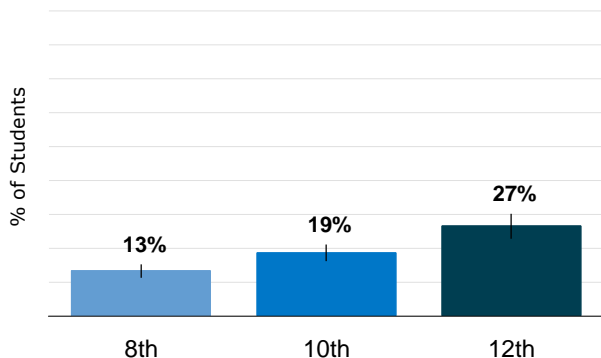


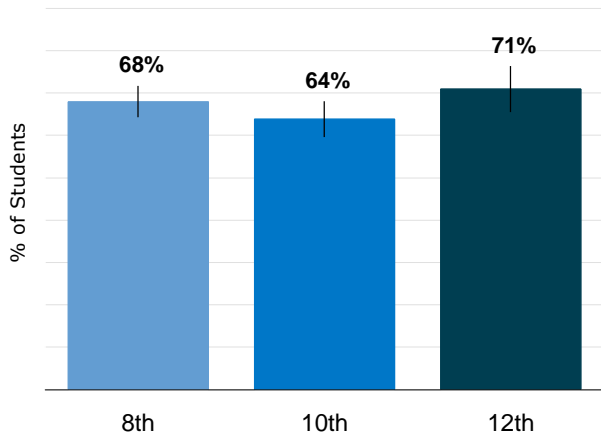
### Depressive Feelings...

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



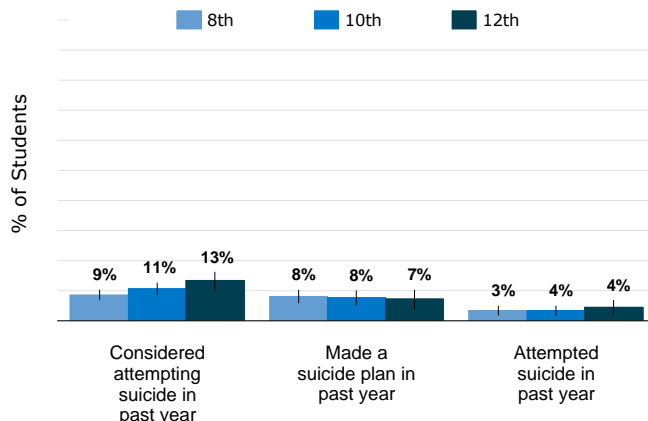
### For help and information about what you can do, contact:

- 988 Suicide & Crisis Lifeline: Call, text, or chat 988 or [www.988lifeline.org](http://www.988lifeline.org)
  - Option 1 to connect with the Veterans Crisis Line
  - Option 2 for the Spanish language line
  - Option 3 for LGBTQIA2S+ affirming support
  - Option 4 to reach a Native crisis counselor at the Native and Strong Lifeline
- For help, text 'HOME' to 741741 for a 24/7, free, confidential crisis counsel
- Tribal Health – Reaching out InVolves Everyone | NPAIHB <https://www.npaihb.org/thrive>

The data in these charts are based on the State of Washington's Healthy Youth Survey conducted in fall 2023. In Issaquah School District, 1,394 6th graders, 1,348 8th graders, 1,175 10th graders and 683 12th graders completed the anonymous survey.

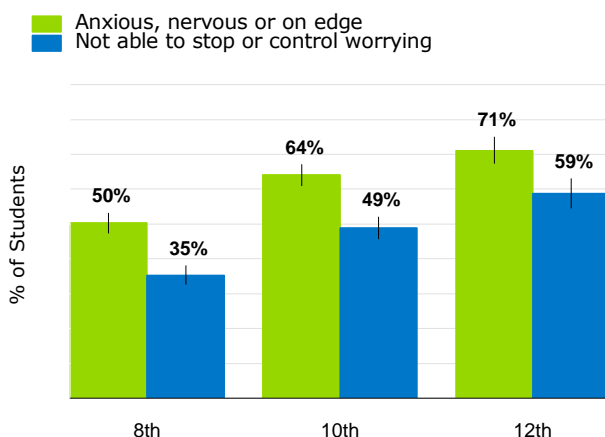
### Suicidal Feelings and Actions...

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:

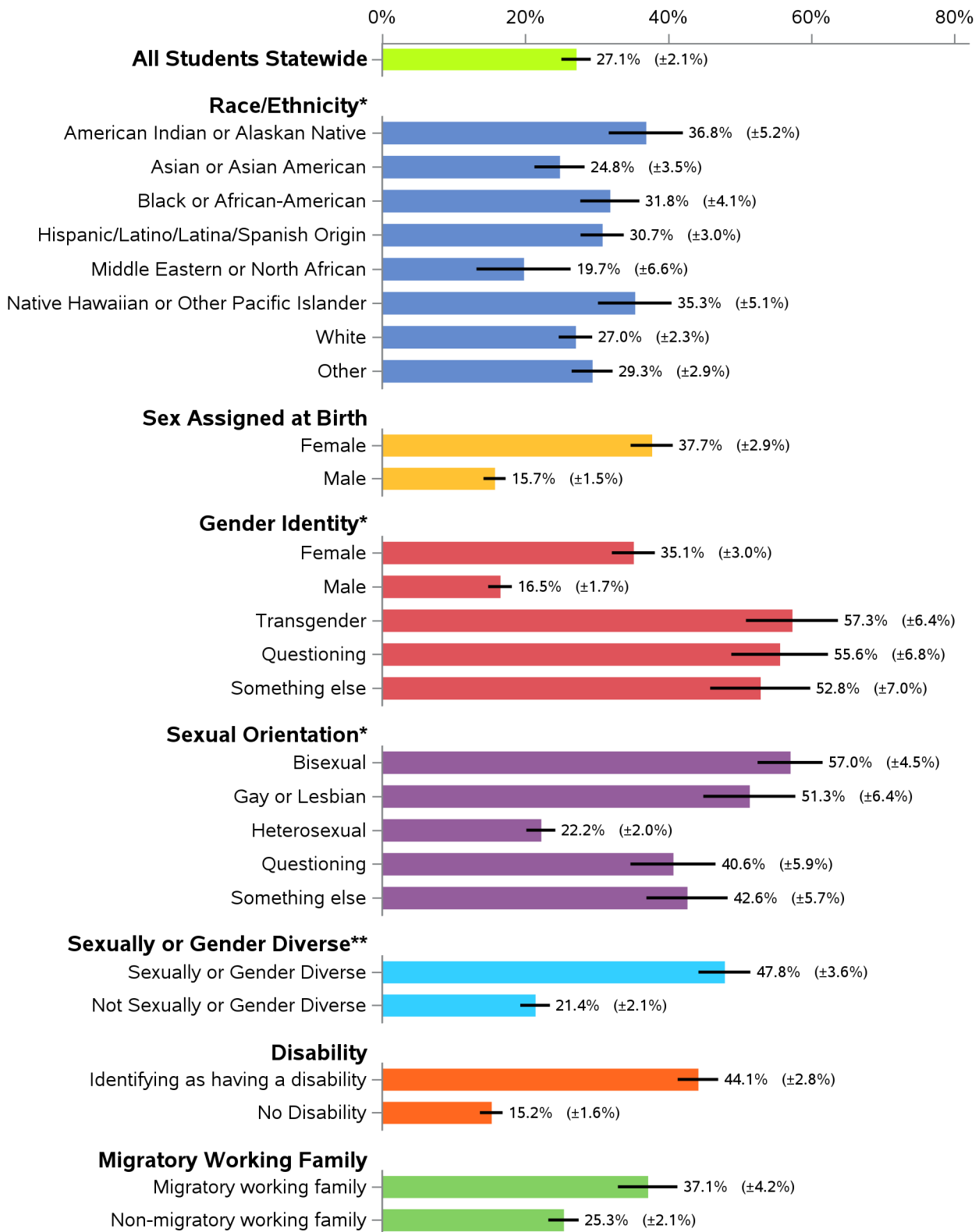
- Take it Seriously
- Understand the risk factors and watch for the warning signs (<https://afsp.org/risk-factors-protective-factors-and-warning-signs>).
- Emphasize, don't rationalize. Show you care. "I'm worried about you" or "I want to help you".
- Ask if they are thinking about killing themselves.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

### For immediate help:

- Call, text or chat 988
- 1-866-4-U-TREVOR (LGBTQ)

For more results from the 2023 Healthy Youth Survey, please visit [www.AskHYS.net](http://www.AskHYS.net)

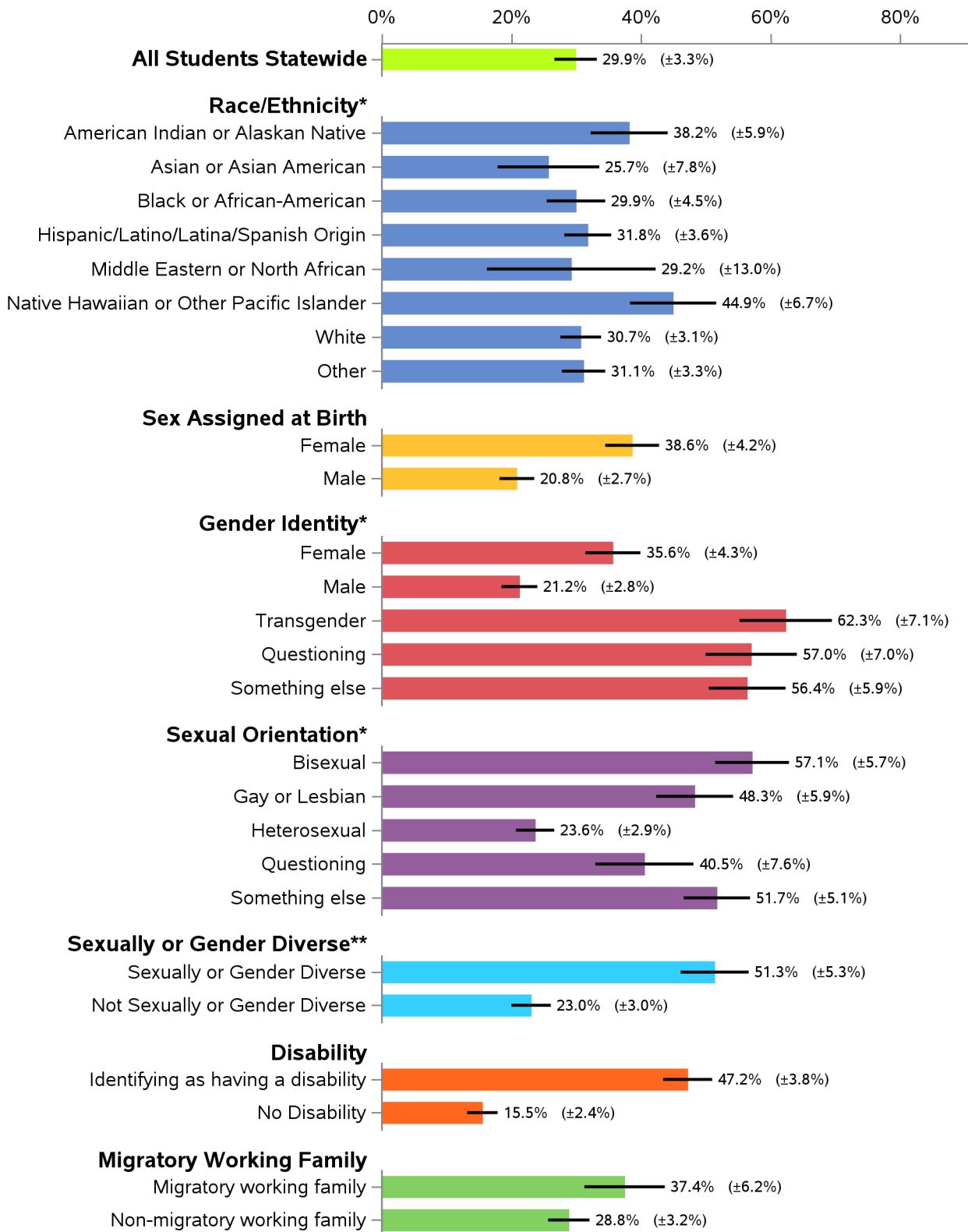
# Statewide Relationship between Feeling Sad or Hopeless and Demographics, Grade 8, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

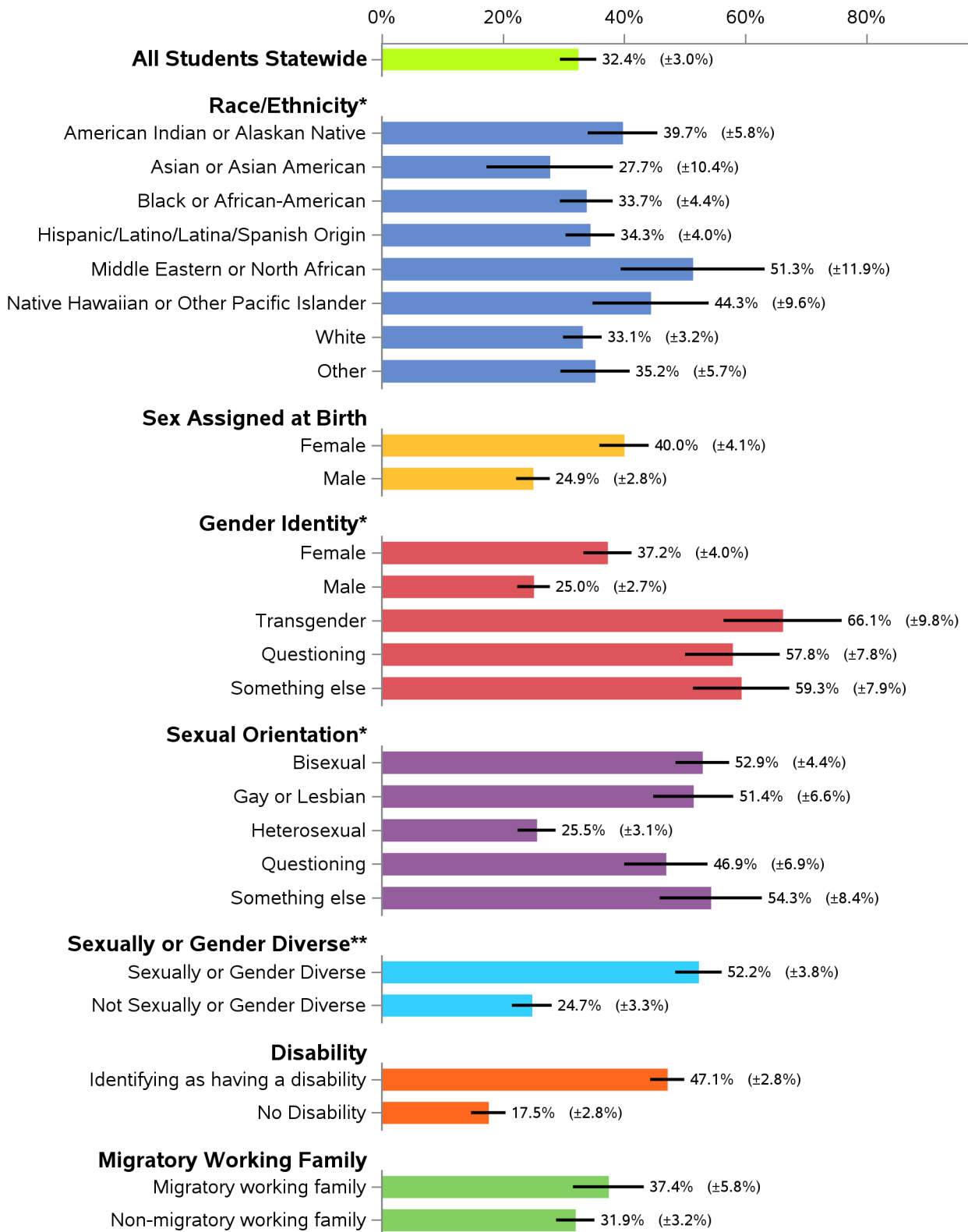
# Statewide Relationship between Feeling Sad or Hopeless and Demographics, Grade 10, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

# Statewide Relationship between Feeling Sad or Hopeless and Demographics, Grade 12, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.