

**Teen Line  
Teens Helping  
Teens**



A program of DIDI HIRSCH

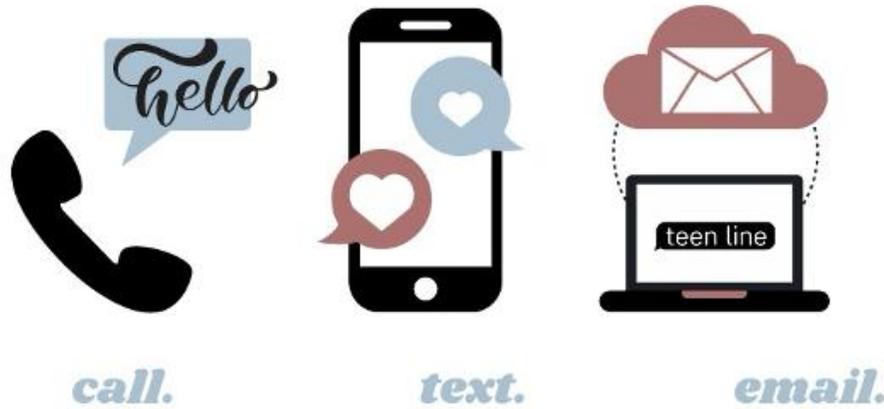
**Cheryl K Eskin, LMFT  
Senior Director  
Teen Line, a Program  
of Didi Hirsch**

Our Mission

**Teen Line provides support, resources, and hope to young people through a hotline of professionally trained teen counselors, and outreach programs that destigmatize and normalize mental health.**



A program of DIDI HIRSCH



## ***Teen Line is here for you.***

**Our trained teen volunteers are available via phone call,  
text message & email every night**

**Call (800) 852-8336 from 6pm - 10pm PST**

**Text "TEEN" to 839863 from 6pm - 9pm PST**

**Email us at: <https://teenlineonline.org/talk-now/>**



A program of DIDI HIRSCH

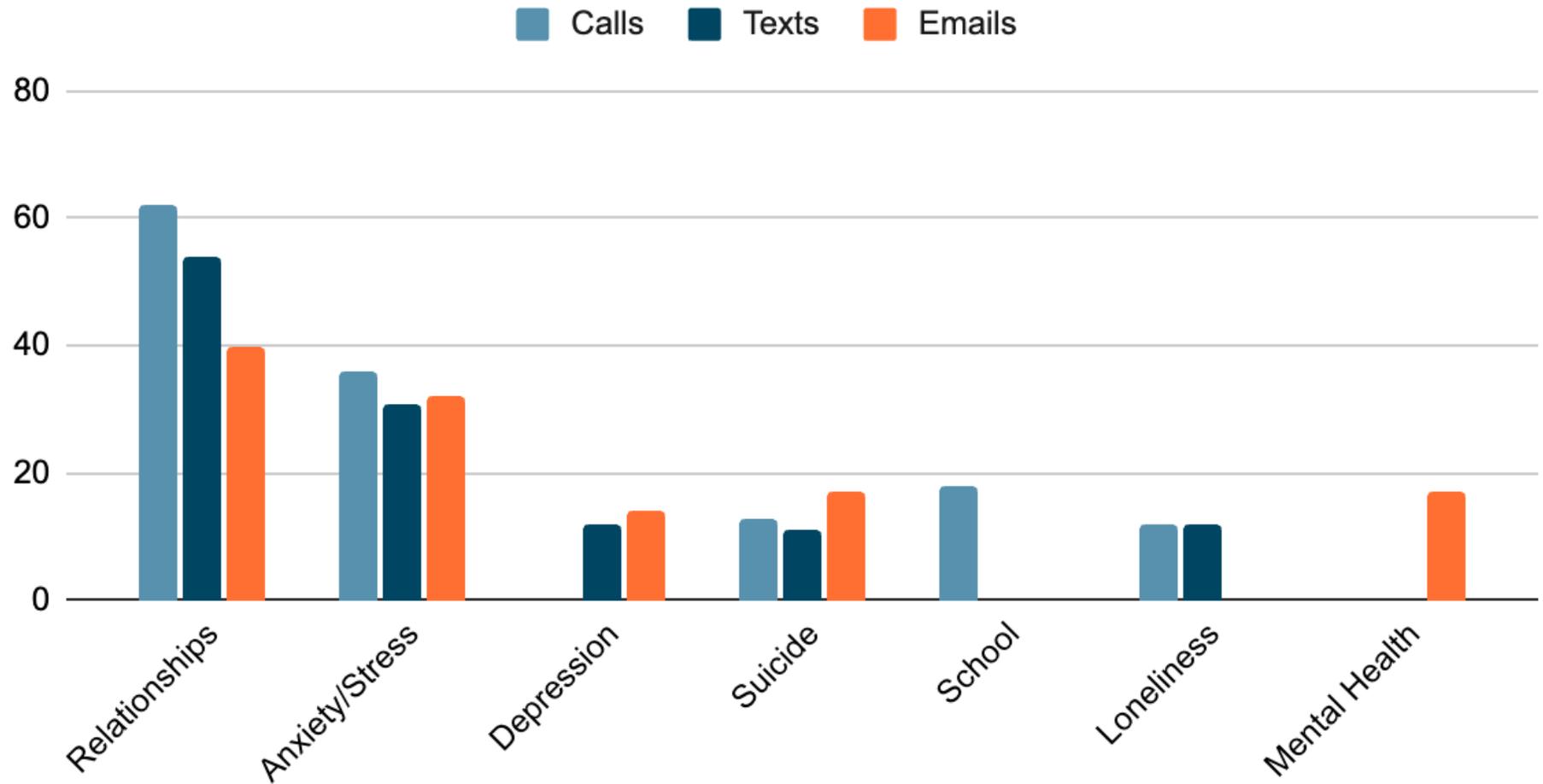
# Why Are Teens More Likely to Talk to Other Teens?

- It's developmentally appropriate
- Shared understanding and similar experiences
  - Similar language, pop culture references
  - Less explanations needed
- Don't want to "bother" adults
- Don't want to get in trouble
- Can have more empathy for each other
- Adults may not be trustworthy or present



A program of DIDI HIRSCH

# Top 5 Reasons For Reaching out to Teen Line in 2024 (broken down by modality)



# 2025 Year to Date Trends

- 27% of contacts are under 13
- Older teens (ages 14-19) are more likely to reach out about school and loneliness than younger teens (under 13)
- Younger teens/tweens (under 13) are more likely to reach out about suicide and self-injury than older teens (ages 14-19)
- Both are reaching out about relationships, particularly with family, anxiety/stress or depression



A program of DIDI HIRSCH

# Want to Know More?

[ceskin@didihirsch.org](mailto:ceskin@didihirsch.org)

[www.teenline.org](http://www.teenline.org)

[@teenlineonline](https://www.instagram.com/teenlineonline)



A program of DIDI HIRSCH

# Thank You! Questions?



A program of DIDI HIRSCH