

Mental Health Resources/Hotlines

- Trans Lifeline: (877) 565-8860

Website: www.translifeline.org

- National Coalition of Anti-Violence Programs: (212) 714-1141

(English and Spanish)

Website: www.avp.org/ncavp

- GLBT National Youth Talkline: (800) 246-7743

Website: www.glbthotline.org

- DeHQ: LGBTQ Helpline for South Asians: (908) 367-3374

Website: www.deqh.org

- Crisis Text Line: Text HOME to 741741

Website: www.crisistextline.org

- National Suicide Prevention Hotline: 1-800-273-8255

Website:

www.suicidepreventionlifeline.org

- Trevor Lifeline: 1-866-488-7386

- Trevor Text: Text START to 678-678

Website:

www.thetrevorproject.org/get-help-now