































## 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 Healthy Youth Survey staff at [healthy.youth@doh.wa.gov](mailto:healthy.youth@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 – at *no cost* and *entirely confidential* – for emotional support and to find out where to get help.

Topic of Focus	Name	Services	Hours	Language/Cultural Services Offered	Contact Options		
					internet	phone	text
<b>LGBTQ+ Youth</b>	<i>The Trevor Project</i>	LGBTQ Youth Mental Health	24/7	English only	 <a href="https://thetrevorproject.org">thetrevorproject.org</a> (live chat)	 866.488.7386	 Text "START" to 678678
<b>Native Youth</b>	<i>You Are Not Alone Network</i>	Native Youth Mental Health	24/7	Spanish; Deaf & Hard of Hearing Services	 <a href="https://youarenotalonenetwork.org">youarenotalonenetwork.org</a>	 877.209.1266	 --
<b>Domestic Violence/ Exploitation</b>	<i>Domestic Violence Hotline</i>	Domestic Violence, Relationship Abuse	24/7	<a href="#">Deaf, Blind, Hard of Hearing; Native American Services</a>	 <a href="https://www.thehotline.org/">https://www.thehotline.org/</a> (live chat)	 1.800.799.7233; TTY: 1.800.787.3224	 Text "START" to 88788
	<i>National Trafficking Hotline</i>	Sexual Abuse & Exploitation	24/7	English & Spanish, additional languages through on-call interpreter; Hearing & speech-impaired (dial 711)	 <a href="https://humantraffickinghotline.org/">https://humantraffickinghotline.org/</a> (live chat)	 888.373.7888	 Text BEFREE (233733)
<b>Eating Disorders</b>	<i>National Eating Disorder Association</i>	Eating disorders	 M-Th 6am-6pm, F 6am-2pm  M-Th 8am-6pm, F 8am-2pm  M-Th 12pm-3pm, F 10am-2pm	English only	 <a href="http://www.nationaleatingdisorders.org">www.nationaleatingdisorders.org</a>	 800.931-2237	 Text "NEDA" to 741741
<b>Substance Use</b>	<i>Washington Teen Link</i>	Mental Health, Substance Use, Bullying	 6-9:30pm  6-10pm  6-9:30pm	Translators for all languages; Deaf, Deafblind, Hard of Hearing for TTY	 <a href="https://teenlink.org">teenlink.org</a> (live chat)	 866.833.6546	 866.833.6546
	<i>Washington Recovery Help Line</i>	Substance Abuse, Problem Gambling, Mental Health	 24/7  24/7  M-F 9am-9pm	Same as sister organization Washington Teen Link, shown above	 <a href="https://www.warecoveryhelpline.org/">https://www.warecoveryhelpline.org/</a> (email)	 866.789.1511	 866.789.1511

	<i>Boys Town National Hotline</i>	Suicidal Crisis, Behavioral Health, Substance Abuse, Parental Resources	24/7	<a href="#">Spanish (hotline), translation, and speech- &amp; hearing-impaired services</a>	<a href="https://www.yourlifeyourvoice.org">https://www.yourlifeyourvoice.org</a> (email) ☎ 1.800.448.3000 📱 Text "VOICE" to 20121
<b>Peer-to-Peer</b>	<i>Washington Teen Link</i>	Mental Health, Substance Use, Bullying	📶 6-9:30 pm ☎ 6-10pm 📱 6-9:30pm	Translators for all languages; Deaf, Deafblind, Hard of Hearing for TTY	📶 <a href="https://www.teenlink.org">teenlink.org</a> (live chat) ☎ 866.833.6546 📱 866.833.6546
	<i>National Teen Line</i>	Teen-to-Teen Mental Health Support	📶 24/7 ☎ 6-10pm 📱 6-9pm	English only	📶 <a href="https://www.teenline.org/">https://www.teenline.org/</a> (email) ☎ 800.852.8336 📱 Text "TEEN" to 839863
<b>Mental Health</b>	<i>Care Crisis Response Services</i>	Mental Health, Emotional Support, Suicide Prevention	24/7	<a href="#">Spanish; Deaf &amp; Hard of Hearing</a>	📶 <a href="https://www.imhurting.org">ImHurting.org</a> (live chat) ☎ 988 or 1.800.273.8255 📱 988 or 1.800.273.8255
	<i>Washington Teen Link</i>	Mental Health, Substance Use, Bullying	📶 6-9:30 pm ☎ 6-10pm 📱 6-9:30 pm	Translators for all languages; Deaf, Deafblind, Hard of Hearing for TTY	📶 <a href="https://www.teenlink.org">teenlink.org</a> (live chat) ☎ 866.833.6546 📱 866.833.6546
	<i>Washington Recovery Help Line</i>	Substance Abuse, Problem Gambling, Mental Health	📶 24/7 ☎ 24/7 📱 M-F 9am-9pm	Same as sister organization Washington Teen Link, shown above	📶 <a href="https://www.warecoveryhelpline.org/">https://www.warecoveryhelpline.org/</a> (email) ☎ 866.789.1511 📱 866.789.1511
	<i>Boys Town National Hotline</i>	Suicidal Crisis, Behavioral Health, Substance Abuse, Parental Resources	24/7	<a href="#">Spanish (hotline), translation, and speech- &amp; hearing-impaired services</a>	📶 <a href="https://www.yourlifeyourvoice.org">https://www.yourlifeyourvoice.org</a> (email) ☎ 1.800.448.3000 📱 Text "VOICE" to 20121
	<i>National Suicide Prevention Lifeline</i>	Mental Health, Suicidal Crisis, Emotional Distress	24/7	<a href="#">Spanish; Deaf &amp; Hard of Hearing</a>	📶 <a href="https://www.988lifeline.org">988lifeline.org</a> (live chat) ☎ 988 or 1.800.273.8255 📱 988 or 1.800.273.8255
	<i>National Teen Line</i>	Teen-to-Teen Mental Health Support	📶 24/7 ☎ 6 - 10pm 📱 6 - 9pm	English only	📶 <a href="https://www.teenline.org/">https://www.teenline.org/</a> (email) ☎ 800.852.8336 📱 Text "TEEN" to 839863