

Whatever you're
going through

**Let's face it
together.**



Having conversations matters more than perfect words or trying to solve everything – your struggles are valid, and getting support shouldn't feel like another burden. Connect with trusted peers or trained professionals.

Call or text the Suicide and Crisis Lifeline at 988, 24 hours a day, 7 days a week.

Call Teen Line at 1-800-852-8336
(6 PM-10 PM PT) **or text TEEN to 839863**
(6 PM-9 PM PT).



Let's get better together.
Get help for yourself or a friend at
NeveraBother.org

