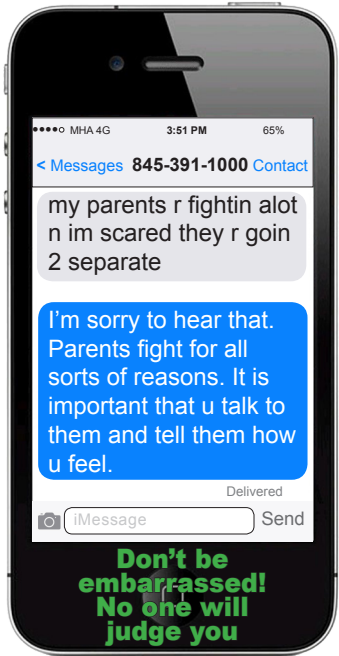


**Someone is here to help. You're not alone**



**Don't be embarrassed! No one will judge you**

If you are dealing with cyber bullying, drugs/alcohol, gangs, sexting, sexual assault, eating disorders, problems at home, school, the bus, or if you just need someone to talk with,

**REACH OUT TO US!**

*text anonymously @*

**TEXT 4 TEENS**  
**845-391-1000**

**Mon to Thu - 4pm to 10pm**  
**Fri - 4pm to 12am**  
**Sat / Sun - 5pm to 12am**

**Text 4 Teens is sponsored by**  
**Orange County Youth Bureau and**  
**Orange County Department of Mental Health**



**TEXT 4 TEENS**

Confidential text line for info, referrals or just to chat



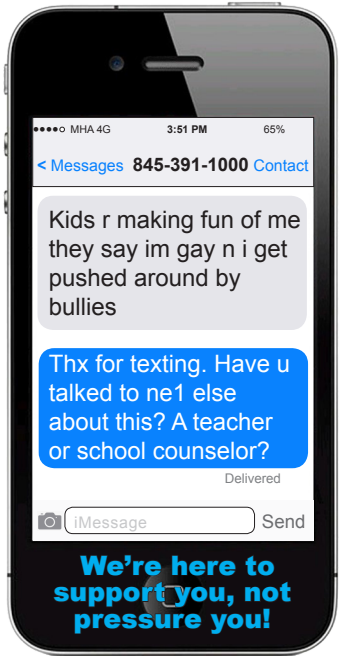
A program of:

**MHA in Orange County, Inc.**

73 James P. Kelly Way,  
Middletown, NY 10940  
www.mhaorangeny.com

**845-391-1000**

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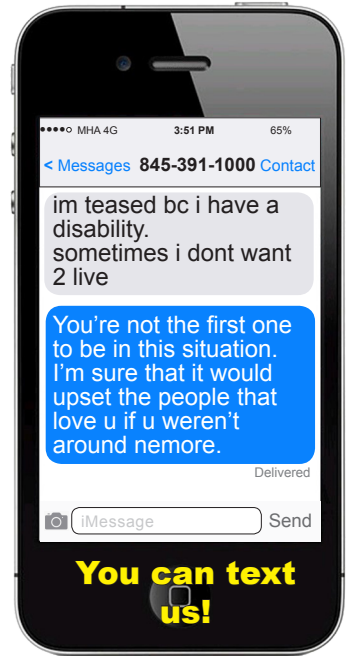
**We're here to support you, not pressure you!**



If you need someone to confide in, if you are embarrassed to talk to friends, school counselors, or other adults....

**Reach out to**

**TEXT 4 TEENS  
845-391-1000**



**You can text us!**

