

## 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 call Jennifer Sabel, Principal Investigator, Department of Health, 360-236-3371. Collect calls will be accepted. If the survey bothered or upset you and you want to talk to someone about it, here are some numbers to call. 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 as your parents or religious leader.
- Talk to an adult you trust at school, such as a teacher, counselor, nurse, intervention specialist, or principal.
- Call one or more of the places listed below for emotional support and to find out where to get help.

Name	Number	Spanish Speaking	Confidential	Cost
<b>Care Crisis Response Services</b> (mental health)	(800) 584-3578	Tele-Interpreter Available	Yes	None
<b>Girls' and Boys' Town 24-Hour Hotline</b> (abuse, anger, school issues, chemical dependency, relationships and depression)	(800) 448-3000	Yes	Yes	None
<b>Domestic Violence Hotline</b>	(800) 562-6025 (800) 799-7233	Tele-Interpreter Available	Yes	None
<b>National Eating Disorders Association</b>	(800) 931-2237	No	Yes	None
<b>Washington Recovery Help Line –24 hours</b> (help line for substance abuse, problem gambling and mental health)	(866) 789-1511	Yes	Yes	None
<b>National Suicide Prevention Lifeline</b>	(800) 273-TALK (8255)	Yes	Yes	None
<b>National Sexual Assault Hotline</b>	(800) 656-HOPE (4673)	Yes	Yes	None
<b>Teen Link</b> –teen volunteers 6-10 pm www.866TEENLINK.org	(866) 833-6546	No	Yes	None
<b>Washington Information Network</b> (health and human service community resources)	2-1-1	Yes	Yes	None
<b>24 hour Crisis Text Line</b>	Text "GO" to 741-741	No	Yes	None
<b>Young Women's Christian Association</b> (YWCA; rape/sexual assault)	(800) 695-0162	Yes	Yes	None