Being a teen is more stressful than a lot of people think. Sometimes only another teen can understand what you're going through. That's why there's TEEN LINE. Trained youth volunteers answer the Teen Line between 4 and 11 pm every evening, though adult volunteers answer the line outside those hours. Our youth volunteers also answer the YOUTH DRUG LINE, providing information, referral, and support for questions/concerns related to drug and drug abuse. If you have something you want to talk about, no matter how serious (or not serious!) you think it is, call us—free!! We're here to listen whatever you want to say, whenever you want to say it. You make the call!

TEEN LINE: 264-TEEN (8336) YOUTH DRUG LINE: 269-DRUG (3784)

Distress Centre #300 1010 8th Ave SW Calgary, AB T2P 1J2 (403) 266-1601 http://www.distresscentre.ab.ca