



Help Line for Teens or Parents
YOUR LIFE YOUR VOICE.ORG

4 Ways to Get Help to face your Challenges

From the PRC

Call: If you are having thoughts of harming yourself or others, are you being abused, do you need someone to talk with, please call us. These are serious issues that are best handled in one-on-one conversations with counselors.

Always Open! Counselors are ready for your call 24/7. 1-800-448-3000

Text: Text with a counselor for free with the following carriers: AT&T, Verizon, T-Mobile, Sprint, Virgin, Cricket, Nextel, Boost, MetroPCS. (standard message & data rates may apply for other carriers)
Every day, 2PM to 1AM CST.

Please know that this texting service is intended for pre-teens, teens, and young adults.

Text VOICE to 20121 to start.

Text STOP to opt out. For more information about the service, text HELP to 20121. For end user privacy and terms & conditions go to <http://www.preventionpaystext.com/policies/>.

Chat: Chat over IM and get a live, to the minute discussion with one of our counselors.

Mon–Fri, 6PM to midnight CST.
(and other times if counselors are available)

Email: When you e-mail a question, we will send a response back to you within 48 hours. We post selected questions and responses on our bulletin board board a few days later.

Anytime. We will get back to you within 48 hours.