

## 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 one of the people listed at the bottom of the page. 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 to find out where to get help.
- Call the person listed at the bottom of this page for more information about the survey.

Name	Number	Spanish Speaking	Confidential	Cost
Care Crisis Response Services (mental health)	(800) 584-3578	Tele-Interpreter Available	Yes	None
Girls' and Boys' Town 24-Hour Hotline (abuse, anger, school issues, chemical dependency, relationships and depression)	(800) 448-3000	Yes	Yes	None
Domestic Violence Hotline	(800) 562-6025 (800) 799-7233	Tele-Interpreter Available	Yes	None
National Eating Disorders Association	(800) 931-2237	No	Yes	None
National Hope Line Network	(800) SUICIDE (784-2433)	Tele-Interpreter Available	Yes	None
National Suicide Prevention Lifeline	(800) 273-TALK (8255)	Yes	Yes	None
National Sexual Assault Hotline	(800) 656-HOPE (4673)	Yes	Yes	None
Teen Link www.866TEENLINK.org	(866) 833-6546	Yes	Yes	None
Washington State Department of Health Consumer Assistance (for health-related questions)	(800) 525-0127	Yes	Yes	None

Lillian Bensley, Principal Investigator, DOH, 360-236-4248. Collect calls will be accepted.