



For whatever is on your mind, we're here to listen. Talk about your feelings and get support from someone like you. No problem is too small.
You are not alone!

Text us at
207.515.8398

This peer support text line is for youths 13-23 years old and staffed by individuals under 24.



We're here for you every day from
2pm - 10pm EST

This is not a crisis line.

If you believe that you or someone you know could be in crisis, please do not hesitate to call or text

Maine's Statewide Crisis Line:
888.568.1112

- Available 24 hours a day,
7 days a week. -



Scan to download this resource on your phone



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