THE REAL 2·1·1

Call  
Dial 211 on your cell phone.

Text  
Text your zip code to 898211.

Chat  
Scan QR code for an online chat session.

I'M PREGNANT. WHAT DO I DO NOW?

Get Connected! Get Answers.
Likes and followers don’t always add up to happiness.

Are you depressed or having suicidal thoughts?
Call, text or chat the 211 Teen Helpline.
We can connect you to get help.

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2·1·1
Teen Helpline
Get Connected! Get Answers.
I’m fine.

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How do I quit vaping?

Get Connected! Get Answers.
What's that smell?

It's your addiction.
Cigarettes reek.
Vaping isn't odorless.
Alcohol stays on your breath.

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I'm pregnant. What do I do now?
I'm being bullied. Why do I feel so sad?
I want to stop cutting. How do I quit vaping?
I just need to talk to someone.

Get Connected! Get Answers.
Everything’s Fine.

Is it?

Are you depressed or having suicidal thoughts?
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I’ve got this.

Do you?
Are you depressed or having suicidal thoughts? We can connect you to get help.

Text the 211 Teen Helpline. Text your zip code to 898211.
It’s all good.

What if it’s not?
Are you depressed or having suicidal thoughts?
We can connect you to get help.

Chat the 211 Teen Helpline.
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THE REAL 2.1.1

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Why do I feel so sad?

Get Connected! Get Answers.