

YouthLine

A SERVICE OF  **lines for life**

**No problem is
too big or too small!**

Why you might reach out to YouthLine

- **Stress, Anxiety, Depression**
- **Family Problems**
- **Relationships**
- **School Stress**
- **Friend Issues**
- **Questioning Sexual Orientation**
- **Exploring Gender Identity**
- **Loneliness or Isolation**
- **Thoughts of Suicide**
- **Self-Injury**

And so much more!

Let's talk.

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

Talk: **877.968.8491**

Text: **teen2teen** to **839863**

Chat: **theyouthline.org**

4-10 pm PT