

**REACH
OUT.COM**

ONLINE SUPPORT & INFORMATION FOR YOUNG PEOPLE GOING THROUGH TOUGH TIMES

"A lot of the time, I just really want to give up. It's sites like this one, and people like you who continue to give me strength and encouragement to face the day."

- ReachOut User



GET THE FACTS about real issues, from everyday relationship stuff to tougher issues like depression and anxiety



FIND STORIES LIKE YOURS. Teens and young adults have posted thousands of stories on ReachOut about their struggles and how they made it through.



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