

Hotlines & Crisis Resources:

1.) The Trevor Project

1-866-488-7386 or text START to 678-678

The Trevor Project is the world's largest crisis intervention organization for LGBTQ+ young people under the age of 25. You can reach them by phone, text, or chat 24 hours a day, seven days a week.

2.) Crisis Text Line

Text LGBTQ to 741-741

Texting the Crisis Text Line will connect you to a crisis counselor who can offer support. This resource is available 24 hours a day, seven days a week.

3.) Trans Lifeline

1-877-565-8860

Trans Lifeline is a service devoted to offering care and support to transgender people. It provides peer support from a place of experience since the organization is staffed by trans individuals.

4.) National Suicide Prevention Lifeline

1-800-273-8255

The National Suicide Prevention Lifeline is a free, anonymous resource for anyone who is dealing with suicidal thoughts or behaviors. By calling or visiting the site to access their online chat service, you can talk to a specially trained counselor who understands issues that LGBTQ+ people may be facing. Their website also offers a section devoted to lesbian, gay, bisexual, transgender, and queer issues along with information for friends and family looking to help.

5.) LGBT National Hotline

1-888-843-4564

The LGBT National Hotline is for people of all ages and offers a confidential, anonymous place to talk about issues including coming out, identity, bullying, safe sex, anxiety, and other concerns.

Other Resources:

6.) Gay, Lesbian & Straight Education Network (GLSEN): Student Action

Gay, Lesbian & Straight Education Network (GLSEN) is an organization that offers information designed to help students take action and initiate changes in their schools and communities. Students who are interested in starting a Gender and Sexuality Alliance in their school can register to find resources and learn more about how student-led movements can help foster more inclusive schools for all students.

www.glsen.org

7.) True Colors United

The True Colors United focuses on ending homelessness among LGBTQ+ youth. In addition to providing learning resources and advocacy, they also provide fundraising guides for those interested in raising money to support LGBTQ+ youth.

www.Truecolorsunited.org

8.) Pride Counseling

Pride Counseling offers online therapy to members of the LGBTQ+ communities. This service features counselors who not only specialize in helping people who are LGBTQ+, they also have experience with a range of issues including stress, depression, anxiety, sleep problems, trauma, relationships, self-esteem, and interpersonal conflicts.

www.pridecounseling.com

9.)

Q Chat Space

Q Chat Space allows LGBTQ+ teens to participate in online support groups that are professionally facilitated. All members are verified and the facilitators guide conversations and enforce group rules to ensure safety. The site also offers an option for Spanish-speaking LGBTQ+ youth.

www.qchatspace.org

10.) Love Is Respect

1-866-331-9474

Love Is Respect offers resources for teens about healthy relationships and dating violence. The site has a section specifically for LGBTQ+ teens with information about dating abuse, personal safety, supporting others, and other topics. In addition to providing information about healthy relationships, they also have counselors available to provide support, advice, and education.

www.loveisrespect.org

11.) The National Runaway Safeline

1-800-786-2929

The National Runaway Safeline works to provide resources and assistance to young people who have run away from home. They also work to help those who feel unsafe in their home or who are thinking of running away. They can provide assistance with transportation, shelter, counseling, and returning home.

www.1800runaway.org