

Support for Young Adults in Washington State



Teen Link

Our teen volunteers are trained to listen to your concerns and talk with you about whatever's on your mind – bullying, relationships, stress, depression, needing resources, or any other issues you're facing.

Hours: From 6-10pm 7 days a week **Contact:** Call or text to: **866-833-6546** or visit **www.teenlink.org** to chat

Teen Substance Use Prevention Line

Teen Link now has a Substance Use Prevention Specialist available to answer your questions about:

- Teen substance use
- Where to find helpful resources
- How to talk with youth about substance use
- Referrals for treatment

Hours: From 1-10pm Tues-Saturday **Contact:** Call or text to: **866-833-6546** or visit **www.teenlink.org** to chat

Washington Support Lines:

- Warm Line 877-500-9276
- Recovery Help Line 866-789-1511
- 2-1-1

Resources: Visit our website **www.teenlink.org** to download flyers to distribute in your community

Contact us: info@crisisconnections.org | **www.crisisconnections.org**



In partnership with:



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