direction of the Board of Governors of the California Community Colleges. *For more information about the community colleges, please visit californiacommunitycolleges.cccco.edu.*

Crisis Text Line provides free, 24/7 support for people in crisis via text. Text 741741 to be connected to a live trained crisis counselor. The service is always free to texters. Crisis Text Line can be used for all crises such as LGBTQ issues, cyberbullying, suicide, anxiety and beyond. Crisis counselors complete a 34-hour training and have 24/7 supervision by full-time Crisis Text Line staff. *For more information, please visit www.crisistextline.org.*