

Teen Helpline

877-HELP304

provides social, emotional, and supportive counseling via call, text, and chat.

Our crisis counselors:

- Listen with compassion, care, and concern – ready around the clock
- Assist you through troubling and uncertain circumstances
- Lead you to useful community resources
- Help you manage stress and empower you to find practical solutions to life's complicated issues

Services are free
Insurance not required

Calls are completely confidential and you may remain anonymous

We also offer an online support group



HELP304.COM



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FIRST CHOICE
SERVICES

- www.FirstChoiceServices.org -



**Unbearably
Stressed?
Anxious?**

**Talk to a
counselor.**

**ANYTIME.
FOR FREE.**

877-HELP304

WV'S EMOTIONAL STRENGTHLINE
help304.com 304-344-2883

PROUDLY OPERATED BY

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