BECAUSE LIFE CAN BE PRETTY MESSED UP SOMETIMES.
People I go to for support:

1. _________________________________
2. _________________________________
3. _________________________________
Activities to de-stress:

1. _________________________________
2. _________________________________
3. _________________________________
Need help?

let’s talk.

TALK 877.968.8491

TEXT “teen2teen” to 839863

CHAT OregonYouthLine.org

4-10pm daily

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

@theyouthline