In crisis?

Text HELLO to 741741

EMPLOYERS PROVIDING SUPPORT FOR A MENTAL HEALTH CRISIS

THE CRISIS TEXT LINE IS ONE POTENTIAL SOLUTION

As school board members and school district leadership, you are always looking at ways to provide safe and healthy learning environments, and to improve their quality and value. That is undoubtedly a challenging job. In March 2019, TRICOR's Brent Straka wrote an article for the WASB Insurance Plan titled "Telehealth Offers Solutions for Health and Mental Health." Click here to view the article. Mental health care and access to professional care continue to be discussed in all aspects of our lives. This article is an extension of this topic and helps bring awareness to another alternative solution to help teachers, support staff, administration, and even students if a mental health crisis occurs.

At TRICOR, we are trying to spread awareness to communities about the "Crisis Text Line" through our employer clients (public and private). We have assisted many employers with communication strategies to get effective, quality information distributed via emails, educational benefits meetings, posters and small informational cards (like a business card), for example. Employers can be a big help to everyone in communities to help remove the stigma and shadows that surround mental health.

ABOUT THE CRISIS TEXT LINE

A potential solution for mental health crisis support is with the **Crisis Text Line**: www.crisistextline.org. An individual looking for immediate support and engagement would text **"HOME" to 741741** to engage with a professionally trained counselor. This is a free service that TRICOR is promoting because it is especially helpful when someone is having a mental health crisis and is not close to a hospital, ER, Urgent Care facility, etc. The Crisis Text Line is NOT meant to replace health insurance, but to complement it and, in a way, act as a bridge until a situation becomes more stabilized. Here is a link to a short video that provides a good explanation and description of the Crisis Text Line. **Over 100 million texts have been exchanged since 2013**.

The concern that Brent Straka discussed in his March 2019 WASB Insurance Plan article is that getting prompt access to mental health providers, especially with situations that need immediate attention and care, is a significant challenge. The Crisis Text Line is an option to provide that support. Following are the main areas that the Crisis Text Line may help:

- Relationship issues
- Depression/sadness
- Isolation/loneliness
- Self-harm
- Abuse (emotional)
- Eating body image
- Bullying
- Grief
- Abuse (sexual)
- Substance abuse
- Abuse (physical)
- Gender/sexual identity

THE CRISIS TEXT LINE STORY

The Crisis Text Line was born "from the rib" of DoSomething.org, the largest organization for young people, and social change. Dozens of DoSomething.org members were texting to ask for personal help, and CEO Nancy Lublin came up with the idea for the Crisis Text Line and quietly launched it in August 2013. Within four months, Crisis Text Line was being accessed by all 295 area codes in the US. Two years later, Crisis Text Line spun out into a separate entity.

NATIONAL SUICIDE PREVENTION LIFELINE, ANOTHER SUPPORTING EXAMPLE FOR CRISIS SUPPORT

We have provided to many schools, private employers, and individuals in our communities the number and website for the National Suicide Prevention LIFELINE. Again, this is not to replace health insurance, but to be an option, 24 hours a day, 7 days a week, for anyone who needs support.

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TRICOR Insurance is endorsed by Wisconsin Association of School Boards (WASB) Insurance Plan for Property and Casualty Insurance & Employee Benefits Insurance.

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