

Transcript of JCMHC Community Toolbox #ZeroReasonsWhy Crisis Series – Snapchat

Brandi:

Someone sends you a snap, but when you open that up, you see that they're saying, "This is it. I'm done. It's over." And then that's the end of the snap. What might you do in that situation?

Kyra:

If it was sent to me, obviously it's a personal thing. They're telling you directly, "This is it." So I think from there you would take a more serious step. I would call them because that's the quickest way you're going to get in to somebody and not just text them.

Brandi:

What might you guys do if you both try to reach out, whether it was somebody that you really knew or not, and you didn't reach that person? Have you ever thought about what you might do in that regard?

Hayley:

At that point they don't really leave you with much choice but to call the police because you would hate that kind of, "Oh, I could have done something, but then I didn't," that kind of thing.

Kyra:

That would last forever if you didn't do something.

Hayley:

So I know there's that whole situation like if you call the police or whatever because you're concerned and then it's not a big deal and then they're mad, at least you know they're safe and just mad.

Kyra:

And eventually they would get over that and realize that you care.

Brandi:

It is a lot to take on, and so that is something that we would want you to share. We would not ever want anyone - let alone someone who's a friend with somebody - to take that on on their own. And that is the way that the crisis line could help with that. Parents could help with that. Counselors could help with that. But we totally understand that feeling of responsibility and how heavy that can be. And we also want to help with that and not make you feel like you're alone and trying to get that individual help and not make you feel like you're alone, regardless of the decision that that individual might make based on the snap that you received. So we're here for all of those areas.