

The Van Buren Community Health Committee is promoting free access to crisis support through Crisis Text Line in Van Buren, Berrien, and Cass Counties and requests your participation.

CRISIS TEXT LINE |

Each year over 65 million Americans suffer from mental illness. They quietly struggle with depression, anxiety, eating disorders, bullying, suicidal thoughts and more. The rates of youth and adults who are experiencing a mental health condition continue to rise and many still report an unmet need. While there are resources available in the area and hotlines to address specific mental health concerns, there are still many barriers to mental health care. **In response, the Van Buren Community Health Committee (VBCHC) is promoting a beautifully simple solution and requests your participation. Together, we promote access to effective and secure crisis counseling via a medium people already use and trust: text.**

Crisis Text Line is private, familiar, and accessible. Through Crisis Text Line, our community has free access to support at their fingertips, 24/7. Individuals **text "HAND" to 741741** to be connected with a live, trained Crisis Counselor. The Crisis Text Line is available for people of all ages who are in a state of crisis, typically experienced as an event or situation that challenges their ability to cope. Crisis interventions offer in-the-moment support of active crisis situations. Learn more about Crisis Text Line at crisistextline.org or watch the [10-minute inspiring TED Talk](https://goo.gl/652Lk1) about how Crisis Text Line came to be and its power to save lives (https://goo.gl/652Lk1).

So, what's in it for you? A healthier community *and* local data. With promotion of keyword "HAND", VBCHC will gain access to cumulative regional texter data in one place, under one text line through an online dashboard. With this data we can spot trends and use learnings to take preventative measures. We can make informed decisions to help improve mental health in our community and we can share this data with you.

As a partner, you will receive access to an online toolkit, where you can print and share flyers, tear-off posters, social media posts, and more. We simply ask that you help us spread the word by posting the flyers and sharing the information with your constituents, family, and friends. **Your involvement and engagement of your organization will be critical to the accomplishment of our goals.**

If you are interested in more information, send us an email at VanBurenCTL@gmail.com or reach out to one of the partner agencies listed below. We look forward to working together towards a common goal.

Yours in healthier communities,

The Van Buren Community Health Committee

Van Buren Community Health Committee (VBCHC) of the Human Services Collaborative Council is a collaborative of health professionals from mental health, public health, social services, and healthcare including Bronson Healthcare Group, Intercare Community Health Network, Van Buren Community Mental Health, Van Buren DHHS, Van Buren/Cass District Health Department, Senior Services of Van Buren County, and Tri-County Head Start.

Are you interested in hosting a presentation? [Yes, I want a presentation](#)