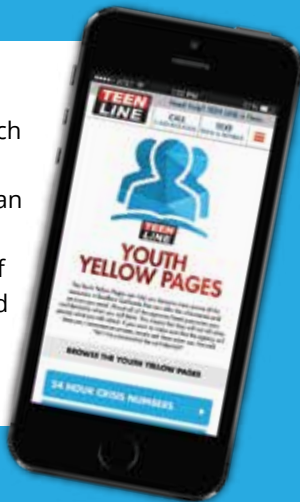


Tips For Dealing With Problems

- **Talk to someone.** This is the best way to deal with a problem. Talk to your friends, parents, counselors or **Teen Line**® – anyone you trust.
- **Take positive steps to relieve stress.** Get painful feelings out of your system by playing sports, keeping a journal, writing poetry, listening to music – essentially anything that makes you feel better about yourself and your situation.
- **Seek professional help.** You may have to talk to a professional like a therapist or counselor for some serious issues. This doesn't mean you are weak or can't handle it. True strength is asking for help when you need it.
- **The main thing to remember is that you have a right to be happy and feel good about yourself.** There are always options even if it doesn't seem like it, and sometimes you have to find and use resources that are outside of your circle of friends or family. **Teen Line** is one of those resources, and can refer you to others if you need them.

Teen Line also has the Youth Yellow Pages, which provides a listing of helpful resources. You can purchase a hard copy, view an online version of the booklet, or download it as a free app at: teenlineonline.org/yyp



Help In Other Languages

Teen Line® is primarily an English-speaking help line. However, if you feel more comfortable speaking in your native language we can help you find support in that language. You could also call **Teen Line** with a friend who speaks English by conference call. Whatever you decide to do, **Teen Line** is there to help you with your problems, no matter how big or small.

Community Service & Volunteering

If you live in the Los Angeles area and you think you would like to volunteer at **Teen Line**, check out our volunteer page at www.teenline.org/get-involved.

For more information or to purchase or download brochures, visit www.teenline.org.



With Appreciation,



CEDARS-SINAI®



Accredited by the American Association of Suicidology

It's ok if you're not ok.
We get it.



teens helping teens

www.teenline.org





What Is Teen Line®?

Teen Line is a teen-to-teen help line. That's right, **Teen Line** is a line for teens, run by teens. High school volunteers are trained to help teen callers with any kind of problem.

Call **310-855-4673** any evening between 6:00pm and 10:00pm PST. Or, **Text "TEEN" to 839863** between 6:00pm and 9:00pm PST to connect with our teens. You can also email one of our teens at teenline.org.

After hours, your call will be directed to Didi Hirsch's Suicide Prevention Center.

Teen Line also has message boards which are found on our website and are available 24/7. The Message Boards are a place where teens from around the world can read, post, and reply to other teens from around the world who are seeking information and support about common teen issues.

What Do I Do If I Or A Friend Have A Problem?

A lot of teenagers don't know what to do when confronted with a problem. Very often it's because they have never had to deal with this thing before – it's a new experience. That's okay because you're not supposed to know what to do when something happens in your life that you have never had to deal with before.

Maybe you don't feel like you can talk to your friends or family because they won't understand or they may tell people at your school. Or, maybe you feel like you don't have anyone to talk to. That's where **Teen Line** comes in.

So How Will Teen Line Help Me?

Our trained teens will first **LISTEN** to you and **BELIEVE** what you tell them. They will ask you questions to get a full understanding of your situation or problem. Then they will discuss the options available to you and help you figure out the best solution for your situation. In this way, they are just helping you to solve your own problem and they will provide you with new ways to help you deal with other things that might happen in your life too.



What If I Don't Have A Problem?

Okay, so you might not have a problem right this minute, but if you're human...you're going to have a problem at some time in your life. So read on.