




## If You Need Some Help





Thank you for participating in the Healthy Youth Survey! Your survey responses are kept private, and no one knows how you answered the questions. The information you provided will help us better meet students' needs all around the state. 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, we suggest you do one of these things right away:

- Talk to an adult you trust in your family or community, such as 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 great organizations listed below – at no cost and entirely confidential – for emotional support and to find out where to get help:







## LGBTQ+ Youth

Name	Services	Hours	Language/Cultural Services Offered	Contact Options
<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







## Native Youth

Name	Services	Hours	Language/Cultural Services Offered	Contact Options
<i>You Are Not Alone Network</i>	Native Youth Mental Health	24/7	English & Spanish; Deaf & Hard of Hearing Services	 <a href="https://youarenotalonenetwork.org">youarenotalonenetwork.org</a>  877.209.1266
<i>Native &amp; Strong Lifeline</i>	Native Services Mental Health	24/7	English speaking counselors, additional languages through on-call interpreter	 <a href="https://nativelifeline.org/">https://nativelifeline.org/</a>  988 and press 4

## Domestic Violence/Exploitation

Name	Services	Hours	Language/Cultural Services Offered	Contact Options
<i>Domestic Violence Hotline</i>	Domestic Violence, Relationship Abuse	24/7	English & Spanish, additional languages through interpreter; Deaf, Blind, Hard of Hearing; Native American Services	 <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)

## Eating Disorders

Name	Services	Hours	Language/Cultural Services Offered	Contact Options
<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="https://www.nationaleatingdisorders.org/">https://www.nationaleatingdisorders.org/</a>  800.931-2237  Text "NEDA" to 741741

## Substance Use

Name	Services	Hours	Language/Cultural Services Offered	Contact Options
<i>Washington Teen Link</i>	Mental Health, Substance Use, Bullying	☎ 6pm-9:30pm ☎ 6pm-10pm 💬 6pm-9:30pm	English & Spanish, interpreters for other 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	English & Spanish; translation, and speech- & hearing-impaired services	☎ <a href="https://www.yourlifeyourvoice.org">https://www.yourlifeyourvoice.org</a> (email) ☎ 1.800.448.3000 💬 Text "VOICE" to 20121

## Peer-to-Peer

Name	Services	Hours	Language/Cultural Services Offered	Contact Options
<i>Washington Teen Link</i>	Mental Health, Substance Use, Bullying	☎ 6pm-9:30pm ☎ 6pm-10pm 💬 6pm-9:30pm	English & Spanish, interpreters for other 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 ☎ 6pm-10pm 💬 6pm-9pm	English only	☎ <a href="https://www.teenline.org/">https://www.teenline.org/</a> (email) ☎ 800.852.8336 💬 Text "TEEN" to 839863

## Mental Health

Name	Services	Hours	Language/Cultural Services Offered	Contact Options
<i>Care Crisis Response Services</i>	Mental Health, Emotional Support, Suicide Prevention	24/7	English & Spanish; Deaf & Hard of Hearing	☎ <a href="https://www.988lifeline.org">988lifeline.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	☎ 6pm-9:30pm ☎ 6pm-10pm 💬 6pm-9:30pm	English & Spanish, interpreters for other 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	English & Spanish; translation, and speech- & hearing-impaired services	☎ <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	English & Spanish; Additional languages through on-call interpreter	☎ <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 ☎ 6pm-10pm 💬 6pm-9pm	English only	☎ <a href="https://www.teenline.org/">https://www.teenline.org/</a> (email) ☎ 800.852.8336 💬 Text "TEEN" to 839863