

## **Teens Helping Teens**

Teen Line provides hope and support if you are struggling.

## Call

(800) TLC-TEEN (852-8336) Nationwide 6:00 p.m.-10:00 p.m. PST

Text Send TEEN to 839863 Nationwide 6:00 p.m.-9:00 p.m. PST



Email: Visit TeenLine.org

Check out our Youth Yellow Pages for a listing of resources at

TeenLineOnline.org/YYP



Accredited by the American Association of Suicidology

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