

GETTING CONNECTED
EMOTIONAL SUPPORT RESOURCES
FOR YOUTH

SUICIDE PREVENTION LIFELINE

Call: 1-800-273-8255

CRISIS TEXTLINE

Text: 741-741

TREVOR LGBTQ+ LIFELINE

Call: 1-866-488-7386

Text: 678-678

TRANS LIFELINE

Call: 1-877-565-8860

Spanish: 1-877-565-8860, press 2

YOUTHLINE

*Teens available 6pm - 12am CST

Chat: oregonyouthline.org

Call: 1-877-968-8491

Text: 839-863

DISASTER DISTRESS HELPLINE

*Provides support related to the COVID pandemic

Call: 1-800-985-5990

Spanish: 1-800-985-5990, press 2

Text: 66748 (English and Spanish)



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.