



YouthLine operates a helpline that provides crisis support and referrals via phone, text, chat, and email.

YouthLine is answered by youth volunteers

daily from 4pm-10pm

PST and by adults at all

other times. No problem

is too big or too small.

YouthLine also operates a

peers-supported classroom

and community outreach

program to destigmatize mental health

challenges, increase awareness for mental

health and wellness, and encourage youth

to reach out for help. YouthLine's crisis

helpline and outreach are supported by our

youth volunteer mentoring and development

program, which builds interpersonal and

professional skills and confidence around

mental health and wellness.

**“YouthLine is amazing. I was happy to have someone to talk to in my darkest time.”**

- Youth Contact via Chat

# YouthLine

A SERVICE OF  lines for life

YouthLine is a crisis, support, and helpline provided by Lines for Life, a regional non-profit dedicated to preventing substance abuse and suicide. Lines for Life offers help and hope to individuals and communities, and promotes mental health for all. Their work addresses a spectrum of needs that include intervention, prevention, and advocacy. They educate, train, and advocate to prevent issues of substance abuse, mental illness, and thoughts of suicide from reaching crisis levels. But when a crisis arises or support is needed, Lines for Life is available 24/7/365 to intervene with personalized help.

[www.linesforlife.org](http://www.linesforlife.org)

Need help?

*let's talk.*

4-10pm daily

**OregonYouthLine.org**  
**877.968.8491**  
**Text teen2teen to 839863**

  @theyouthline

We listen. We support.  
*We keep it to ourselves.*

**teens**  
**HELPING**  
**teens**



# Need help?

*let's talk.*

877-968-8491 | OregonYouthLine.org  
Text **teen2teen** to **839863**

# Peer to Peer Crisis, Support + Helpline

YouthLine provides nationwide teen to teen crisis support and help via phone, text, chat and email daily from 4pm-10pm PST. YouthLine is free, confidential, safe, and judgement free. YouthLine teen volunteers are knowledgeable, experienced, relevant, and they relate to their peer group on the same level.

**In Oregon, suicide is the 2nd leading cause of death among teenagers.**

- Oregon Health Authority, 2017



Teens who reach out to YouthLine face a variety of challenges (ranging from a bad test grade or peer pressure, to tougher topics such as grief, depression, bullying, pregnancy, self-harm, gender identity, LGBTQ issues, substance abuse and suicide). There is no problem too big or too small.

## Reasons Youth Call

- ✓ Suicide
- ✓ Self-harm
- ✓ Bullying
- ✓ Mental illness
- ✓ Relationship issues
- ✓ LGBTQ
- ✓ Family/friend issues
- ✓ Sexual violence

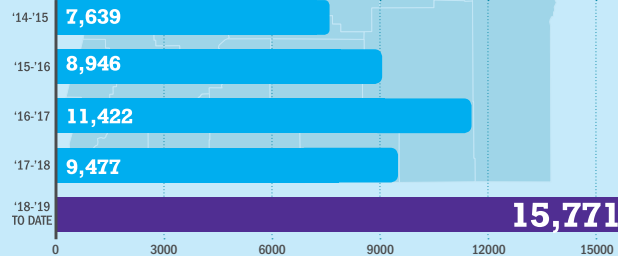
For teen to teen crisis, support, and help:

CALL **877.968.8491**  
 TEXT **'teen2teen' to 839863**  
 CHAT **OregonYouthLine.org**

# Peer-Supported Education + Outreach

YouthLine is a youth and peer supported educational program for youth. Goals include destigmatization of mental health issues, increased awareness for mental wellness, and normalizing help seeking behavior.

## Number of Youth / Community / Providers Reached



YouthLine provides youth supported outreach, education, and awareness to communities across the state of Oregon through classroom presentations, trainings for adult and youth gatekeepers, youth related conferences and summits, workshops, community events, legislative advocacy, and more. Classroom lessons cover a wide range of tough teen topics including stress, peer pressure, bullying, teen decision making, and suicide.

*"Youthline strengthens our mental health unit. We feel supported and appreciate that we are not alone and that Youthline is there for us."*

- Clackamas County High School Teacher

# Youth Mentorship + Development

YouthLine is a youth development program that builds interpersonal and professional skills while increasing confidence around mental health and wellness for themselves, their peers, and the communities where they live.

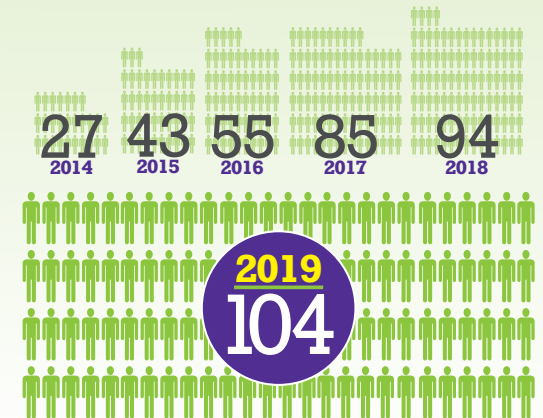
YouthLine volunteers receive over 63 hours of rigorous training before answering calls, texts, chats, and emails.

Training includes certification in Youth Mental Health First Aid (YMHFA) and suicide safeTALK, Applied Suicide Intervention Skills Training (ASIST), as well as skill building information and practice. YouthLine volunteer participation in educational Outreach provides multiple opportunities for professional development associated with classroom facilitation, public speaking, and time management. All YouthLine volunteers are supervised and guided by adult crisis line specialists who are mental health professionals.

*"Youthline has promoted a space of healing for me. The staff here have never doubted me for a second and have supported me and valued me in being the person I am."*

- YouthLine Volunteer

## Youth Volunteer Growth



For more information or to schedule YouthLine Outreach in your area:

VISIT **OregonYouthLine.org** | EMAIL **YouthL@linesforlife.org** | CALL **971.244.1378**