

YOU
ARE
NOT
ALONE



washington
teen link





**washington
teen link**

Our confidential helpline is a safe place to chat about anything on your mind, big or small. Connect with teen volunteers who get what you're going through—you don't even have to give your name! So don't hesitate—if you're feeling lost, stressed, or just need to vent, reach out to TeenLink!

866-833-6546

CALL | TEXT | CHAT

7 Days a Week

6-10pm

If you are experiencing a mental health crisis, we encourage you call or text 988, any time, day or night.

988
SUICIDE & CRISIS
LIFELINE | **king
county**



teenlink.org

A PROGRAM OF

 **crisis
connections**