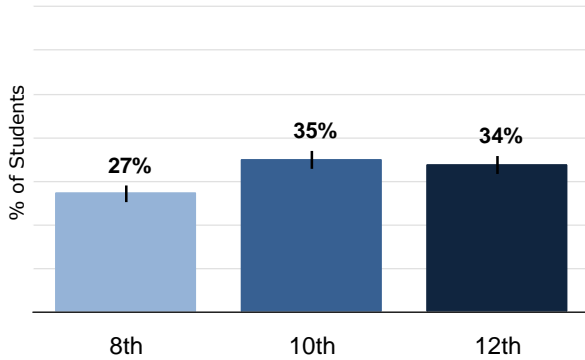




Depressive Feelings, Anxiety and Suicide for Washington State in 2014

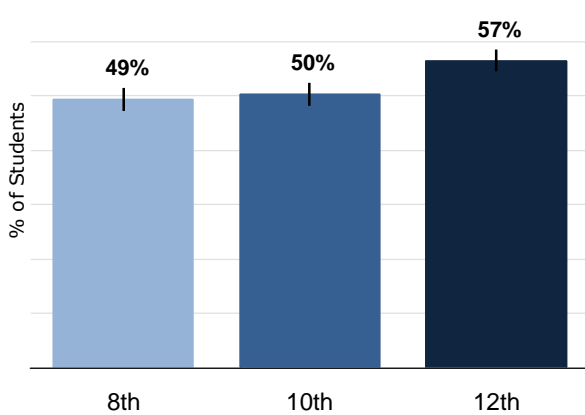
Depressive Feelings...

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



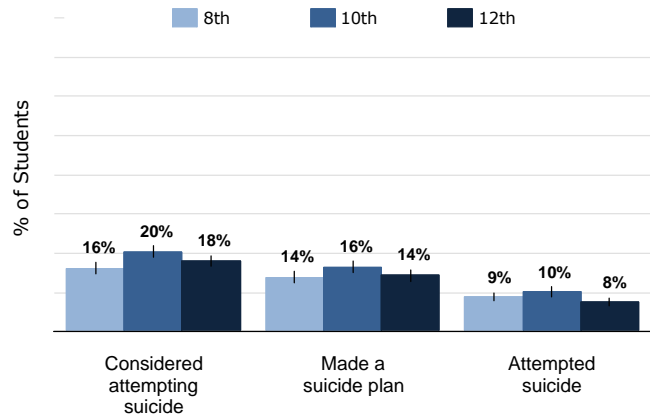
For help and information about what you can do, contact:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8225) or www.suicidepreventionlifeline.org
- Washington State's Youth Suicide Prevention Program at www.yspp.org

The data in these charts are based on a sample from State of Washington's Healthy Youth Survey conducted in fall 2014. The state sample includes 9,129 6th graders, 10,673 8th graders, 8,821 10th graders and 6,639 12th graders who completed the anonymous survey.

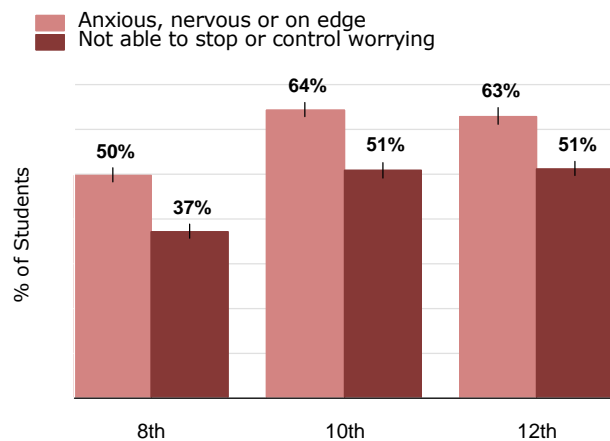
Suicidal Feelings and Actions...

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:

- Watch for the warning signs
- Show you care
- Ask the question
- Get help

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



For more results from the 2014 Healthy Youth Survey, please visit www.AskHYS.net