why contact us?

no issue is too big or small

- 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 support teen link?

20% more than 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, 2020)

2 teens/week
Approximately 2 teens per week die by suicide in the state of Washington.
(Washington Department of Health, 2020)

depression
32% of 8th graders and 40% of high school sophomores report experiencing depressive feelings.
(Washington State Healthy Youth Survey, 2018)

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