

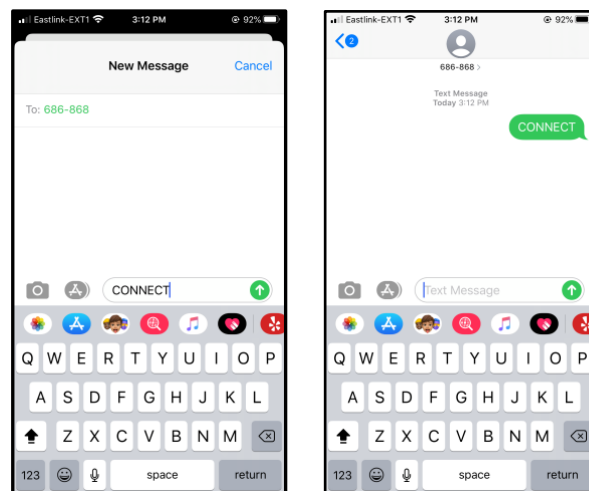
How to Use Kids Help Phone Crisis Text Line- Using a Cell Phone

Kids Help Phone offers a Crisis Text Line **for all ages**. People can text in from a cell phone or they can message online. The Crisis Text Line is here to help for issues big or small. The Crisis Text Line is open 24 hours a day, 7 days a week.

The Crisis Text Line texting service is completely **free**. You don't need a data plan, Internet connection or an app to use it. All conversations are **confidential**. And, you can text from anywhere in Canada.

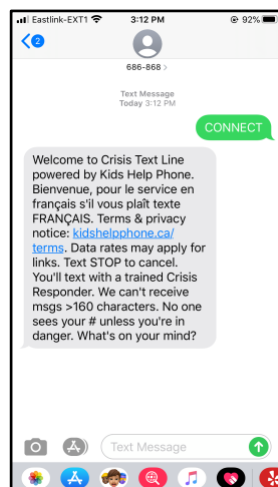
Below are the steps for reaching the Crisis Text Line, using a cell phone.

Step 1: Text CONNECT to 686868

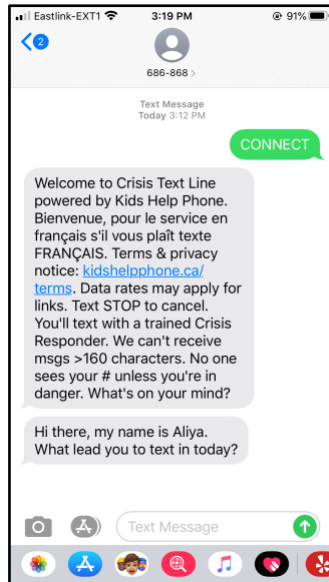


Step 2: You will get an auto response from the Crisis Text Line.

This will give you directions on their privacy policies and their terms of agreement. **You do not have to do anything after you get this auto response. Your text will be sent to a text responder and they will text back in 2-5 minutes.**

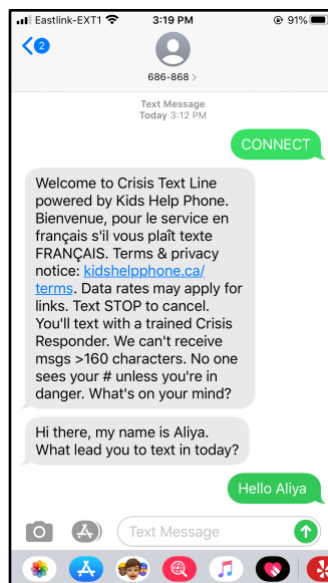


Step 3: After 2-5 minutes, you will get a response from a text responder. They will introduce themselves. This is an actual person, not an automated response. They will ask you how you are or why you are texting in today.



Step 4: You can respond.

You can tell them what is going wrong. They are here to listen and support you. You can text the Crisis Text Line for issues big or small.



Step 5: You can end the conversation at any time by texting STOP.

Texting STOP will automatically end the conversation, and the text responder will not be able to text you.



You can text back anytime by texting CONNECT again, like in Step 1. You will probably not get the same text responder, but there are many people there to help you.

The Crisis Text Line is open 24 hours a day, 7 days a week.