Someone close to you has died
You or someone you love is struggling with a substance use disorder
Your parents are getting a divorce
You think you might be pregnant
You're having problems with your partner/best friend/family
You are being discriminated against for your race, gender, religion, sexual orientation and/or disability
You're worried about a friend
You're depressed
You're feeling isolated or lonely
Someone's hurting you
You're afraid you might hurt yourself
You're thinking of leaving home
You have been raped or assaulted
You're feeling sad
You don't know who else to talk to
You want to volunteer
You need someone to listen

why contact us?

no issue is too big or small

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Why Support Teen Link?

20% Nearly 20% of young people have seriously thought about suicide.

10% Around 10% of high school students have actually made a suicide attempt.

Youth Suicide

Suicide is the second leading cause of death for teens in Washington State. (Washington Department of Health, 2016)

Approximately 2 teens per week die by suicide in the state of Washington. (Washington Department of Health, 2016)

Depression

28% of 8th graders and 34% of high school sophomores report experiencing depressive feelings. (Washington State Healthy Youth Survey, 2016)

Know the Signs

- Increase in moody behavior, emotional displays, or tendency to lash out
- Withdrawing socially—avoiding friends and/or family
- Dropping out of activities, skipping school, or neglecting usual responsibilities
- General apathy or loss of interest in activities
- Changes in eating, sleeping, or grooming habits
- Impulsive or risky behavior
- An increase or change in drug or alcohol use
- Unrealistic personal or parental expectations
- Expresses hopelessness, helplessness, worthlessness, or a desire to die
- Giving away prized possessions
- History of suicidal behaviors, mental health challenges, or self-harm

Worried about someone?

Show them you care

- Go out of your way to let them know you’re there for them
- Be specific about the warning signs you’ve been noticing
- Listen without judgment

Be direct about your concern:

- Ask them: “Are you thinking of hurting / killing yourself?”

Find your friend more support—don’t be sworn to secrecy

- Seek out a trusted adult for help
- Suggest that they contact Teen Link to talk with a trained volunteer confidentially

1.866.TeenLink • 866.833.6546 • www.TeenLink.org
Interested in volunteering? www.TeenLink.org/Get-Involved