



A program of DIDI HIRSCH

SUICIDE PREVENTION CENTER

LIGHTHOUSE TALK:

*Empowering Youth to Create
Ripple Effects in their Communities*

Presented by:

Cheryl Karp Eskin, LMFT
Senior Director, Teen Line



TEEN LINE

A program of **DIDI HIRSCH**



PHONE

(800) 852-8336 (6 PM - 10 PM PST)



TEXT

TEEN TO 839863 (6 PM - 9 PM PST)



EMAIL

REACH OUT BY EMAIL

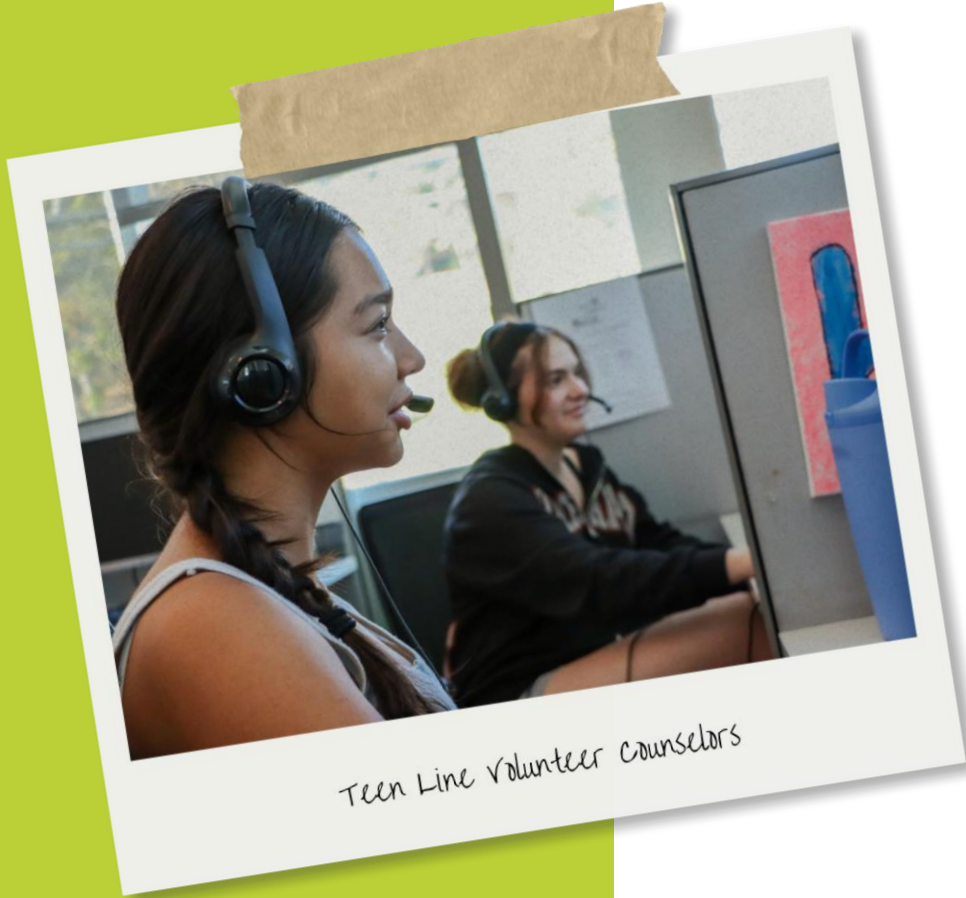


TEEN
LINE



A program of **DIDI HIRSCH**

BRIDGING GAPS



Teen Line volunteer counselors

TEENS DON'T ALWAYS WANT TO TALK TO ADULTS

We judge

We don't understand

We try to "fix"

We don't listen

We get mad and lecture

We deny and minimize

*Teens help to bridge the gap to support other
teens to talk to a trusted adult*

MAKING A DIFFERENCE, ONE TEEN AT A TIME.



Teens Supported Annually

8,800+

teens supported through
the hotline each year

"Thank you so much for being here with me tonight, especially when I couldn't tell anybody what I was dealing with. I feel much better than I did before."

- Anonymous caller, age 12

"I just want to thank you for your support. You have no idea how long I've suffered without anyone by my side, without anyone to love me. And thanks to your site, even just seeing someone who believes in me warms my heart."

- Anonymous caller



THE POWER OF PEER-TO-PEER LISTENING



Teen Line Volunteer Counselors

Well I live with both my parents but basically both are kinda just dicks idk they yell a lot and are lowkey a bit abusive and mean

But there nice sometimes

It's confusing

(This isn't my phone by the way it's Addie's)

i hear you. i think parents often forget that we are all just liviin for the first time and we needddd to be gentle with each other yk?

with everything u been going through, i don't blame u at all for having those thoughts, it's such a normal human response to an impossible situation

I just want you to know that thinking of suicide doesn't mean there's anything wrong with you

Whenever I fail or someone gets mad at me I think about how much better it would be without me here. I was going to attempt a few weeks ago but I got too scared to. I often think I'm worthless and it's pointless to keep living because of the way I'm treated sometimes and my anxiety makes me overthink.

im so glad u are here with us

CALL TO ACTION

Promote Teen Line

Talk about Mental Health in your classrooms

Pay attention to how you're listening

Promote peer-to-peer support

Be a
changemaker in
your community!



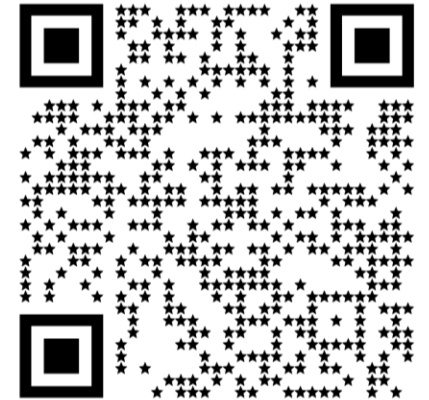
TEEN LINE TEACHER FACILITATION GUIDE



Teachers Assisted Annually

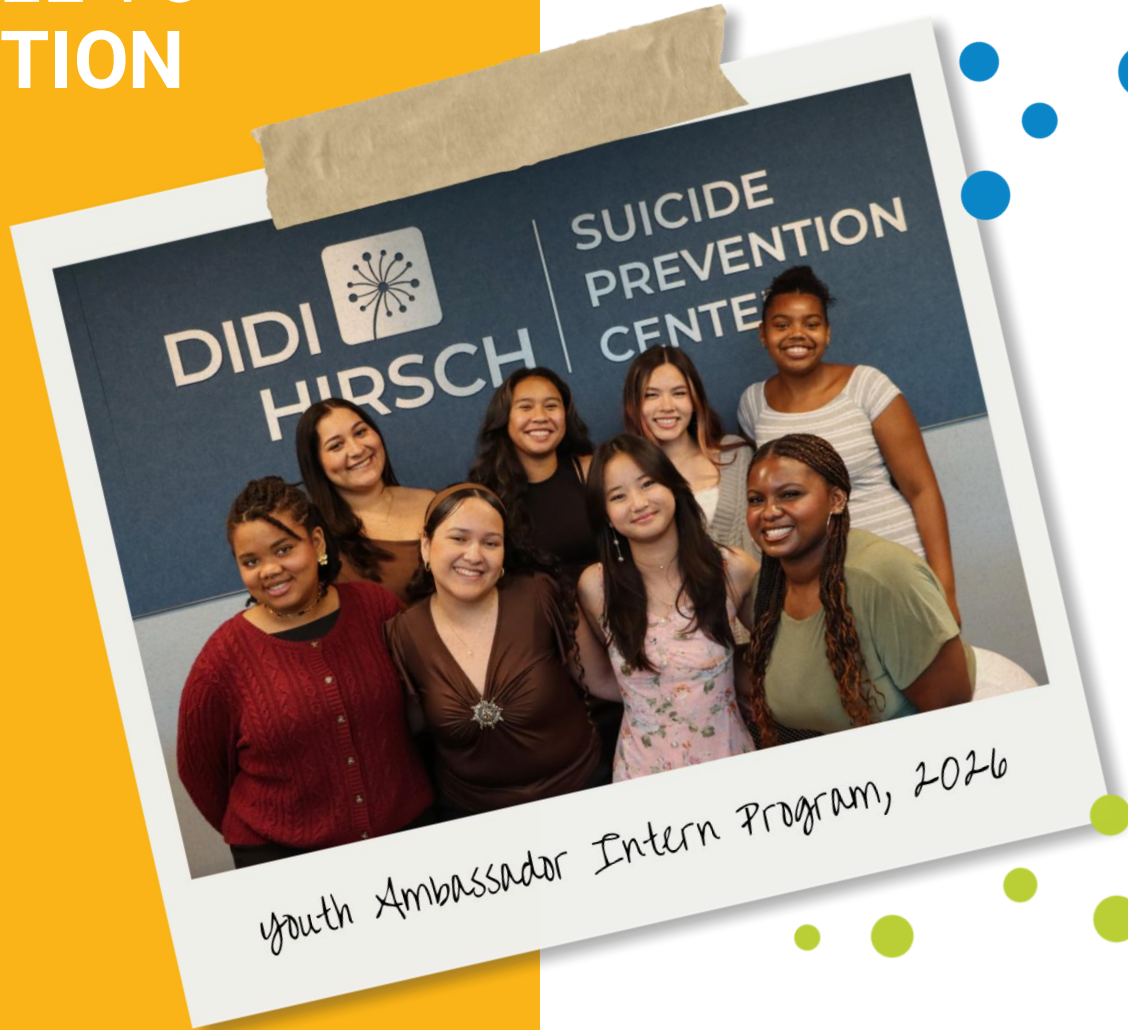
40,000+

students reached through the Teacher
Facilitation Guide each year



Download
The Teen Line
Teacher Facilitation
Guide

CALL TO ACTION



UPCOMING:

Youth Ambassador Intern Program,
Summer 2027

Contact rdenny@didihirsch.org
for more information!

VOLUNTEER:

Teen Line Volunteer Counselors
Visit didihirsch.org/teenline/volunteer/
to apply to volunteer!

VOLUNTEER:

Community Engagement Ambassador
Contact mmccomb@didihirsch.org
for more information!

ALIVE
TOGETHER



ALIVE
TOGETHER

UNITING TO PREVENT SUICIDE

A 5K Walk/Run Benefiting Didi Hirsch's
Suicide Prevention Center



UCLA

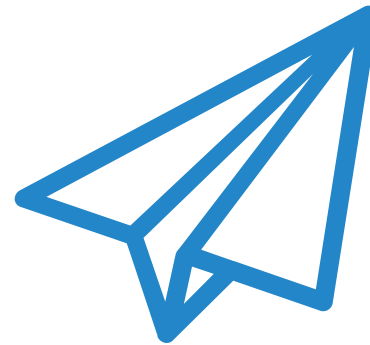


SEPT
27





THANK YOU
for all you do!



Contact me!

Cheryl Karp Eskin, LMFT
Senior Director, Teen Line
ceskin@didihirsch.org