



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

Dear Parents,

As you know, the adolescent years can be full of wonderful and exciting moments for teenagers. It can also be an emotional time with some stress and anxiety as well. We want to inform you of a potential valuable resource for you and your teenager.

YouthLine is a teen-to-teen peer help and crisis line which is a service of Lines for Life (www.linesforlife.org), a 24 hour crisis line based in Portland, Oregon. Teen volunteers participate in over 40 hours of specialized training to help other teens deal with situational crisis, stress, and anxiety. The goals are to keep young people safe, encourage help-seeking behavior, and share resources when appropriate. The volunteer teens spend much of their time working with other teens helping them reach out for additional help. The calls and texts we take range in issues from dealing with a bad break-up or bad grade, and in the worst cases, grief, abuse, self-harm and suicidal thoughts. YouthLine always has a master's level supervisor in the room for recommendations and support.

We want every teen in Oregon to know that they have a place to call/text/chat in times of need. We believe that no one should feel alone when life gets tough. Teenagers work from 4 to 10pm every day, and the phone hotline is available 24/7 and answered by adult crisis workers when teens are not available. To contact YouthLine, your teen can text teen2teen to 839863 or call 1.877.968.8491. YouthLine is here to help.

You may want to preview their website at www.oregonyouthline.org and check out what YouthLine does.

Sincerely,