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Our confidential helpline is a safe place to chat about anything on your mind, big or small. Connect with teen volunteers who get what you're going through—you don't even have to give your name! So don't hesitate—if you're feeling lost, stressed, or just need to vent, reach out to TeenLink!

**866-833-6546**

**CALL | TEXT | CHAT**

7 Days a Week  
6-10pm

If you are experiencing a mental health crisis, we encourage you call or text 988, any time, day or night.



**teenlink.org**

A SERVICE OF



YOU ARE SEEN ♡ YOU ARE ACCEPTED





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