

Hello Students!



We're checking in on you! While many things may seem uncertain at the moment, please know that you do not have to face it alone. If you're feeling isolated and need someone to talk to, you can **call, chat, or text** us. **Teen Link** is here for you.

Our phone line is free to call, we have translation services available, and our team is here to provide you with compassionate support every day from 6pm-10pm.

We also offer free professional Substance Use consultations via our **Teen Link Substance Use Prevention Line** that teens can call for information about drug use education, prevention, and treatment options.

It's normal to be feeling off with everything going on right now. We're just a phone call away and would love to hear from you! No issue is too big or too small.

Partially funded by:



- **The Teen Link Team**

1-866-TEENLINK (833-6546)

www.teenlink.org