



Only 1 in 4 teens
tell an adult they are
being cyberbullied.

US Department of Justice, 2012

The YouthLine

The YouthLine was launched in 2000 because of a growing desire for teens to talk with their peers. Over time,

rates of bullying, depression and anxiety among teens have substantially increased.

Additionally, the ways in which teenagers communicate have changed to include texting, chatting and email. **YouthLine**

“I am very frustrated with the bullying, they won’t stop even when I try to stand up for myself.”

“Danielle” via YouthLine Text

gives teens easy access to safely and anonymously get the help they need, when they need it.

The YouthLine is a service of Lines for Life, a nonprofit that has been preventing alcohol and substance abuse, and suicide since 1993.



lines for life

Preventing Substance Abuse & Suicide

Lines for Life is a regional nonprofit promoting healthy kids and communities through drug and alcohol awareness, prevention programs, and 24-hour Crisis Lines for treatment referrals, suicide prevention, as well as support for returning Veterans and their families.

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www.linesforlife.org

Oregon YouthLine
We listen. We support.
We keep it to ourselves.

OregonYouthLine.org | 877.968.8491
Text teen2teen to 839863

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we're here.

Oregon youthline
A Service of Lines for Life

1.877.968.8491 | OregonYouthLine.org
Text **teen2teen** to **839863**



oregonyouthline.org



In Oregon, suicide is **the leading** cause of death among teenagers.

Oregon Health Authority, 2012



Who We Are

YouthLine reaches teens throughout Oregon with teen to teen text, chat and phone line. YouthLine offers a free, confidential and safe way to work out challenging issues with another teen who will listen without judging.

“I have thoughts of suicide. I just want to be me again. Or, at least have a chance to rest from all of this.”

“Mark” via YouthLine Text

YouthLine offers confidential peer to peer help, crisis and referral resources for youth dealing with issues ranging from a bad test grade or peer pressure, to more serious topics such as grief, depression, bullying, pregnancy, self harm, gender identity, LGBTQ issues, substance abuse and suicide. YouthLine operates daily from 4 to 10 pm with teen peer support. Phone calls are answered 24/7/365.



1 of 4 kids will be bullied at some point during adolescence.

US Department of Justice

What We Do

There is a growing need for teenagers to get support for their challenges, including bullying that often can impact depression, self harm and thoughts of suicide. YouthLine offers resources, connects teens to adults and provides instant support for those in crisis.

Areas of Concern

Teens who reach out to YouthLine face a variety of challenges from self-harm and depression to relationship issues and abuse, and use all of the contact methods offered. Contact method may vary based on what issue(s) the caller is struggling with.

Caller Issues:

13% Depression

13% Bullying

15% Self-Harm



15% of callers call about Suicide



3x more texts

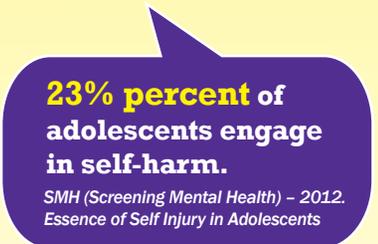
During YouthLine hours, teens take many more texts than phone calls.

How YouthLine Helps

“YouthLine was amazing. A life saver. I was happy to have someone to talk to in my darkest time.”

“Alisa” via Chat Feedback Survey

When teenagers face problems, they often turn to their peers for advice. Many teens believe that parents would not understand, but worry that their friend might abandon or laugh at them. YouthLine teens are knowledgeable, experienced and relevant, they relate to their peer group on the same level.



23% percent of adolescents engage in self-harm.

SMH (Screening Mental Health) – 2012. Essence of Self Injury in Adolescents

YouthLine volunteers receive over 40 hours of rigorous training before answering calls and texts. Training includes certification in Youth Mental Health First Aid and suicide SafeTALK, as well as skill building information and practice. All YouthLine volunteers are supervised by crisis line specialists who are mental health professionals.

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