

## **Crisis Text Line Holiday Gift Guide 2021**

The holiday season is officially here and we want to make sure you and your family have as much support as possible during this busy time of year. Between shopping for gifts, juggling work and personal commitments, and navigating the pandemic, it can be overwhelming to think of—let alone find—the perfect gift for our loved ones.

We've compiled a holiday gift guide to help your loved ones prioritize their mental health during these challenging times:

### **Gift Idea #1: Save 741741 in their Contacts**

Planning on giving your children the newest smartphone this holiday? Make sure they have Crisis Text Line at 741741 readily available to text when they're feeling down or having a bad day. In 2021, we had over 1.15 million conversations, and an estimated 13% of those texters were 13 years old or younger based on our texter survey. Help prioritize mental health in their lives. We're available via text, WhatsApp, and Facebook Messenger.

### **Gift Idea #2: Share 741741 with a friend**

If you're giving someone a holiday card, consider sharing the Crisis Text Line via our flyer or business card. Our [downloadable assets](#) are also personalized for individuals, volunteers, corporate and school workers. Some of the common reasons texters reach out to us during the holiday season include grief, isolation, and relationship stress. Help those in your social circle start the new year with a reliable mental health resource.

### **Gift Idea #3: Make a [donation](#) in someone's honor to support our work.**

Crisis Text Line provides free, 24/7, high-quality text-based mental health support and crisis intervention by empowering a community of trained volunteers to support people in their moments of need. Support to Crisis Text Line helps us to build an empathetic world where nobody feels alone. A gift in someone's honor is an impactful and a meaningful gift.

#### **Gift Idea #4: Give the gift of empathy to a stranger**

[Volunteering](#) helps diminish stress and anxiety. Additionally, becoming a volunteer Crisis Counselor can improve your listening and communications skills as you begin helping those in their moments of pain. With just a few hours a week, you'll receive all the training needed to support people in crisis. Join our community of 45,000 volunteer Crisis Counselors!

#### **Gift Idea #5: Give them a special gift from our [Merch Store](#)**

Buying one of our unique items helps us spread an empowering message to the world through any one of our accessories, clothing items or drinkware. All proceeds will benefit Crisis Text Line so we can continue helping those in their moments of pain.

Crisis Text Line provides free, 24/7 support via text message for people in their moments of crisis. When someone texts HOME to 741741, they're connected with a volunteer Crisis Counselor who will help them move from a hot moment to a cool calm. Help us get the word out this holiday and bring a positive impact to your loved ones.

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***Image as seen on the Crisis Text Line website below:***

[COMMUNITY](#) DECEMBER 14, 2021

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by Crisis Text Line

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