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**2NDFLOOR®**  
**888-222-2228**  
**YOUTH HELPLINE**

**2NDFLOOR.ORG**

The 2NDFLOOR Youth Helpline is a safe place to call when you need help with **ANY** problem.

2NDFLOOR is free, confidential and anonymous (except if you say you are going to hurt yourself or others)

2NDFLOOR is available 24 hours a day, 7 days a week. Call us anytime!

2NDFLOOR's phone counselors are caring, supportive and friendly.

2NDFLOOR has a website at [www.2ndfloor.org](http://www.2ndfloor.org)

Anonymously write a message on our online message board receive a response from 2NDFLOOR.

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What types of problems do people talk about when they call 2NDFLOOR?

- Problems with friends
- Dating
- School stress
- Bullying
- Family problems
- Anxiety
- Suicide
- Peer pressure
- Substance abuse
- Dating abuse
- Eating disorders
- Depression
- Abuse
- Worried about a friend

And...any other problem, question or concern. We are here to support you!