

GOAL 2

Youth Ask for and Get Help When They Need It

Promote Help-Seeking for Those in Need
and Reduce the Stigma of Mental Health Treatment

AREA OF ACTION	WHAT WASHINGTON CAN DO 2009 – 2014 OBJECTIVES
POLICY	1. Increase the number of schools (high schools, middle schools, colleges) that teach about coping with stress, and that have policies for connecting students to mental health services.
ORGANIZATIONAL PRACTICES	2. Increase the number of social service organizations that include the Suicide Prevention Lifeline in their print and web materials.
COALITIONS AND NETWORKS	3. Increase the number of youth-focused groups that join together to promote mental health and suicide prevention.
PROFESSIONAL EDUCATION	4. Increase the knowledge and skills of people who work with youth so that they can encourage help-seeking behavior.
COMMUNITY EDUCATION	5. Increase the number of people who view mental health issues as problems that can be successfully treated.
INDIVIDUAL KNOWLEDGE AND SKILLS	6. Increase the number of youth who have the skills to seek help for themselves and others.