

WHERE TO TURN FOR TEENS

Health
Self-Harm
Grief & Loss

Sexual Health
Relationships

Sexual Health
Mental Health

Sexual Health
Suicide &



**Uscar recursos
para jóvenes**



**Search youth
resources**



search.teenlink.org



Jobs



Shelter, Food & Hygiene

Counseling



Education



LGBTQIA+

Need to talk, text, or chat?

Call or text: 866-833-6546 | Chat: teenlink.org/chat | 7 days a week: 6-10pm



There's no issue too big or too small!

Physical and Mental Health | Critical Needs | Supportive Services

search.teenlink.org



24/7

If you're having thoughts about suicide, feeling depressed, anxious, or you're worried about someone else....

**CALL or TEXT
988**

Need the essentials like food, shelter and hygiene?
Reach out to 211!

Call: 211

M-F, 9am-5pm

Text your zip code: 898211

Search the database:



search.wa211.org

24/7 SUBSTANCE USE
SUPPORT IS JUST A
CALL OR TEXT AWAY
**Recovery
Help Line
866-789-1511**

Have Apple Health?
Need a ride?



Don't miss important appointments!
<https://bit.ly/46s4R3W>



hi!

"Teen Link is a resource we recommend almost every day. It empowers teens to take the first step toward help."

—SCHOOL RESOURCE COUNSELOR