

# WYSH Plan Youth Friendly Resources

## Suicide Prevention

If you or someone you know is considering suicide - please call 1(866) 273-8255 or visit <https://suicidepreventionlifeline.org/help-yourself/youth/>

## Resources

- If you would like more information or resources related to sex education, sexual violence, LGBTQ+ issues, feel free to visit the following links:
- Sexual Health Education Resources: <https://www.k12.wa.us/student-success/resources-subject-area/sexual-health-education/hiv-and-sexual-health-education-resources>, <http://answer.rutgers.edu/>, <https://sexetc.org/>, and <https://advocatesforyouth.org/>
- We R Native, a multimedia health resource for Native youth and young adults: [www.wernative.org](http://www.wernative.org)
- LGBTQ+ information - <http://mystoryoutloud.org/>, <https://www.glaad.org/>, and <https://www.thetrevorproject.org/>
- Sexual Violence - [www.rainn.org](http://www.rainn.org) or <https://www.wcsap.org/>
- Finding Sexual and Reproductive health in your area: <https://www.doh.wa.gov/YouandYourFamily/SexualandReproductiveHealth>

