



Call



Text



Connect

Teen Text gives teens a safe place to chat with someone who understands. This free, confidential service gives youth experiencing mental health and/or substance use challenges someone to talk and engage with that has experienced similar challenges. If you are struggling and need someone to talk to, call, text and connect with a peer who is here to help.

This free service is available to any teen or young adults, living within the Spokane Regional Service Area, which includes; Adams, Ferry, Lincoln, Pend Oreille, Spokane and Steven's counties.

Available 7 days/week, morning – 11:00pm

Mental health or
substance use challenges?

We've been there.

free
confidential
lived experience

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WELLNESS

Call or Text
844-814-8336