



Text, Talk, Act

Gather your friends, family, or youth group members to take part in this 1 hour national dialogue to talk about the importance of mental health – and how to help a friend in need. A small act of kindness can make a big difference!



What




Join us in a text-enabled conversation that aims to kick-start a conversation on mental health! Combine text messaging, face to face dialogue, social media, and community organizing to bring awareness to mental health and start conversations all over the nation. Talk as a family, with some friends, in class, as part of a 4-H* or other youth group! This program is intended for preteens, teens, and adults. We recommend an adult coordinator and using the parent info letter available at the weblink below for groups of preteens or younger teens.

When

Anyday throughout the month of June, 2016.

For More Info and Resources

- Visit the National Institute for Civil Discourse website at <http://creatingcommunitysolutions.org/texttalkact>
- *Text, Talk, Act is partnering with 4-H the entire month of June. The state who gathers the most participants in June will win \$1,000 for their program! The second place winner will receive \$500! (<http://bit.ly/4HTTA>)

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!
<small>*Phone not accepting the short code - 89800? Then use 7785881995. Standard rates may apply.</small>		

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

In Partnership With:

