

WHAT IS TEEN LINE?

Teen Line is a confidential, English-speaking hotline staffed by highly trained teen volunteers who are ready to listen without judgment. Whether it's navigating school pressures or mental health challenges, Teen Line offers a compassionate ear and support.



HELP TEENS CONNECT WITH TEEN LINE TODAY!

For teens seeking peer support, they can:

Call

(800) 852-8336
Nationwide
6:00 p.m. – 10:00 p.m. PST

Text

Text TEEN to 839863
Nationwide
6:00 p.m. – 9:00 p.m. PST

Email

Visit TeenLine.org

Check out our [Youth Yellow Pages](#) for a listing of resources at TeenLineOnline.org/YYP

TeenLine.org

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Accredited by the American Association of Suicidology

TEEN LINE



A program of **DIDI HIRSCH**



Teens helping teens

MEET OUR VOLUNTEERS

Our dedicated volunteers, known as “listeners,” are high school students from Los Angeles, California, who answer calls, texts, and emails from youth worldwide. Trained extensively by mental health professionals and partners, they spend more than 100 hours learning active listening skills, understanding diverse issues, and anticipating the needs of the teens they support.

Our volunteers are equipped to discuss a wide range of topics, including:

- Academic stress
- Bullying
- Anxiety and depression
- Suicide
- Self-injury
- Peer pressure
- LGBTQ+ issues
- Self-esteem and body image
- Grief and loss
- Relationship conflicts

BENEFITS OF CALLING TEEN LINE

When teens reach out to Teen Line, they can expect:

- **Confidentiality:** Our conversations are private, ensuring teens feel safe and comfortable sharing their concerns.
- **Empathy:** Our volunteers understand the unique struggles of adolescence and provide compassionate support.
- **Non-judgmental listening:** Teens can express themselves openly without fear of criticism.
- **Resources and referrals:** We offer valuable resources and can connect teens with additional support services if needed.

TIPS FOR TALKING WITH TEENS

As a caring adult, you play a vital role in supporting the teens in your life. Here are some tips to help you connect with them:

- **Listen without judgment:** Give them your full attention and let them speak without interruption.
- **Acknowledge their feelings:** Show empathy and let them know their feelings are valid even if you don't understand or agree.
- **Encourage open communication:** Create a safe space for them to share their thoughts and feelings.
- **Respect their boundaries:** Don't push them to share more than they're comfortable with.
- **Offer support:** Let them know they can contact Teen Line whenever you're not available. If their situation is affecting their daily life, you can suggest seeking professional support.

