

IT IS REAL.

1 IN 5

youth experience mental health condition*

32%

of those age 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*

REACH OUT. TALK ABOUT IT.



*For more resources, sources on data, and how to talk about mental health, visit www.lwsf.org/balance-in-mind

CRISIS CENTER

866.427.4747 (24/7)
crisisconnections.org

If in doubt, start here.

LGBTQ+

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

SEXUAL ASSAULT

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

Confidential and anonymous.

TEEN LINK

866.833.6546 (6-9:30pm)
Text or call to speak with teen staff nightly.

SUBSTANCE USE

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

EATING DISORDERS

NEDA
800.931.2237
www.nationaleatingdisorderassociation.org

RUNAWAY/HOMELESS

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

WA MENTAL HEALTH REFERRAL SERVICE

833.303.5437
M-F • 5-8:30pm

Washington-state resource to find counselors for children and teens.



Balance in Mind

POWERED BY LAKE WASHINGTON SCHOOLS FOUNDATION

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 911 or the Suicide Prevention Lifeline

800.273.8255 (24/7)

Help yourself or someone else.

I NEED TO TALK
with someone

24-hour Crisis Lifeline

866.427.4747 (24/7)

Immediate help for people in crisis.

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.

Youth Eastside Services (YES)

425.747.4937

Serves youth and family. Financial assistance available.

Ayuda en español – 提供中文服务

Consejo Counseling & Referral Service

206.461.4880

Serves the Latino community. Ayuda en español.

Asian Counseling & Referral Service (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