



**My parents
don't
get me,
I'm afraid to tell
them that I just
want to
give up.**



Don't give up - You're not alone.

Teen peer counselors are here to listen and to help!

If you need to talk, call **602.248.TEEN**

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Teen Lifeline
teenlifeline.org

Know a TEEN who seems . . .

Depressed?

Withdrawn?

Stressed?

Insecure?

Angry?

Confused?

To have poor self image?

To use poor judgement?

Please, encourage them to call Teen Lifeline:

602-248-TEEN (8336)

Research shows that teens are more likely to turn to other teens when experiencing a problem. That's why, in addition to a 24/7 crisis line, Teen Lifeline has trained teen Peer Counselors who are available 3-9 pm DAILY!

Since 1986, Teen Lifeline continues their dedication to helping youth cope through a variety of problems including: relationships, suicide, family, communication, pregnancy, school pressures and substance abuse.

#YoureNotAlone

 fb.com/teenlifeline  [@602248TEEN](https://twitter.com/602248TEEN)



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