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Dear Parents,

In the spirit of Thanksgiving, we wanted to be sure to let you know how much we appreciate the opportunity we have to work with your children! Their curiosity, their energy, and their enthusiasm for life and learning inspires us to do our very best to make sure they are acknowledged for who they are and that they are challenged to be all they can become. Thank you for giving us this priceless opportunity!

We also wanted to be sure to share with you the attached information we recently received about the "Crisis Text Line." Crisis Text Line provides free, round-the-clock support, seven days a week to Vermonters who are experiencing a mental health crisis. It provides access via text messaging to trained Crisis Counselors at the time help and support are needed. This service is being provided through a partnership between the Vermont Dept. of Mental Health and the national organization, *Crisis Text Line*.

How the Crisis Text Line works:

The person in crisis or needing support sends a text with the letters: **VT to 741741**

Within 5 minutes the person in crisis or needing support will get an automated text and then a response from a trained Crisis Counselor through a secure platform

The counselor will stay in text communication until the crisis is abated and there is a plan for next steps. If there is immediate danger, the counselor can work with local resources to get supports to the person in crisis

The counselors are not therapists, but they are trained to help with active listening that is empathetic, understanding and respectful

To learn more about Crisis Text Line and the services they provide, visit [www.crisistextline.org](http://www.crisistextline.org).

For mental health information, services and resources in Vermont, visit [mentalhealth.vermont.gov](http://mentalhealth.vermont.gov).

We hope this information is helpful, should you find that you need it. We wish each of you a wonderful, relaxing, peaceful Thanksgiving holiday with your families!

Sincerely,

Jackie Ramsay-Tolman

James Taffel

*"Doing Whatever It Takes to Ensure Success for Every Child"*