WHAT IS TEXT2CONNECT (T2C)?

Text2Connect (T2C) is an automated text messaging system that:
(1) Encourages follow-through with starting mental health care;
(2) encourage use of BRITE, a safety planning app; and
(3) provides "just-in-time" support, such as self-management strategies and prompts to reach out to providers for youth reporting high distress. T2C can send daily, personalized text messages to youth to reinforce the benefits of BRITE, focus on perceived barriers to use, and increase engagement with BRITE using goal-oriented prompts and suggestions.
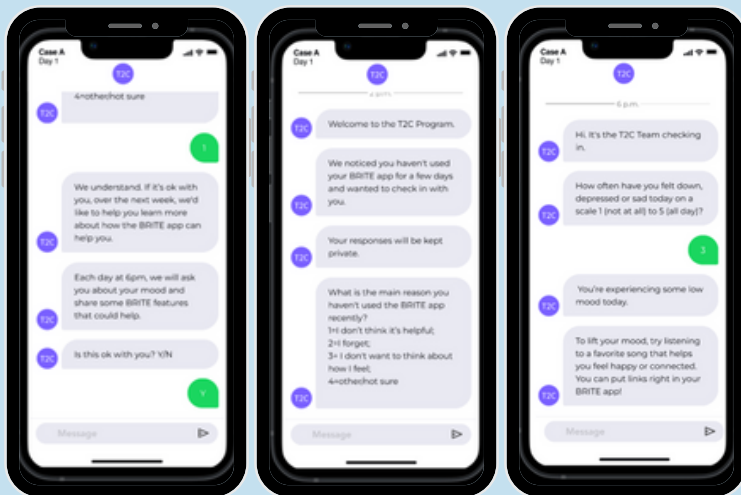
T2C Facts

Accessible
- BRITE users will receive automated texts
- Text messages are sent daily over 1-2 weeks

Individualized
- to remind them to use their safety planning app if they haven't been using it
- to encourage them to get involved with treatment.
- when their app use reflects signs of distress

Simple to Use!
- Text Quit or Stop to end text messages anytime

If you have questions about your child's participation in the ETUDES center, please contact:
412-204-6247 or etudes@upmc.edu
267-425-1323 or etudes@CHOP.edu

In case of emergency, please call 911.
To connect with the Crisis Text Line, text "PA" to 741741
To connect with the National Suicide Prevention Lifeline, please call 988

ETUDES Center

www.etudes.org