

# CrisisText

For Individuals  
Who are Deaf or  
Hard-of-Hearing



Suicide Prevention Center



This program is funded by the  
County of Orange Health Care Agency  
Behavioral Health Services  
Prevention and Intervention Division  
Mental Health Services Act/Prop. 63

# CrisisText

Text to be Heard!

Many people think about suicide at some point in their lives. When people feel totally alone and hopeless about their future, their lives might become unbearable.

CrisisText is available 24/7 and is intended to increase access to crisis support for those who are deaf or hard-of-hearing, in crisis, and might be thinking about suicide.

There is hope and help.  
We are here for you.  
Text us.

We're available seven days a week, 24-hours a day.



The Suicide Prevention Center's CrisisText is a confidential and secure service providing live, trained crisis counselors through text messaging.

# Our Step-By-Step Instructions are Simple to Follow:

Text the word **"HEARME"** to **839863**.  
(standard text messaging rates apply)

You'll receive a message confirming you've successfully reached the Suicide Prevention Center. A crisis counselor will answer your text as soon as possible. You do not need to opt in multiple times.

To opt out text **"STOP."**

If you would prefer using the telephone with operator-assisted relay services, please call our crisis line at 877-727-4747. Our suicide crisis line is available 24/7 and can assist you and your loved ones in English or Spanish.



Messages

To: 839863

Hello who  
can I talk  
with |

Send

Q W E R T Y U I O P

A S D F G H J K L

↑ Z X C V B N M ↵

123



space

return

Founded in 1958, the Suicide Prevention Center (SPC) provides critical services to people who are contemplating suicide and those affected by the suicide of loved ones. SPC was the first in the U.S. to establish a 24-hour suicide prevention crisis line and is the model for crisis lines around the world.

Didi Hirsch's Suicide Prevention Center Crisis Line is one of the nation's busiest suicide prevention hotlines, responding to more than 52,000 calls a year. English and Spanish speaking counselors are available 24 hours a day, 7 days a week.

For more information please go to  
[www.didihirsch.org](http://www.didihirsch.org).

For privacy terms go to:  
[www.preventionpaystext.com/policies.php](http://www.preventionpaystext.com/policies.php)