



BECAUSE LIFE CAN BE PRETTY

**MESSED UP**

SOMETIMES.

**YouthLine**

A SERVICE OF  lines of life

## People I go to for support:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Activities to de-stress:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Need help?

*let's talk.*

TALK  
877.968.8491

TEXT  
"teen2teen" to 839863

CHAT  
4pm-10pm PT daily [theYouthLine.org](https://theYouthLine.org)

  @theyouthline

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