

# **Your Mental Health Matters!**

## **Ask for help when you need it.**

**For Mental Health Emergencies call  
Valley Creek Crisis at 610-280-3270**

**Prefer to text?**

**The National Text Line - 741-741**

**These services are free and always open.**

### **Do you just need to talk?**

**Call or text Chester County's Teen Talk Line, Monday- Friday, 3:00 - 7:00 PM**

**Number to call - 855-852-8336 / Number to text - 484-362-9515**



**Don't forget!! Safe2Say is available 24/7.**

**You can use it in the summer, too.**

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Use this QR code for a detailed guide to youth mental health support from the Chester County Office of Mental Health.



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For support with Drug and Alcohol treatment: **Get Help NOW Hotline: 1-800-662-HELP**

For personalized assistance and information about alcohol, tobacco, other drugs, and gambling: **Compass Mark at 1-866-286-3767**