

Friday March 23, 2018

Dear Manitoba Educators,

I am writing today to let you know confidential support for young people in Manitoba is just a text away with the launch of *Crisis Text Line powered by Kids Help Phone*. Young people in Manitoba can now text TALK to 686868 on any text/SMS enabled cell phone to access help, whenever they need it most.

Research has shown that 71 percent of young people prefer a non-verbal form of communication such as texting. To meet the growing demand for talking through text, Kids Help Phone is introducing this innovative, free, 24/7 texting help service as an English-only service trial in Manitoba before it is rolled out nationally in both English and French.

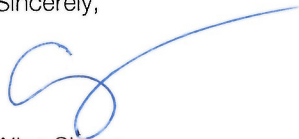
Crisis Text Line powered by Kids Help Phone requires no data plan, internet connection or app. By texting TALK to 686868, a connection is made with a trained volunteer Crisis Responder who is available to 'talk through texting' on any subject big or small. The intent is to provide active listening and to help move an individual from a hot moment to a cool calm using a five-staged structured conversation. At any time, the texter can type STOP to end the conversation.

Providing the help that young people need in the way that they need it most has been at the forefront of Kids Help Phone's mission and vision for close to 30 years and we know as educators, you share this dedication to supporting young people. As allies to youth on a daily basis, you understand the challenges and frustrations they face, from bullying, self-esteem issues, gender questioning, relationship issues, or difficulties with school and in the home. We are happy to share this resource with you to share with students - having someone to turn to can make a tremendous difference in helping youth deal with these issues, whether they are big or small.

We appreciate your support as we spread the word – so that youth in Manitoba know that help is now just a text away and so that interested volunteers and supporters, like you, are aware of this new service trial. You can learn more about this service and other ways to spread the word through our digital toolkit at kidshelpphone.ca/text/toolkit. During the trial period, all promotional materials included in this digital toolkit are designed for Manitoba use only.

Young people reach out to Kids Help Phone from every corner of the country via phone, Live Chat and the Always There chat app, and now a texting service in addition to having access to Kids Help Phone's database of local youth-serving programs. Together, we can continue to support youth mental health and well-being and ensure young people can always access the support they need, in the way they need it most.

Sincerely,



Alisa Simon
 Vice President, Counselling Services and Programs
 Kids Help Phone

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