

RESOURCES



You have in your hand a list of resources.
Fold it up and put it in your pocket.
Keep it.
Just in case.

You have, at your fingertips, people who want to help you.



HOTLINES TOLL FREE | 24 HOURS | 7 DAYS A WEEK

Crisis Text Line
Text HOME to 741 741

The Trevor Project (LGBTQ)
1-866-488-7386

National Suicide Prevention Lifeline
1-800-273-TALK

Veteran's Crisis Hotline
1-877-VET-2-VET

SAMHSA National Helpline
1-800-662-4357

Covenant House Neline
1-800-999-9999



ONLINE

YOU ARE SO LOVED

THETREVORPROJECT.ORG
Support for LGBTQ youth in crisis

CRISISCHAT.ORG
Online emotional support

DBSALLIANCE.ORG
In-person & online support groups

THEHOPELINE.COM
Spiritual-based support

FINDAHELPLINE.COM
Directory of resources

FINDYOURANCHOR.US
Find Your Anchor

FIND YOUR *anchor*