

# Helplines



thetrevorproject.org 1-866-488-7386

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. The Trevor Project also has instant messaging, text messaging, and a social networking site.



TRANS  
LIFELINE

<https://translifeline.org/>  
(877) 565-8860

Trans Lifeline is an organization focused of providing front line intervention for trans people in crisis. This includes people who may be struggling with their gender identity and are not sure that they are transgender. Volunteers are all trans identified and educated in the range of difficulties transgender people experience.

## CRISIS TEXT LINE |

**Text HELLO to 741741**

Free, 24/7, Confidential

<https://www.crisistextline.org/>

Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for ANY crisis or stress. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool moment.



Take a pic!  
Save it in your phone!  
Send it to friends!



The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. You will be redirected to the crisis center in the Lifeline network closest to your location.



[www.nmcrisisline.com](http://www.nmcrisisline.com)  
1-855-NM-CRISIS (crisis line)  
1-855-4NM-7100 (peer warm line)

NMCAL is a local NM agency part of the National Lifeline Network. Services include: crisis intervention for suicidal and homicidal thoughts, assistance with non-life-threatening mental health emergencies, trauma response, assistance with finding treatment resources, assistance for those who have family members or loved ones who are experiencing a mental health crisis.