

## SUICIDE HOTLINES

**National Suicide Prevention Lifeline: 1-800-273-8255**

<https://suicidepreventionlifeline.org/help-yourself/lgbtq/>

**Trevor Project Youth LifeLine: 1-866-488-7386**

**Trevor Project Text Helpline: Text START to 678678**

**TrevorChat Helpline: <https://www.thetrevorproject.org/get-help-now/>**

**Trans Lifeline: 1-877-565-8860**

<https://www.translifeline.org>

**National Poison Control Hotline: 1-800-222-1222**

<https://www.poison.org/need-immediate-assistance>

*Disclaimer: This list of resources is for reference only. It should not be considered legal or medical advice or an endorsement of any listed organization. You may wish to consult an attorney, law enforcement official or physician for best guidance. All information is subject to change.*