



Office of  
Mental Health

CRISIS TEXT LINE |



# GOT5 CHALLENGE

Schools across New York State can **support students' mental health and Suicide Prevention Month** this September by joining the Got5 Challenge!

The Got5 Challenge will help raise awareness of the **Crisis Text Line** - a **free, anonymous, text-based support network that's available 24/7**. You simply text **"Got5"** to **741-741** to start a texting conversation with a trained volunteer Crisis Counselor who can help you get through a difficult moment.

## To complete the Got5 Challenge, your school must:

- Distribute an email to students and faculty to help spread awareness of the Crisis Text Line and include a link to [SPCNY's Crisis Text Line video](#).
- Post SPCNY's Crisis Text Line video on your school district's social media accounts and tag [@preventsuicideny](#).
- Promote the Crisis Text Line on your school's outdoor monument sign or in a heavily populated area inside the school (cafeteria, lobby, library, etc.).

**GET  
STARTED**



## Crisis Text Line Facts by the Numbers:



Satisfaction rate (Found the conversation helpful)

**37,200** Crisis Text Line conversations with New York State teens (17 years old and younger)



"School" was the main reason 40% of teens texted the Crisis Textline

**754** Suicidal de-escalations.



**Be one of the first 200 schools** to complete the Got5 Challenge, and the Suicide Prevention Center of New York will send your school a complimentary gift package with Crisis Text Line resources and promotional items that you can make available to your students.