

If You Need Some Help

The offices that support this survey would like to thank you for taking part. All surveys are anonymous. Surveys will only be used to learn about health behaviors of young people. This information will help us better meet students' needs.

If you have questions about the survey, you can reach out to the project's Principal Investigator at maayan.simckes@doh.wa.gov. If the survey bothered or upset you and you want to talk to someone about it, here are some numbers to contact. We suggest you do one of these things right away if you feel uncomfortable and would like help:

- Talk to an adult you trust in your family or community, such a parent, coach, mentor, neighbor, and/or faith leader.
- Talk to an adult you trust at school, such as a teacher, counselor, nurse, intervention specialist, or principal.
- Contact one or more of the places listed below for emotional support and to find out where to get help.

Name	Number	Website	Spanish Speaking	Confidential	Cost
24-hour Crisis Text Line	Text "HOME" to 741-741	Crisistextline.org	No	Yes	None
Girls' and Boys' Town 24-Hour Teen Line (abuse, anger, school issues, chemical dependency, relationships and depression)	Call: (800)448-3000 Text "TEEN" to 839863	yourlifeyourvoice.org	Yes	Yes	None
Domestic Violence Hotline	(800)799-7233	Live Chat: thehotline.org	Tele-Interpreter Available	Yes	None
You Are Not Alone Network (for Native youth)	877-209-1266	Youarenotalonenetwork.org	Tele-Interpreter Available	Yes	None
Washington Recovery Help Line –24 hours (help line for substance abuse, problem gambling and mental health)	Call or Text: (866)789-1511	warecoveryhelpline.org	Yes	Yes	None
National Suicide Prevention Lifeline	(800)273-TALK (8255)	suicidepreventionlifeline.org	Yes	Yes	None
Care Crisis Response Services (mental health)	(800)584-3578	imhurting.org	Tele-Interpreter Available	Yes	None
Washington Teen Link –teen volunteers 6-10 pm	Call or Text: (866)833-6546	Live Chat: teenlink.org/chat/	No	Yes	None
The Trevor Project (for LGBTQ youth)	866-488-7386 or text START to 678-678	thetrevorproject.org	No	Yes	None
National Teen Line	800-852-8336 or text TEEN to 83936	Teenonline.org	No	Yes	None