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

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

**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 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