



# Helpline for teens by teens.

## 866-833-6546

### **Substance Use Prevention Helpline**

1:00 pm-10:00 pm, 7 days a week

### **Teen Link Staff**

3:00 pm - 6:00 pm, 7 days a week

### **Peer-2-Peer**

6:00 pm-10:00 pm, 7 days a week

**Text/Chat** is available from 6:00 pm  
- 9:30 pm, 7 days a week

## Going through something?

Need someone to talk to? We're here for you! Our confidential helpline is a safe place to chat about anything on your mind, big or small.

## Talk it out

Connect with trained teen volunteers who get what you're going through. You can call, text, or chat online, and you don't have to give your real name if you don't want to!

A PROGRAM OF

