



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**



@oregonyouthline

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