



YouthLine operates a helpline that provides crisis support and referrals

via phone, text, chat, and email. YouthLine

is answered by youth volunteers daily from

4pm-10pm PST and by adults at all other

times. No problem is too big or too small.

**“We are so grateful for you YouthLine! You guys are showing up in so many big ways for our community. Thank you.”**

- Newberg Community Wellness Collective

YouthLine also operates a peer-supported classroom and community outreach program to destigmatize mental health challenges, increase awareness for mental health and wellness, and encourage youth to reach out for help. YouthLine’s crisis helpline and outreach are supported by our youth volunteer mentoring and development program, which builds interpersonal and professional skills and confidence around mental health and wellness.



YouthLine is a crisis, support, and helpline provided by Lines for Life, a regional non-profit dedicated to preventing substance abuse and suicide. Lines for Life offers help and hope to individuals and communities, and promotes mental health for all. Their work addresses a spectrum of needs that include intervention, prevention, and advocacy. They educate, train, and advocate to prevent issues of substance abuse, mental illness, and thoughts of suicide from reaching crisis levels. But when a crisis arises or support is needed, Lines for Life is available 24/7/365 to intervene with personalized help.

[www.linesforlife.org](http://www.linesforlife.org)

**Need help?**  
*let's talk.*

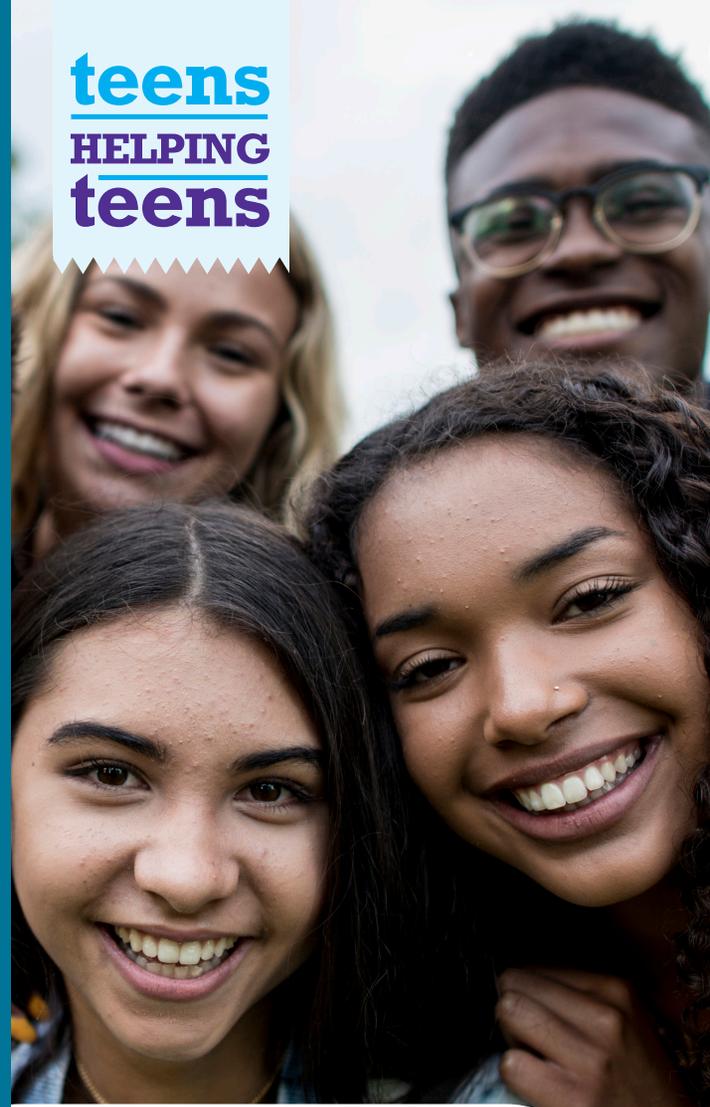
4-10pm daily

**OregonYouthLine.org**  
**877.968.8491**  
**Text teen2teen to 839863**

  @theyouthline

We listen. We support.  
*We keep it to ourselves.*

**teens**  
**HELPING**  
**teens**



**YouthLine**

A SERVICE OF  linesforlife

*Outreach*  
+ EDUCATION

[OregonYouthLine.org](http://OregonYouthLine.org) | [YouthL@linesforlife.org](mailto:YouthL@linesforlife.org) | 971.244.1378

# Connecting in the Community

YouthLine provides youth supported outreach, education, and awareness to communities through:

- Classroom presentations
- Trainings for adult and youth gatekeepers
- Youth related conferences and summits
- Provider workshops
- Community events
- Informational materials
- Postvention
- Legislative advocacy
- Fundraisers
- And more...



“Thank you for talking about mental health. I suffer from my own mental illnesses and I have always been uncomfortable talking about it. Thank you for making me more comfortable with it and minimizing the stigma.”

- Yamhill County High School Student

# Connecting in the Classroom

YouthLine offers free interactive lessons in school settings to help teens tackle common life stressors. YouthLine volunteers co-facilitate and help lead the discussion to keep students engaged while normalizing the subject matter.

## We believe that:

- ✓ Teens are resilient
- ✓ Teens can gain coping skills to positively guide their lives
- ✓ We can change negative perceptions around mental health and seeking help

Our 45-90 minutes classroom lessons are tailored to your classroom and designed to:

- Complement existing health curriculum
- Normalize help seeking behavior instead of struggling alone
- Destigmatize mental health and substance use challenges
- Identify a personalized safety net of trusted adults and community resources



“YouthLine provides a very important resource for our community. All of the students in the class get involved and are engaged in the class activities and many feel comfortable enough to share personal stories and ask questions.”

- Clackamas County High School Teacher

## Our Lessons

Lessons meet Oregon Department of Education Health Standards for Analyzing Influences, Accessing Information, Self-Management, Advocacy, Decision Making, Goal Setting, Interpersonal Communication

### ▶ Let's Talk: YouthLine

Define mental health concepts and understand YouthLine as a resource. **Grades 6-12**

### ▶ Coping with Stress

Learning to manage stress fosters resiliency and boosts capacity to develop independence. **Grades 6-12**

### ▶ Suicide Awareness

Moving past stigma improves life-saving ability to recognize and address the signs of suicide. **Grades 9-12**

### ▶ Stress Management and Suicide Awareness

Learn to recognize and manage stress in helpful ways. Learn to identify signs of suicide and seek the appropriate resources for help. **Grades 7-8**

### ▶ Under Pressure

Recognizing peer pressure when it happens helps teens stay true to themselves. **Grades 6-8**

### ▶ Understanding Bullying

Knowing the dynamics and socio-emotional impacts of bullying increases empathy. **Grades 6-8**

### ▶ Teen Decision Making

Understanding brain science helps put risky behavior in perspective. **Grades 9-12**

For more information about our lessons or to schedule YouthLine Outreach in your area:

VISIT [OregonYouthLine.org](https://OregonYouthLine.org) | EMAIL [YouthL@linesforlife.org](mailto:YouthL@linesforlife.org) | CALL [971.244.1378](tel:971.244.1378)