

# Crisis Text Line now offering services statewide

As of April 1, Crisis Text Line is offering Text-based suicide prevention services across Minnesota. People who text **MN to 741741** will be connected with a counselor who will help defuse the crisis and connect the texter to local resources. Crisis Text Line is available 24 hours a day, seven days a week.

In Minnesota and across the nation, text suicide response services have been successful in helping people in need. Texting is the preferred way to communicate for many people — especially youth — and it is important to reach people where they are at when they are contemplating suicide or in crisis.

[Crisis Text Line](#), a non-profit that has offered this service nationally since 2013, will be the state's sole provider for this service. Crisis Text Line handles 50,000 messages per month and over 20 million messages since 2013 from across the U.S., connecting people to local resources in their community.

Crisis Counselors at Crisis Text Line are dedicated, trained and supervised volunteers from around the United States. Crisis Counselors undergo a rigorous application process before undergoing a six-week, 30-hour training program. Supervisors are mental health professionals with either master's degrees or extensive experience in the field of suicide prevention.

Crisis Text Line is but one way for a person to get help. More information about how to connect to crisis services is available at the [Minnesota Department of Human Services website](#).

In addition, the [National Suicide Prevention Lifeline](#) provides 24/7, offers free and confidential support for people in distress, prevention and crisis resources. (1-800-273-8255).