

IT IS REAL.

1 IN 5

youth experience a mental health condition*

32%

of those ages 13-18 experience an anxiety disorder*

19%

of King County high school seniors have considered suicide*

AGE 14

50% of all lifetime mental health cases begin by age 14; 75% by age 24*

42%

LGBTQ youth seriously considered attempting suicide in the past year*

#1

Eating disorders have the **highest** risk of death of any mental health condition*

IT IS TREATABLE.

TRUST YOUR INTUITION AND ASK IF YOU THINK SOMETHING IS OFF, OR IF YOU'RE WORRIED OR FEELING THREATENED SAY, "I NOTICED _____. I CARE ABOUT YOU. IT SCARED ME. LET'S GET HELP."

I NEED HELP NOW

SOMEONE I LOVE IS:

In crisis

Talking about suicide

Making threats about others' safety

Has a plan to kill themselves

Call Suicide Prevention Lifeline

800.273.8255 (24/7)

Help yourself or someone else. You can call even if they won't.

I NEED TO TALK
with someone

24-hour Crisis Lifeline

866.427.4747 (24/7)

Immediate help for people in crisis. You can always call just to talk too.

Crisis Textline

Text 'Connect' to 741741 (24/7)

Help going from a hot moment to cool calm.

Teen Link

866.833.6546

(6-9:30pm)

Text or call to speak with teen staff nightly. Confidential.

Sound Health

206.302.2300

Serves diverse communities including BIPOC.

I want to set up COUNSELING

Sea Mar Community Health Centers

www.seamar.org

Supports diverse communities.

Consejo Counseling & Referral Service

206.461.4880

Serves the Latino community. Ayuda en español.

Youth Eastside Services (YES)

425.747.4937

Serves youth and family. Financial assistance available. Ayuda en español – 提供中文服务

Asian Counseling & Referral Services (ACRS)

206.695.7600 or acrs.org

Provide Mandarin services – 提供中文服务

ONLINE RESOURCES

www.nami-eastside.org

www.childmind.org/symptomchecker

www.nimh.nih.gov

www.samsha.gov

HOW DO I KNOW?

These changes can occur in multiple mental health conditions so it's important to speak with a clinician to diagnose what may be happening. Your school counselor is also a great place to start.

SIGNS TO LOOK FOR

Changes in behavior, attitude, appearance, and functioning	Increased worry, irritability, anger, hostility
Increased sadness, expressions of hopelessness	Withdrawal from activities; isolating self from others
Sleeping less or more; extremely tired/wired	Not completing school work; decline in quality of work
Difficulty concentrating and/or focusing	Changes in health, hygiene, self-care; increase in illness
Frequent school or work absences	Self harm: i.e. cutting, burning etc.
Expressions of self-hatred or disdain for others	Alcohol and drug use and other high risk behaviors
Threats to harm self or others-in person, in writings, or by phone or social media	Concerning content in written and social media communications

REACH OUT. TALK ABOUT IT.

*FOR MORE RESOURCES, DATA ON SOURCES, AND HOW TO TALK ABOUT MENTAL HEALTH, VISIT WWW.LWSF.ORG/BALANCE-IN-MIND



Balance in Mind

POWERED BY LAKE WASHINGTON SCHOOLS FOUNDATION