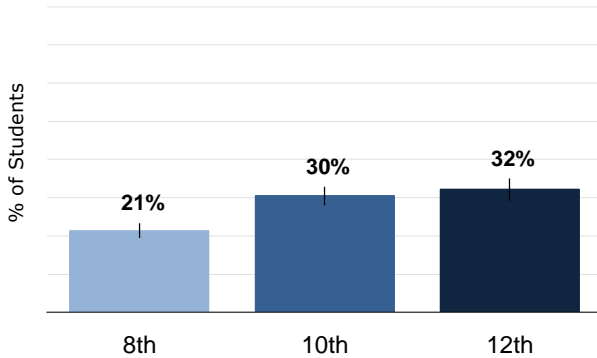




## Depressive Feelings, Anxiety and Suicide for Lake Washington School District in 2016

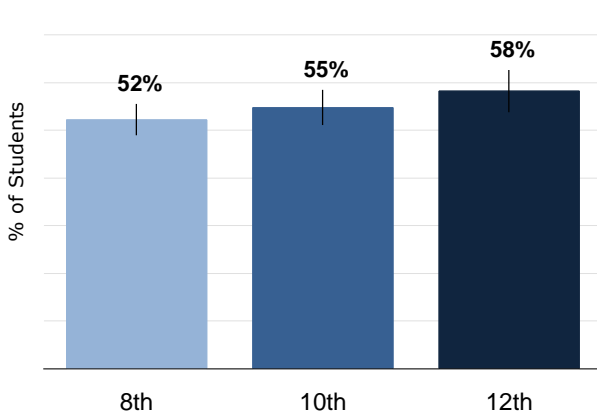
### Depressive Feelings...

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



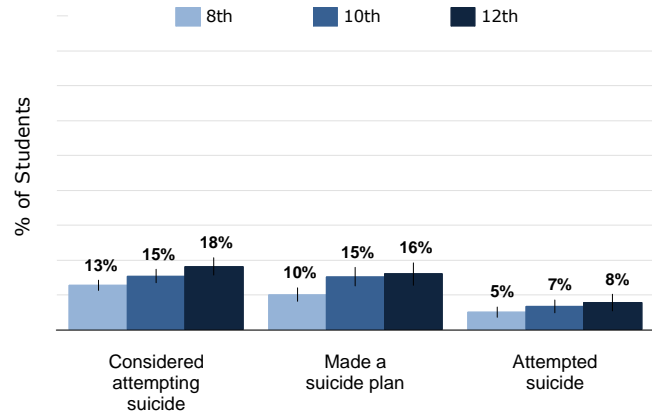
### For help and information about what you can do, contact:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8225) or [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- Washington State's Youth Suicide Prevention Program at [www.yssp.org](http://www.yssp.org)
- The OSPI suicide prevention page: [www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx](http://www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx)

The data in these charts are based on the State of Washington's Healthy Youth Survey conducted in fall 2016. In Lake Washington School District, 2,063 6th graders, 1,835 8th graders, 1,443 10th graders and 975 12th graders completed the anonymous survey.

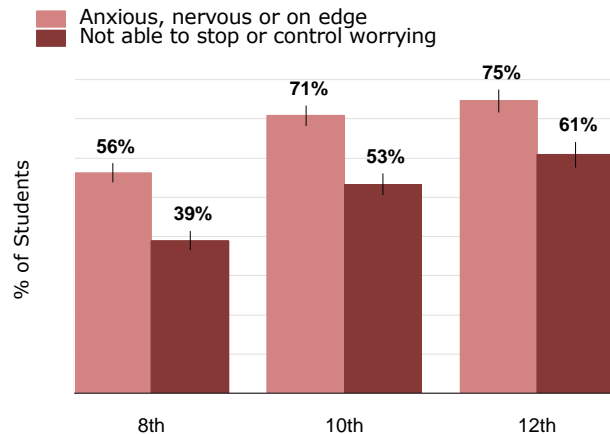
### Suicidal Feelings and Actions...

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:

- 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 2016 Healthy Youth Survey, please visit [www.AskHYS.net](http://www.AskHYS.net)