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.

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

Need help? Let’s talk.

4-10pm daily

OlympiaYouthLine.org
877.968.8491
Text teen2teen to 839863
@theyouthline

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

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...

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 | EMAIL YouthL@linesforlife.org | CALL 971.244.1378

“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

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