

National Mental Health and Support Resources

Crisis Text Line - Free 24/7 support at your fingertips from anywhere, anytime, about any type of crisis.

Text MN to 741741

Q Chat Space - Online community for LGBTQ+ teens (ages 13 to 19).

P.O. Box 24490

Fort Lauderdale, FL 33307

(954) 765-6024 - Administrative Office

www.qchatspace.org

Rape, Abuse & Incest National Network (RAINN)

1-800-656-4673 - 24-Hour Crisis Hotline

www.rainn.org

Trans Lifeline – 24-hour peer support hotline run by trans people, for trans and questioning callers.

195 41st St #11253

Oakland, CA 94611-9991

(877) 565-8860 - 24-Hour Support Hotline

(510) 771-1417 - Administrative Office

www.translifeline.org

The Trevor Project – 24/7 suicide prevention helpline for LGBTQ+ youth (call, chat, or text).

PO Box 69232

West Hollywood, CA 90069

1-866-488-7386 – 24-Hour Crisis Hotline

www.thetrevorproject.org

LGBT National Help Center

2261 Market Street, #296

San Francisco, CA 94114

www.glbtnationalhelpcenter.org

1-888-843-4564

National Suicide Prevention Hotline

1-800-273-8255 - 24-Hour Crisis Hotline

www.suicidepreventionlifeline.org