

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](#)