



evenings 6-10 pm

1.866.TeenLink • 866.833.6546

www.teenlink.org

Teen Link is a confidential,
non-judgmental helpline
for teens, by teens



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

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interested in volunteering? www.TeenLink.org/Get-Involved



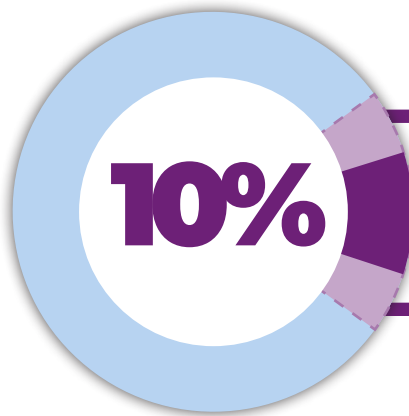
crisis connections
support • resources • training
formerly known as crisis clinic

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, 2018)

2 teens/week

Approximately 2 teens per week die by suicide in the state of Washington.

(Washington Department of Health, 2018)

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

