



## **IF YOU NEED SOME HELP**

### **Washington State Healthy Youth Survey 2008**

We would like to thank you for taking part in the Healthy Youth Survey!

All of your answers will be confidential. The survey results will only be used to learn about health behaviors and help us to better meet student needs.

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.

<b>Name</b>	<b>Number</b>	<b>Spanish Speaking</b>	<b>Confidential</b>	<b>Cost</b>
<b>Alcohol/Drug 24-Hour Help Line (Information and Referral)</b>	(800) 562-1240	No	Yes	None
<b>Care Crisis Response Services</b>	(800) 584-3578	Tele-Interpreter Available	Yes	None
<b>Girls' and Boys' Town (alcohol and other drugs) 24-Hour Hotline</b>	(800) 448-3000	Yes	Yes	None
<b>Domestic Violence Hotline</b>	(800) 562-6025 (800) 799-7233	Tele-Interpreter Available	Yes	None
<b>National Eating Disorders Association</b>	(800) 931-2237	No	Yes	None
<b>National Hope Line Network</b>	(800) SUICIDE (784-2433)	No	Yes	None
<b>National Suicide Prevention Lifeline</b>	(800) 273-8255	Yes	Yes	None
<b>Young Women's Christian Association (YWCA; rape/sexual assault)</b>	(800) 695-0167	No	Yes	Low*
<b>Washington State Alcohol/Drug Clearinghouse</b>	(800) 662-9111	Yes Only Printed Materials Available	Yes	None
<b>Washington State Department of Health Consumer Assistance (for health-related questions)</b>	800-525-0127	Yes	Yes	None

\*Cost is for classes on anger management and pattern changing.

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