

teen text
844-814-8336
 Substance Use & Mental Health Support



Text to connect with someone who understands. We've been there.

call ••• **text** ••• **connect**

844-814-8336 | MON - FRI | 9:00 am - 8:00 pm

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 to, that has been in their shoes. If you are struggling and need someone to talk to, don't hesitate to **call, text and connect** with a peer who is here to help.

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



available —
5 DAYS
 — a week



PRINT PACKAGE

- 1. 8.5 x 11 Flyer
- 2. Business Card

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Mental health or substance use challenges?
We've been there.

free ••• confidential ••• lived experience

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