

REACH OUT. TALK ABOUT IT.

IT IS REAL.

CRISIS CENTER

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

TEEN LINK

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

DEPRESSION/ANXIETY

866.427.4747 (24/7)
crisisconnections.org

SUBSTANCE ABUSE

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

SEXUAL ASSAULT

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

RUNAWAY/HOMELESS

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

LGBTQ+

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

EATING DISORDERS

NEDA
Text 'NEDA' to 741741 (24/7)
www.nationaleatingdisorders.org

YOUTH MENTAL HEALTH FIRST AID CLASS

www.mentalhealthfirstaid.org
Learn about warning signs and how to
support a youth in crisis

MENTAL HEALTH REFERRAL SERVICE

833-303-5437
8am-5pm M-F
Washington's Mental Health Referral
Service for Children and Teens



youth experience
a mental health
condition



experience an
anxiety disorder
(ages 13-18)



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



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



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



LWSD seniors
have considered
suicide



Balance in Mind
powered by
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.



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



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

HOW DO I KNOW?

discover signs of distress

YES
and I am concerned for their immediate safety

NOT SURE
but I'm concerned

DON'T KNOW

Call Suicide Prevention Lifeline
800.273.8255 (24/7)
Help yourself or someone else

24-hour Crisis Lifeline
866.427.4747 (24/7)
Immediate help for people in crisis

YES
and I need to speak to someone

Youth Eastside Services (YES)
425.747.4937
Serves youth & family, Spanish-speaking
Financial assistance available

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

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