



support for young adults in wa state

no issue is too big or small. talk it out!

📞 1.866.TEENLINK 📱 1.866.TEENLINK 💻 www.TeenLink.org

evenings 6-10pm, our teen volunteers are trained to listen to your concerns and talk with you about whatever's on your mind - bullying, relationships, stress, depression, resources, or any issues you're facing.

tuesday - saturday 1-10pm, our substance use prevention specialist can answer your questions about:

- *teen substance use*
- *where to find helpful resources*
- *how to talk with youth about substance use*
- *referrals for treatment*

additional wa support lines

wa recovery help line - 1.866.789.1511

wa warm line - 1.877.500.WARM

2-1-1



in partnership with



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