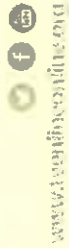


**NATIONAL**  
**SUICIDE PREVENTION LIFELINE**  
**1-800-273-TALK (8255)**  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**teen line**  
 teens helping teens

USA & Canada  
 800-TLC-TEEN (852-8336)  
 310-855-HOPE (4673)  
 600 PM-1000 PM, PST  
 Text "TEEN" to 839863  
 600pm-9:00pm PST



**Need to talk? Call CARELINE, 24/7**  
 Alaska's suicide prevention and someone-to-talk-to line.

**CARELINE**  
 877-266-4357 (HELP)  
 or text 4help to 839863  
 most evenings

[www.carelinealaska.com](http://www.carelinealaska.com)



**TEEN TALK APP**

Download the free iPhone app to text, share and get support from a trained teen!  
[www.linyar.com/TeenTalkApp](http://www.linyar.com/TeenTalkApp)  
 Provided by JBBSUA and TEEN LINE

**TEEN LINE**  
 Teens Helping Teens  
 310-855-HOPE (4673)  
 Daily 6 pm - 10 pm  
[www.Teenline.org](http://www.Teenline.org)

**TEEN LINE**

**310-855-4673**  
 or text TEEN to 839863

Teens Helping Teens  
 6pm-10pm Nightly

**Didi Hirsch Crisis Line**  
 answers all other hours

**MyHouse**  
 You're Welcome Here

Call us: (907) 373-HELP

Visit us at My House | Gathering Grounds  
 300 North Willow  
 Wasilla, AK 99654

**9-1-1**  
 POLICE • FIRE • MEDICAL  
**EMERGENCY**

If you suspect that a friend or family member is thinking about suicide, you can call, chat online or text with a staff member at FrontLine Service 24 hours a day 7 days a week at 216.623.6888, [www.FrontLineService.org](http://www.FrontLineService.org) or text "FLS" to 741741

**Sunshine Community Health Center**  
 733-2273

**News**  
**LIFELINE FOR TEENS**  
 SUICIDE PREVENTION WEEK

FOR SUPPORT CALL:  
 BOYS TOWN NATIONAL HOTLINE 1-800-448-3000  
 TO CHAT/TEXT/EMAIL:  
[www.YourLifeYourVoice.org](http://www.YourLifeYourVoice.org)