



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.

4-10pm daily

TALK

877.968.8491

TEXT

“teen2teen” to 839863

CHAT

OregonYouthLine.org

  @theyouthline

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