

What is the Oregon YouthLine?

YouthLine is a free and confidential peer to peer teen helpline offering support (through Text, Chat and Phone calls) to teens struggling with issues like drug and alcohol abuse, family and relationship problems, depression, suicidal thoughts, and other tough issues.

Become a YouthLine volunteer

By volunteering with us, you get to be a powerful voice of hope for your peers.

“They were amazing. A life saver. I was happy to have someone to talk to in my darkest time.

...

You guys are amazing!!! I have never been helped like that and truly love youthline.

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I am so thankful I contacted you guys. I was really able to talk through everything and she had a similiar experience with what I was going through so it was really easy to talk to her. I am glad I got here. (:

- YouthLine Callers



“After finishing my training I felt I was making a difference.”

“I think that YouthLine is really important because it allows a non-judgemental outlet for teens that have nowhere else to turn.”

- YouthLine Volunteers

Top 10 reasons to Volunteer

Your role as a **Peer Crisis Intervention Worker** will set you apart from your peers when applying for jobs & colleges. You will gain incredible skills that will help you reach your life goals!

- 10 Receive an internationally recognized Certificate in Youth Mental Health First- Aid and SafeTalk (Suicide Intervention Training)
- 9 The rewarding feeling of knowing that you changed someone's life!
- 8 Incredible resume material and letters of recommendation
- 7 Job experience in the field of psychology, social work & counseling
- 6 Make new friends & meet new people from different schools
- 5 (nearly) Endless snacks on shift!
- 4 Improved public speaking skills through outreach in schools
- 3 Connection and support from YouthLine staff
- 2 Build confidence through incredible personal growth and change
- 1 **You get to help other teens in a really impactful way!**

Details

- ✓ Help your peers work through difficult life stuff via text/phone/chat.
- ✓ Training is 40 hours (we make it fun!)
- ✓ Volunteers commit to one 3.5 hours shift per week for one year
- ✓ Join a crew of over 50 teens aged 15-19 who volunteer from the Metro area!
- ✓ Located in SW Portland Bus #35

YouthLine
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