

Press Release – For Immediate Release  
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Contact Name and Information:

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**TXT4Life Suicide Prevention Program Touching Countless Lives**

Since being awarded in August 2011, the TXT4Life grant has been on the ground running with a comprehensive assortment of activities. The text center was equipped with software right away, which has allowed for between 300-500 individual text conversations, between its trained counselors and youth/young adults, each month. Usage has grown exponentially and will continue to grow as people hear about this intervention service. Over 18,000 of the 22,000 youth, in grades 7-12, have heard the message about TXT4Life. Presentations continue to be scheduled to reach the remaining 4,000 students. A student who attended one of the presentations said, “I attempted suicide last spring. I would have never called a number, but definitely would have texted. Thanks for having this available to us.” Over 800 referrals have been made for mental health services or non-mental health services. Although spread of this resource has been focused in Northeast Minnesota, through social media the text line has received texts from youth and young adults in 49 of Minnesota’s counties and all 50 states in the US.

Trainings for suicide prevention and intervention are being given across the seven county region of Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, and St. Louis Counties. One hour QPR (Question, Persuade, Refer) trainings as well as two day ASIST (Applied Suicide Intervention Skills Training) trainings are being given to equip community members, school staff, mental health staff, etc. with skills needed to help someone in a suicidal crisis. Over 530 people have attended one or both of these trainings. We have also prepared over 130 youth around the seven counties as student leaders in their schools around the topic of suicide.

As the grant progresses, the TXT4Life website ([www.txt4life.org](http://www.txt4life.org)) will be built up to contain resources for students, parents, school staff, and the community. In addition, TXT4Life staff are working directly with Legislators, as well as State Staff in each of the state departments, to make sure this service will be available to the entire state of Minnesota in the near future. Strong partnerships and support has been established at both the local and state levels. To know that TXT4Life could be accessed by students living in rural areas with limited access to mental health services and/or an extended wait time to see a therapist, makes it an extremely promising resource that can be a first step in prevention and intervention.

TXT4Life staff would be happy to share more details about the project and can be contacted at the information provided below.

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