

HOW TO TALK ABOUT MENTAL HEALTH

1. Listen
2. Take the conversation seriously
3. Research if you don't understand
4. Talk to an adult or professional
5. Don't turn what you've heard into gossip
6. A good starting point is school-based health centers, your doctor, a teacher, or parent



#OKTONOTBEOK

SCHOOL-BASED HEALTH CENTER: PT 360-379-4609
CHIMACUM 360-390-8560

Brought to you by: Port Townsend School District, Chimacum School District, Jefferson Healthcare and The Benji Project

MENTAL HEALTH CHECK-IN

- How am I feeling today (mentally and physically)?
- What do I need to forgive myself for?
- What or who am I grateful for today?

TEENS, CONTACT YOUR SCHOOL-BASED HEALTH CENTER FOR SUPPORT:

• PT 360-379-4609 • CHIMACUM 360-390-8560



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School District, Jefferson Healthcare and The Benji Project

MEANINGFUL COMPLIMENTS

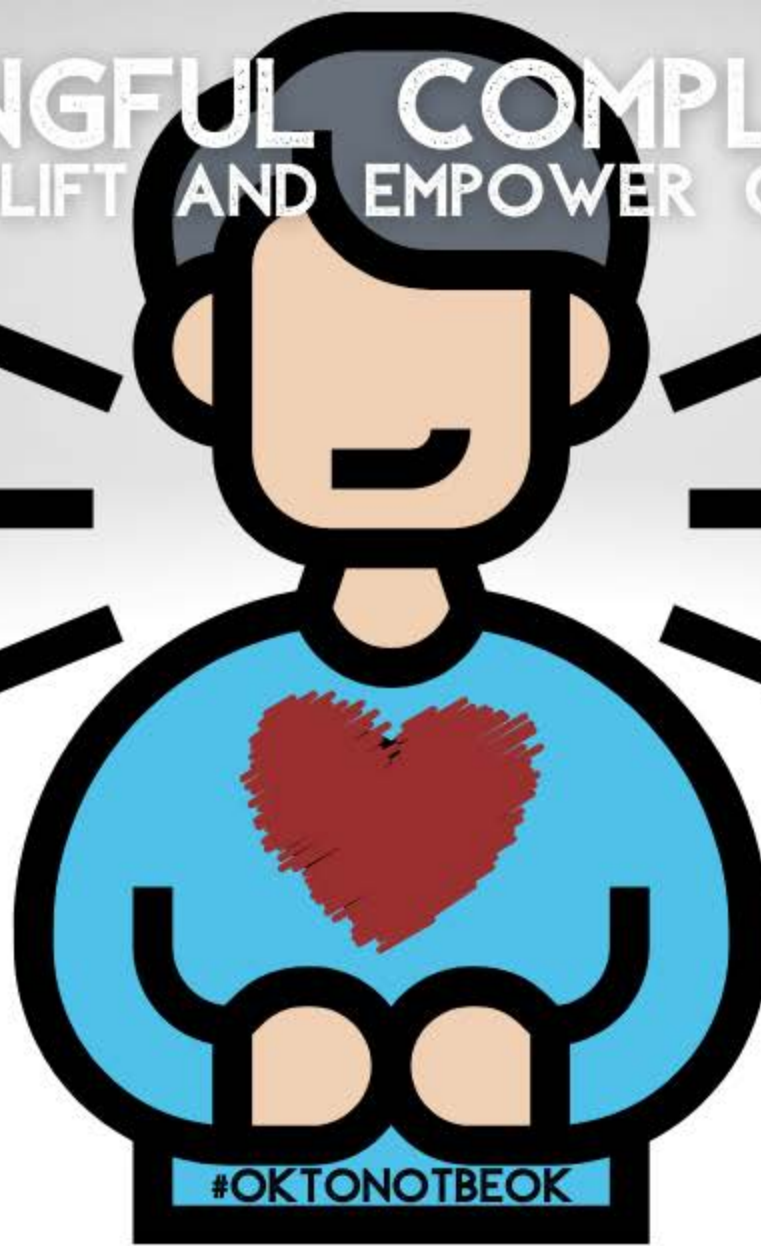
TO UPLIFT AND EMPOWER OTHERS

"you make me
feel better"

"I love talking to you"

"you're a good
listener"

"I wish there were
more people like you"



"you inspire me"

"you are fun to
be around"

"how many
meaningful
compliments did
you give today?"

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REACH OUT. TALK ABOUT IT.

CRISIS CENTER

866-427-4747 (24/7)

crisisconnections.org

If in doubt, start here

DEPRESSION/ANXIETY

866-427-4747 (24/7)

crisisconnections.org

HOUSING & FOOD HELP

OlyCap 360-385-2571

WA Helpline 211

National Runaway line

1-800-RUNAWAY

LGBTQ+

The Trevor Project

886-488-7386 (24/7)

thetrevorproject.org

TEEN LINK

866-833-6546

6-10pm staffed by teens

SUBSTANCE USE

WA Recovery Help Line

866-789-1511 (24/7)

warecoveryhelpline.org

SEXUAL ASSAULT & RELATIONSHIP VIOLENCE

Dove House 24-HR crisis line

360-385-5291

EATING CONCERNS

NEDA

Text "NEDA" to 741741

nationaleatingdisorders.org



#OKTONOTBEOK

MENTAL HEALTH REFERRAL SERVICE

833-303-5437

8am-5pm, M-F

Washington's Mental health Referral
Service for Children and Teens

REACH OUT. TALK ABOUT IT.

**LGBTQ+ YOUTH
ARE MORE LIKELY
TO ATTEMPT
SUICIDE THAN
STRAIGHT YOUTH.**

LGBTQ+

The Trevor Project

886-488-7386 (24/7)

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CONCERNED? CONNECT.

TEENS, TRUST YOUR GUT AND SAY SOMETHING IF A FRIEND LEAVES YOU FEELING WORRIED, ALARMED THREATENED OR SCARED.

YES

and I am concerned for their immediate safety

JEFFERSON COUNTY CRISIS LINE
1-888-910-0416
OR
SUICIDE PREVENTION LIFELINE
800-273-8255 (24/7)

YES

and I need to speak to someone

CRISIS TEXTLINE
Text "connect" to 741741 (24/7)

CRISIS LIFELINE
866-427-4747 (24/7)
Immediate help for people in crisis

DISCOVERY BEHAVIORAL HEALTH
(360) 385-0321

TEEN LINK
866-833-6546
Staffed by teens 6-10pm
Talk with other teens
Confidential

SCHOOL-BASED HEALTH CENTER
PT 360-379-4609
Chimacum 360-390-8560
866-833-6546

NOT SURE

but I'm concerned


#OKTONOTBEOK

IT IS REAL. TALK ABOUT IT.

32%

**OF JEFFERSON COUNTY
10TH GRADERS**
consider suicide
10% more than the state average

52%

**OF JEFFERSON
COUNTY 8TH
GRADERS**
have not been able to
stop worrying in the
past 2 weeks

61%

**OF JEFFERSON COUNTY
10TH GRADE GIRLS**
experience depressive thoughts
nearly double the state average

**IF THIS IS YOU,
HELP IS OUT THERE.**

Contact your school based health center counselor:
• PT 360-379-4609 • Chimacum 360-390-8560



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**82% OF YOUTH SUICIDES
USE A FIREARM BELONGING
TO A FAMILY MEMBER,
USUALLY A PARENT**

SAVE A LIFE
lock2live.org



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82% OF YOUTH SUICIDES

USE A FIREARM BELONGING TO A FAMILY MEMBER, USUALLY A PARENT

Putting time and distance between a person going through a stressful time and a firearm may save a life.



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SAVE A LIFE
lock2live.org

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TIPS FOR A HAPPIER DAY



start your
day with
happy music



plan time
away from
devices



get as much
sunlight
as possible

move your
body



make your space
bright and airy



eat a
healthy, balanced
breakfast



#OKTONOTBEOK