



## National Resources for LGBTQ+ Teens

### LGBT National Youth Talkline

1-800-246-PRIDE (7743)

[glbthotline.org](http://glbthotline.org)

The LGBT National Youth Talkline offers free and confidential peer counseling and information on local resources for LGBTQ+ people up to age 25.

### LGBT National Help Center

1-888-843-4564

[glnh.org](http://glnh.org)

The LGBT National Help Center provides free and confidential peer-support and local resources.

### The National Teen Dating Abuse Helpline

1-866-331-9474 or text LOVEIS to 22522

[www.loveisrespect.org/get-help](http://www.loveisrespect.org/get-help)

The National Teen Dating Abuse Helpline is a 24-hour national web-based and telephone helpline created to help teens (ages 13-18) experiencing dating abuse

### Trevor Lifeline

1-866-4-U-TREVOR (488-7386)

Or text 678-678

[thetrevorproject.org](http://thetrevorproject.org)

The Trevor Project runs the nation's only 24/7 crisis intervention and suicide prevention hotline for LGBTQ+ people ages 13 to 24.

### Translifeline

1-877-565-8860

[translifeline.org](http://translifeline.org)

Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers.

### The National Coalition Against Domestic Violence

[ncadv.org](http://ncadv.org)

The NCADV can connect you to local domestic violence resources.

### National Sexual Assault Hotline

1-800-656-HOPE (4673) [rainn.org](http://rainn.org)

RAINN (Rape, Abuse & Incest National Network) operates the National Sexual Assault Hotline.

### National Runaway Safeline

1-800-RUNAWAY (786-2929)

[www.1800runaway.org](http://www.1800runaway.org)

The National Runaway Safeline provides Teens with the tools they need to prevent homelessness and to address needs before a crisis escalates.

### Substance Abuse and Mental Health Services Administration Helpline

1-800-662-HELP(4357)

[www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

SAMHSA's National Helpline provides free and confidential treatment referral and information service for individuals and families facing mental and/or substance abuse disorders.

### **The National Sexual Violence Resource Center**

[www.nsvrc.org](http://www.nsvrc.org)

The NSVRC offers free and low-cost resources for survivors, friends and family, advocates and educators.

### **988 Suicide and Crisis Lifeline**

Call, text or chat 988

[988lifeline.org](http://988lifeline.org)

The 988 Suicide and Crisis Lifeline provides free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

### **Mapping Transgender Equality**

<https://www.lgbtmap.org/mapping-trans-equality>

Tracks legal equality for transgender people across the United States.

### **Crisis Text Line**

Text HOME to 741741

[www.crisistextline.org](http://www.crisistextline.org)

The Crisis Text Line provides 24/7 support with a trained Crisis Counselor.

### **National Institute on Alcohol Abuse and Alcoholism (NIAAA)**

[niaaaforteens.niaaa.nih.gov](http://niaaaforteens.niaaa.nih.gov)

NIAAA helps teens navigate drinking, including providing information on risk factors, consequences, and intervention possibilities for unhealthy drinking habits

### **National Alliance on Mental Illness Teen Helpline**

1-800-950-6264 or text "friend" to 62640

[www.nami.org/Home](http://www.nami.org/Home)

The NAMI teen helpline can connect you with a peer who can provide information, resources, and support.