## IF YOU WANT TO TALK, WE'RE HERE TO LISTEN

## Get support from a teen who understands

- Anxiety / Stress
- Bullying
- Sadness
- Suicide
- Sexuality
- Gender identity
- Relationships
- School
- Anything else you're struggling with



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

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



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Accredited by the American Association of Suicidology