

## Hello Students!



We're checking in on you! While many things may seem uncertain at the moment, please know that you do not have to face it alone. If you're feeling isolated and need someone to talk to, you can **call, chat, or text us**. [Teen Link](#) is here for you.

Our phone line is free to call, we have translation services available, and our team is here to provide you with compassionate support every day from 6pm-10pm.

We also offer free professional Substance Use consultations via our [Teen Link Substance Use Prevention Line](#) that teens can call for information about drug use education, prevention, and treatment options.

It's normal to be feeling off with everything going on right now. We're just a phone call away and would love to hear from you! No issue is too big or too small.

Partially funded by:



- The Teen Link Team

1-866-TEENLINK (833-6546)  
[www.teenlink.org](http://www.teenlink.org)

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## Teen Link for Parents!



Is your teen struggling during these difficult times? Do you suspect they might be using drugs or alcohol as a way to cope? If so, please call our **free Substance Use Prevention line** to talk directly with a Substance Use Prevention Clinician.

Our team is here to provide you with the support you need to help your teen and answer any questions you may have about substance use prevention and treatment.

Our clinicians are available from 2 - 10 PM Tues- Sat by **phone, chat, or text**. Our support line is toll free, we have translation services available, and we are here to help.

### **Substance Use Prevention line: 1-866-833-6546 x2**

For additional helpful resources for parents and families related to COVID-19 visit:

<https://www.samhsa.gov/coronavirus>

<https://www.dcyf.wa.gov/coronavirus-covid-19/families>

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