

GETTING CONNECTED
EMOTIONAL SUPPORT RESOURCES
FOR THE LGBTQ+ COMMUNITY

TRANS LIFELINE

CALL: 1-877-565-8860

TREVOR LIFELINE

Call: 1-866-488-7386

Text: 678-678

Chat: thetrevorproject.org/get-help-now

SAGE LGBT ELDER HOTLINE

Call: 1-877-360-5428

LGBT NATIONAL HELPCENTER

*M-F 3pm - 11pm, Sat 11am - 4pm CST

Call: 1-888-843-4564

Seniors Aged 50+ - Call: 1-888-234-7243

Youth and Young Adults - Call: 1-800-246-7743

Chat: glbthotline.org/peer-chat.html

SUICIDE PREVENTION LIFELINE

Call: 1-800-273-8255

CRISIS TEXTLINE

Text: 741-741



Provided for informational purposes only. Rattle the Stars does not provide suicide crisis support services. If you need support, please contact one of these hotlines.