Suicide Hot Lines
Trevor Project
If you are thinking about harming yourself — get immediate support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S. It is 100% confidential, and 100% free. We’re here for you.
Text ‘START’ to 678-678
Phone (866) 488-7386
Computer Chat https://www.thetrevorproject.org/get-help/

Suicide Prevention Crisis Hotline
Call or Text 988

Trans Lifeline
Provides trans peer support; run by and for trans people. Available 24/7.
Call 1-877-565-8860

TALKING ABOUT SUICIDE
How Can You Help?
If you recognize some of the warning signs of suicide in someone you know or feel that someone you know is at risk for suicide, there are steps you can take to help.
Trevor Project - Talking About Suicide How Can You Help?

Suicide Risk Factors
Certain risk factors can increase a person's risk for suicide. Keep in mind that recognizing these factors in yourself or others does not automatically mean you are suicidal or that someone is considering suicide.
Trevor Project - Suicide Risk Factors

Warning Signs of Suicide
Learning the warning signs of suicide is a huge part of preventing a crisis.
Trevor Project - Warning Signs of Suicide
Preventing Suicide
Each one of us can play a vital role in ensuring that all young people, regardless of their sexual orientation or gender identity, are provided with safe, accepting, and supportive environments at home, at school and in their communities.
Trevor Project - Preventing Suicide

Facts About LGBTQ Youth Suicide
LGBTQ youth are not inherently prone to suicide risk because of their sexual orientation or gender identity but rather placed at higher risk because of how they are mistreated and stigmatized in society.
Trevor Project - Facts About LGBTQ Youth Suicide

Resources for Mental Health Support
Here are some helpful resources to help you explore the topic of mental health. Remember, you can always reach out, if you need immediate help.
Trevor Project - Resources for Mental Health Support