



Vancouver Island
Crisis Society

FOR MORE INFORMATION, PLEASE CONTACT:

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PRESS RELEASE

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CONNECT TO SUPPORT THROUGH CRISIS TEXT

**3 out of 4 Canadians own smartphones &
1 in 5 households use a cell phone as the only form of telephone service.**

This played a big part in the Vancouver Island Crisis Society (VICS) increasing access to support by crisis line workers to include Crisis Text. Now, as a starting point, from 6:00 pm to 10:00 pm every night people can connect to confidential, non-judgmental, short term emotional support by texting 250-800-3806.

This year VICS launched Crisis Text in order to provide greater service accessibility to those who may be struggling.

Did You Know:

- Over 98% of all Canadians from the ages of age 18-34 own a mobile phone?
- That 18-29 year old consumers use text messaging more often than voice to communicate?
- That 80% of consumers keep their mobile device with them all day?
- That on average 94% of text messages are read?
- That many teens report they use it to have awkward conversations that would be difficult to have in person?
- That Americans ages 18-29 send and receive an average of nearly 88 text messages per day, compared to 17 phone calls? The numbers change as we get older, with the overall frequency of all communication declining, but even in the 65 and over group, daily texting still edges calling 4.7 to 3.8. - Time.com
- That according to a Pew Institute survey, the number of text messages sent monthly in the U.S. exploded from 14 billion in 2000 to 188 billion in 2010?
- That internet usage has been increasing in ALL age groups, even with seniors?
- That some people are too distraught to have a conversation over the phone, so texting comes in handy?

Thus, Vancouver Island Crisis Line launched Crisis Text in October 2014 and sent out promotional materials to every school on Vancouver Island. The Society hopes that this method of accessing crisis services will reach unique populations including youth, the deaf, and people with speech disabilities.

The response has been favorable and we expect the numbers to grow. No matter how you reach out, by phone to the Crisis Line, online to Crisis Chat or on your mobile device to Crisis Text, know that you are not alone. There is always someone there to provide short term emotional support.

Finally, in honour of Crisis Line Awareness Week, the Vancouver Island Crisis Society is increasing awareness of an online searchable database that includes over 2500 social services Island wide that anyone can access when looking to reach out for support. The link is displayed as a button at www.vicrisis.ca, the Crisis Society website, shown below. We invite Doctors, Service Providers and Non-Profits to contact the Crisis Society to receive artwork and code to add this button to their websites in order to access it for their clients. This website is maintained daily and is supported through funds from Island Health. If you would like to include this feature on your website please contact the Vancouver Island Crisis Society at info@vicrisis.ca.

