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**Seattle Pacific**  
UNIVERSITY

**Debriefing Form**  
TikTok usage behaviors and mental  
health in adolescents and young  
adults

IRB#: **202302012**  
expiration date: **06/27/2024**

**Debrief**

Thank you for participating in our study. Some of the content discussed today related to suicide. If you or a loved one are ever having difficulty with suicidal thoughts or non-suicidal self-injury, we would heavily encourage you to reach out to some of the resources listed below:

Services for Youth and Adults:

- The National Suicide Prevention Lifeline is available for counseling at 988. This helpline is free, anonymous, and available 24/7
- Seattle Crisis Connections (866-427-4747) is a 24-hour crisis line that provides immediate support to those experiencing emotional distress
- <https://suicidepreventionlifeline.org/chat/> is the link for an anonymous live-chat should you prefer to talk online.
- Text "HELP" to 741741 for text messaging service

Youth Specific Services:

- **Teen Link** is a crisis line specifically for teens in crisis by teens and are available anonymously 24/7
  - Call or Text Teen Link at: 866-833-6546
  - Visit <https://www.teenlink.org> for additional resources
- **Trevor Lifeline** provides crisis and suicide intervention for LGBTQ+ young people under 25
  - Call **1-866-488-7386** for 24/7 support
  - **Text "START" to 678678 to text with a trained responder**

If you are under the care of a therapist or other clinical team, we encourage you to reach out to them for additional support.

If you are still experiencing distress after trying the above resources and would like additional support and referrals, you are welcome to contact us ([tiktok.crisis@spu.edu](mailto:tiktok.crisis@spu.edu)) or the principal investigator, Dr. Keyne Law at [lawk3@spu.edu](mailto:lawk3@spu.edu) or 206-281-2956.

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Thank you,  
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