



Foundation 2

# CHAT & TEXT SUPPORT

## *How we help*

Foundation 2 chat and text services are available to anyone in crisis. Our counselors are here to support you through difficult times you may be facing. Connect with services by visiting **[foundation2crisischat.org](http://foundation2crisischat.org)** or texting **800-332-4224** Monday-Friday 9 AM-3 PM.

## CONNECT WITH HELP:

Access services by visiting [foundation2crisischat.org](https://foundation2crisischat.org) or texting **800-332-4224** Monday-Friday 9 AM-3 PM.

## WHAT CAN I EXPECT WHEN USING CHAT/TEXT SERVICES?

Chats and texts to Foundation 2 are confidential. We know that reaching out isn't always easy, and that sometimes typing or texting is the most comfortable way to connect to help. Our goal is to be supportive, reduce stress and help you decide what to do next. We will chat with you about your current situation, whatever that might be. If you aren't sure how to start the conversation, we have questions to get you started. A chat specialist will work with you to assess for suicide risk and create a safety plan if need be. There is no cost for chatting or texting with Foundation 2 (other than costs associated with your phone plan).

## WHAT IF CHAT/TEXT IS NOT AVAILABLE?

If you prefer to use a Chat service, you can use the Lifeline Crisis Chat, available 24/7 at [suicidepreventionlifeline.org/chat/](https://suicidepreventionlifeline.org/chat/). You can also call our 24/7 toll free number at **1-800-332-4224** or the Lifeline toll free number at **1-800-273-8255 (TALK)**.

*The Foundation 2 Crisis Center is accredited by the American Association of Suicidology.*



Help is available 24 hours a day,  
365 days a year.  
Call **(319) 362-2174** locally,  
or toll-free at **1 (800) 332-4224**.



[www.foundation2.org](https://www.foundation2.org)