

YOU
ARE
NOT
ALONE



teen
link





**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 Teen Link!

TEXT | CALL
866-833-6546
CHAT
teenlink.org/chat
7 Days a Week
6pm-10pm



**Scan to visit
teenlink.org**

988 | **SUICIDE & CRISIS
LIFELINE**

If you are experiencing a mental health crisis, we encourage you call, text or chat with a trained professional, anytime.

chat.988lifeline.org

 **crisis
connections**
hope · help · healing