

As of today, Kids Help Phone is providing mental health and well-being support through **Facebook Messenger!**

If you'd like to connect someone with this service, please share this link: [m.me/CrisisTextLinepoweredbyKidsHelpPhone](https://m.me/CrisisTextLinepoweredbyKidsHelpPhone)

### **How do young people and adults access support through Facebook Messenger?**

The Facebook Messenger service is seamlessly integrated into Kids Help Phone's confidential texting platform to leverage over 1,800+ active and trained volunteer crisis responders.

Service users can access Facebook Messenger support service via the Messenger app or the service Facebook page. **You must be signed into Facebook Messenger to access support.** [The "service" Facebook page](#) - Crisis Text Line powered by Kids Help Phone – is only used to provide service access and will have restricted administration access to minimize access to sensitive data. This page is separate from the ["social" page](#) for Kids Help Phone. This service is English only with expansion to French in the coming months.

Please visit: [KidsHelpPhone.ca/messenger](https://KidsHelpPhone.ca/messenger) for more info.

### **Connecting with an Indigenous Crisis Responder**

As with our texting service, Indigenous youth and adults can connect with an Indigenous volunteer crisis responder when available by messaging FIRST NATIONS, INUIT, or METIS.

If you are Indigenous to North America and are interested in becoming a crisis responder please [click here for more information](#) and [click here to apply](#). Note that applications are only open to Indigenous people as the demand for First Nations, Inuit and Métis crisis responders continues to rise.

### **Spreading Awareness of this Service**

We encourage you to share the image included below, download other digital resources for sharing, and order free outreach materials from our website at:

<https://kidshelpphone.ca/get-involved/first-nations-inuit-and-metis/order-indigenous-outreach-materials/>

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