Creating Community Solutions
Part of the National Dialogue on Mental Health

Join us in a text-enabled conversation on mental health

Coming to a Cell Phone Near You Oct. 6th, 2015!

IT’S EASY

1. Gather 3-4 people and text “start” to 89800*.

2. Talk with your group using the text-enabled questions.

3. Be part of the change!

Standard rates may apply.
* For participants from Canada or whose phones can’t use short codes use 778-588-1995
We respect your privacy and will not share your personal information.

WHAT IS THIS?
Text, Talk, Act is an innovative approach that combines text messaging, face to face dialogue, social media, and community organizing. Friends join together to have a text enabled conversation about mental health. Responses are instantly available so texters can see what others around the country are saying.

WHY DO THIS?

- 1 in 4 Americans experience mental health problems
- Taking care of our mental health is as important as taking care of our physical health
- Because this conversation can change a life

LEARN MORE!

bit.ly/texttalkact

#TextTalkAct
@MentalHealthCCS
CreatingCommunitySolutions

Can’t make it Oct 6?
Text, Talk, Act anytime thru October