**LGBTQ crisis hotlines**

[**The Trevor Project**](https://www.thetrevorproject.org/get-help-now)  
Providing confidential support for LGBTQ youth in crisis, 24 hours a day, 7 days a week.

**TrevorLifeline**[1-866-488-7386](tel:+18664887386)  
Crisis intervention and suicide prevention phone service available 24/7/365.

**TrevorChat**Confidential [online instant messaging](https://www.thetrevorproject.org/get-help-now) with a Trevor counselor, available 24/7.  
*Access through a computer*.

**TrevorText**Text START to 678-678  
Confidential text messaging with a Trevor counselor, available 24/7/365.  
*Standard messaging rates may apply*.

[**SAGE LGBT Elder Hotline**](https://www.sageusa.org/what-we-do/sage-national-lgbt-elder-hotline/)  
Talk and be heard at the SAGE LGBT Elder Hotline. Connects LGBT older people with friendly responders. For LGBT elders and caretakers.  
[1-877-360-LGBT (5428)](tel:+18773605428)  
Confidential support and crisis response, available 24/7.

[**Trans Lifeline**](https://translifeline.org/)  
A 24/7 hotline available in the U.S. and Canada staffed by transgender people for transgender people.  
[1-877-565-8860](tel:+18775658860) (United States)  
[1-877-330-6366](tel:+18773306366) (Canada)  
Confidential, 24/7 crisis support.