

HOTLINES

Trans Lifeline:

- Call 877-565-8860 in the US
- Call 877-330-6366 in Canada
- Available 24/7.

This is a non-profit meant to provide free-confidential support to “trans, non-binary, agender and gender questioning people”. It’s the first transgender hotline to exist in the US and Canada, and the first and only suicide hotline whose operators are all transgender.

It is divested from the police, meaning the police will NOT be contacted as a result of your call.

More info available at <https://translifeline.org>

Trevor Project:

- Call 866-488-7386
- Text “start” to 678678
- Chat online at TrevorProject.org (that’s their website)

Trevor project is a confidential, American non-profit organization focused on suicide prevention for LGBTQ+ youth. Counselors are available 24/7, 365.

More information available at TrevorProject.org

LGBT National Hotline:

- 888-234-7243

“Operated by the LGBT National Help Center, this hotline offers peer-support to callers who are often very isolated sometimes still closeted, and in need of a caring, non-judgmental person to talk with”

The LGBT National help center also has more specific Hotlines for subgroups of queer people. This includes seniors and those who want to come out. For more information, click here <https://lgbthotline.org>

Call Blackline:

- Call 800-604-5841
- App available
- It's available 24/7.

“Call BlackLine® provides a space for peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences for folxs who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens. Call BlackLine® prioritizes BIPOC (Black, Indigenous, and People of Color). By us for us.”

This organization is divested from the police, meaning the police will NOT be contacted as a result of your call.

For more information click <https://www.callblackline.com>

Thrive LifeLine:

- Text 'Thrive' to 313-662-8209
- Text based, no calling
- Qualified crisis responders available 24/7.

Focus seems to be on underrepresented individuals in general (“person of color, LGBTQ2S+, person living with disabilities, neurodivergent, and/or other marginalized identities”). It is for people 18+

WARMLINES

All the options above are available as warmlines, meaning the lines can be used for non-crisis situations.

Additionally these two resources are warmlines only:

Wildflower Alliance Peer Support line:

- Call 888-407-4515

“Our peer support line is answered by a trained peer supporter who has their own first-hand experience with psychiatric diagnosis, trauma, addiction, and/or other interrupting challenges. This line does not collect personal information, perform assessment, or call crisis or the police.”

Can be used to get support, ask about resources, connect with another person who can relate or has ‘been there’, or just talk.

Do not leave voice mails, they are checked.

Available 7pm to 9pm Eastern Time Monday through Thursday. 7pm-10pm Eastern Time Friday through Sunday.

More info at <https://wildfloweralliance.org/peer-support-line/>

Strong Hearts Native Helpline:

- 1-844-7NATIVE (762-8483)

“Strong Hearts Native Helpline is a 24/7 safe, confidential and anonymous domestic and sexual violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy.”

More info at <https://strongheartshelpline.org>

FOR MORE RESOURCES <https://pflag.org/resource/support-hotlines/>