REACH OUT. TALK ABOUT IT.

CRISIS CENTER

866.427.4747 (24/7) crisisconnections.org If in doubt, start here

DEPRESSION/ANXIETY

866.427.4747 (24/7) crisisconnections.org

SEXUAL ASSAULT

King Co. Sexual Assault Resource Center 888.998.6423 (24/7) www.kcsarc.org Confidential and anonymous

LGBTQ+

The Trevor Project 866.488.7386 (24/7) thetrevorproject.org

TEEN LINK

866.833.6546 (24/7) 6-10pm staffed by teens 24/7 for resources

SUBSTANCE ABUSE

WA Recovery Help Line 866.789.1511 (24/7) warecoveryhelpline.org

EATING DISORDERS

NEDA 800.931.2237 www.nationaleatingdisorders.org

RUNAWAY/HOMELESS

Shelter - 206.236.5437 (24/7) Resources - 425.869.6490 www.friendsofyouth.org

For more resources and sources on data, visit www.lwsf.org/youthmentalwellness

We gotta take care of each other. So, if you see somebody that's hurting don't look away. If you are hurting, even if it might be hard, try to find that bravery within yourself to dive deep and go tell somebody!

REAL.





youth experience a mental health condition

experience an anxiety disorder (ages 13–18)





LWSD 8th graders

not able to stop

worrying in the

past 2 weeks

report one major depressive episode in the past year (ages 12–17)



of all lifetime mental health cases begin by age 14; 75% by age 24

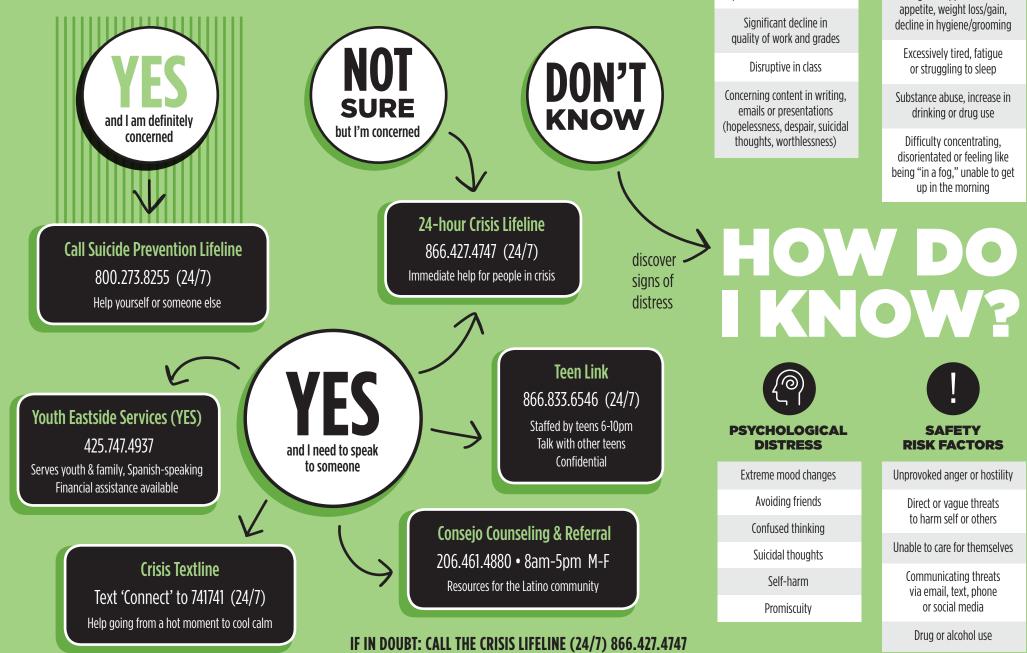


LWSD seniors have considered suicide



CONCERNED? CONNECT.

TRUST YOUR GUT AND SAY SOMETHING IF YOUR FRIEND OR STUDENT LEAVES YOU FEELING WORRIED, ALARMED, THREATENED OR SCARED.





PHYSICAL DISTRESS

Changes in appearance and

ACADEMIC DISTRESS

Repeated absences from school