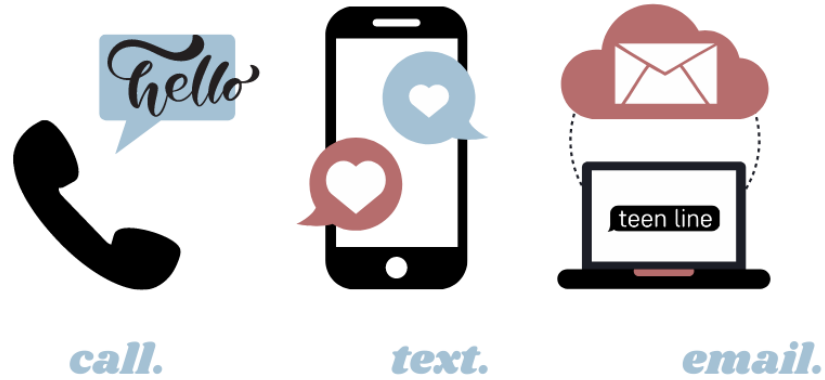


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- @teenlineonline
- www.teenlineonline.org



Teen Line is here for you.

**Our trained teen volunteers are available via phone call,
text message & email every night**

Call (800) 852-8336 from 6pm - 10pm PST

Text "TEEN" to 839863 from 6pm - 9pm PST

Email us at: <https://teenlineonline.org/talk-now/>

You must keep this card in your possessions at all times while at school and at school sponsored events.

1. You are required to present this card:
 - A. When Checking out instructional materials.
 - B. Upon admission to any school activities.
 - C. When requested to do so by school personnel.
2. Lending and/or altering this card is strictly prohibited and will result in invalidation of the ASB card.
3. Lost, stolen or mutilated cards should be reported. A replacement fee will be charged.

Teen Line	1(800) TLC-TEEN (852-8336)
Safe Ride	1(888) 654-3211
WeTiP	1(800) 782-7463

Prevention – School Badges

PRESENTATIONS

We are now offering virtual outreach nationwide in place of our physical outreach programming. We have seen increased contact during this period of social distancing, and would love to reach youth at your school or organization to provide them with information on our hotline. Please ensure you have at least 30 minutes available for outreach in your classroom or youth group. All youth must have access to an online meeting space (Zoom, WebEx, Microsoft Teams).

GENERAL INFORMATION

Focuses on the Teen Line hotline and volunteer opportunities. We discuss difficult teen issues such as depression, self harm, suicide, anxiety and stress. We teach coping skills, help students identify their support network and how to reach out for help.

HEALTHY RELATIONSHIPS

What makes a healthy relationship? How are they different from unhealthy and abusive relationships? We discuss the importance for communication and boundaries, how to support others experiencing abuse and provide additional resources for youth.

UNDERSTANDING GENDER IDENTITIES AND SEXUAL ORIENTATION

What are the differences between gender identity and sexual orientation? LGBTQ stands for...? We will discuss what it means to be an ally, including how to give and get support.

Pre (and Post) Pandemic Programming

TEEN SUICIDE PREVENTION WORKSHOP

We talk about the sensitive issue of teen suicide. It includes discussion of the warning signs and how to help a depressed or suicidal friend.

WHY IS OUR OUTREACH PROGRAM SO IMPORTANT?

OVERWHELMED AND ANXIOUS

Teens are all experiencing some type of loss, whether the loss of a loved one, normalcy and routine, or interacting with friends. With these emotions, it is easy to become overwhelmed.

LONELINESS AND ISOLATION

Social isolation and loneliness increase the likelihood of depression. The duration of feelings of loneliness is strongly correlated to mental health conditions.

NEED FOR A SUPPORTIVE ENVIRONMENT

79% of teens wish there was an inclusive environment or safe space in school to talk about mental health.

DESIRE FOR MENTAL HEALTH SUPPORT IN SCHOOL

According to a May 2020 study, 70% of teens between the ages of 13-19 wish their school taught them more about mental health and coping mechanisms.

OUTREACH PROGRAM IMPACT

RAISE AWARENESS

Mental health knowledge is associated with increased help seeking behavior in youth.

87% of youth who attended a Teen Line Outreach Program reported having a better understanding of teen issues after the program.

DESTIGMATIZE

Stigma surrounding mental health continues to be a major deterrent from seeking help for mental health conditions in youth. Contact with someone with mental illness is strongly associated with less stigmatizing attitudes. When possible, one of our Teen Line volunteers joins to speak about their own mental health challenges and what helped them.

HEALTHY COPING

Capacity to identify, manage, and recover from painful emotions is a protective factor for suicide.

89% of youth who received Teen Line outreach report having learned new ways to manage stress and anxiety.

CONNECT WITH PEERS

34% of 9th grade students in CA experienced chronic sadness or hopelessness in the last year. Only 52% of California High School students felt like a part of the school. Our outreach gets students to speak and relate to one another, fostering connectedness, alongside one of our teen volunteers when available.

AVAILABLE RESOURCES

Resources for Teens and Adults

