

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

IT IS REAL.

1 IN 5

youth experience
a mental health
condition

32%

experience an
anxiety disorder
(ages 13-18)

11%

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

39%

LWSD 8th graders
not able to stop
worrying in the
past 2 weeks

50%

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

18%

LWSD seniors
have considered
suicide

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!

- Lady Gaga -



Lake Washington
Schools Foundation

CONCERNED? CONNECT.

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

YES

and I am definitely
concerned

Call Suicide Prevention Lifeline

800.273.8255 (24/7)

Help yourself or someone else

**NOT
SURE**

but I'm concerned

24-hour Crisis Lifeline

866.427.4747 (24/7)

Immediate help for people in crisis

**DON'T
KNOW**

discover
signs of
distress

ACADEMIC DISTRESS

Repeated absences from school

Significant decline in
quality of work and grades

Disruptive in class

Concerning content in writing,
emails or presentations
(hopelessness, despair, suicidal
thoughts, worthlessness)

PHYSICAL DISTRESS

Changes in appearance and
appetite, weight loss/gain,
decline in hygiene/grooming

Excessively tired, fatigue
or struggling to sleep

Substance abuse, increase in
drinking or drug use

Difficulty concentrating,
disorientated or feeling like
being "in a fog," unable to get
up in the morning

HOW DO I KNOW?

Youth Eastside Services (YES)

425.747.4937

Serves youth & family, Spanish-speaking
Financial assistance available

YES

and I need to speak
to someone

Teen Link

866.833.6546 (24/7)

Staffed by teens 6-10pm
Talk with other teens
Confidential

Crisis Textline

Text 'Connect' to 741741 (24/7)

Help going from a hot moment to cool calm

Consejo Counseling & Referral

206.461.4880 • 8am-5pm M-F

Resources for the Latino community

PSYCHOLOGICAL DISTRESS

Extreme mood changes

Avoiding friends

Confused thinking

Suicidal thoughts

Self-harm

Promiscuity

SAFETY RISK FACTORS

Unprovoked anger or hostility

Direct or vague threats
to harm self or others

Unable to care for themselves

Communicating threats
via email, text, phone
or social media

Drug or alcohol use

IF IN DOUBT: CALL THE CRISIS LIFELINE (24/7) 866.427.4747