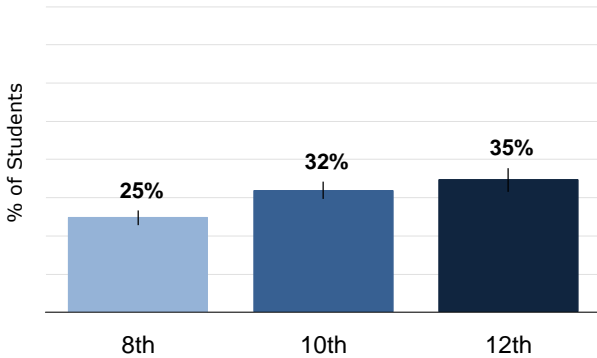




## Depressive Feelings, Anxiety and Suicide for Lake Washington School District in 2018

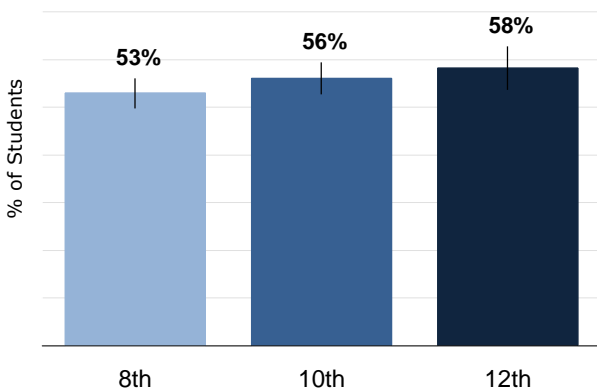
### Depressive Feelings...

Students who report feeling sad or hopeless for at least two weeks in the past year



### Support...

Students who report they have an adult to turn to when they feel sad or hopeless



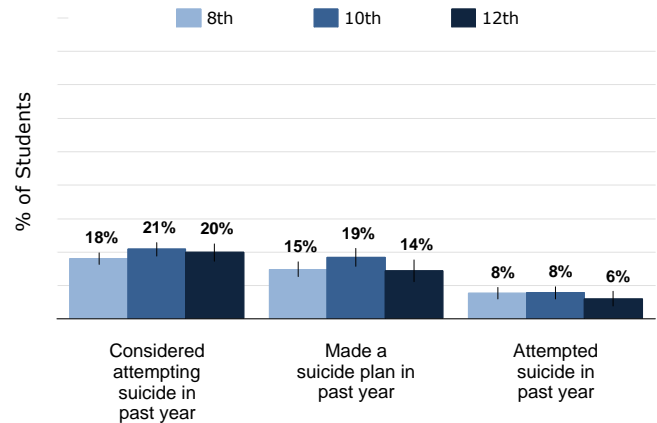
### For help and information about what you can do, contact:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8225) or [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- For help, text "HOME" to 741741 for a 24/7, free, confidential crisis counselor or call 1-800-TEENLINK (833-6546) to speak with a caring teen.

The data in these charts are based on the State of Washington's Healthy Youth Survey conducted in fall 2018. In Lake Washington School District, 2,033 6th graders, 1,920 8th graders, 1,640 10th graders and 925 12th graders completed the anonymous survey.

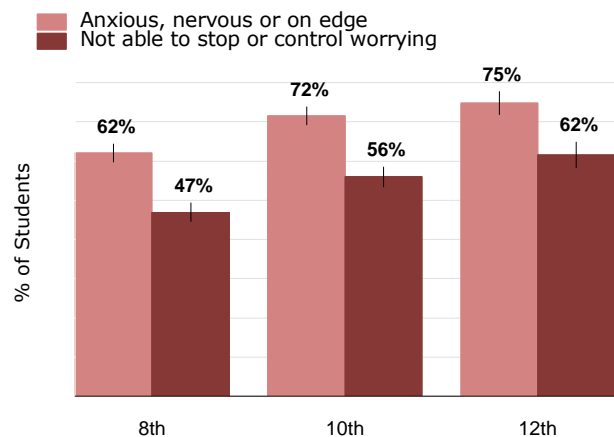
### Suicidal Feelings and Actions...

Students who report considering suicide, making a suicide plan, and attempting suicide in the past year



### Feeling Anxious and not able to Stop Worrying...

Students who report feeling nervous, anxious or over the edge or not being able to stop or control worrying in the past 2 weeks



### YOU can save a life:

- Take it Seriously
- Understand the risk factors and watch for the warning signs (<https://afsp.org/about-suicide/risk-factors-and-warning-signs>).
- Emphasize, don't rationalize. Show you care. "I'm worried about you" or "I want to help you".
- Ask if they are thinking about killing themselves.
- Get help. Don't keep it a secret!

For immediate help call  
**1-800-273-TALK**  
**1-866-4-U-TREVOR (GLBTQ)**



For more results from the 2018 Healthy Youth Survey, please visit [www.AskHYS.net](http://www.AskHYS.net)