## BUILDING HEALTHY-RELATIONSHIPS

## DO YOU HAVE QUESTIONS OR CONCERNS ABOUT A RELATIONSHIP YOU ARE IN?

Talk with a parent or another adult you trust. If you need additional help, you can contact a trained peer advocate with <a href="https://www.loveisrespect.org">www.loveisrespect.org</a>. All conversations by phone, chat, or text are free and confidential. This service was created especially for teens!



**VISIT** 



**CALL** 



**TEXT** 

www.loveisrespect.org

1-866-331-9474

"loveis" to 22522



This resource was developed by RTI International under contract HHSP233201500039I/HSP23337016T with the U.S. Department of Health and Human Services, Administration on Children, Youth and Families, Family and Youth Services Bureau.