

Crisis Pro Tips

Your toolkit includes five of our favorite Crisis Pro Tips, pulled directly from our training. These pre-formatted tips are great for spreading the word about Crisis Text Line.

Ideas for Using the Crisis Pro Tips

Social Media Posts: Pre-formatted posts for use on social media

- Create a weekly hashtag series using both our Crisis Pro Tips, and add your own!
- Want to engage your school? Create a whiteboard campaign where students pose with their favorite crisis pro tips and/or coping strategies
- Hashtags:
 - #CrisisProTips
 - #WednesdayWisdom
 - #ThursdayThoughts

Flyers: These tips also make great flyers; after seeing the tips, students will be curious to learn more.

- Ask your school's wellness/counseling or other student safe spaces to post these tips as flyers.