



Helpline for teens by teens.

866-833-6546

Call, Text, and Chat
6pm - 10pm, 7 days a week

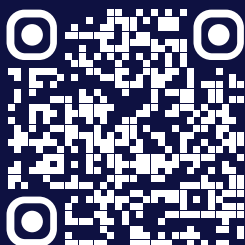
Going through something?

Need someone to talk to? We're here for you! Our confidential helpline is a safe place to chat about anything on your mind, big or small.

Talk it out

Connect with trained teen volunteers who get what you're going through. You can call, text, or chat online, and you don't have to give your real name if you don't want to!

Scan to save
this in your phone



teenlink.org

 **crisis connections**
hope · help · healing