



washington
teen link

866-833-6546

Call or text | Chat online at **teenlink.org/chat**

6-10pm: Call, text, or chat helpline for teens by teens.

After hours: Call or text 988 | chat.988lifeline.org

teenlink.org

A PROGRAM OF



**crisis
connections**

Tips for self-care



Connect with a loved one



Make time for yourself



Don't be afraid to say "no"



Take a walk outside



Take a relaxing bath



Breathe



Find a furry friend



Maintain hygiene



Get good sleep



Create or write

**Are you interested
in volunteering?**

teenlink@crisisconnections.org
teenlink.org/get-involved