

YOU'RE

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AS YOU ARE





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



YOU ARE SEEN ♡ YOU ARE ACCEPTED





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**crisis
connections**

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