

Immediate & Identity-Affirming Crisis Support

- **Trans Lifeline**
Call: **877-565-8860**
 - Peer support run by and for trans individuals
 - Does not engage in non-consensual active rescue, supporting autonomy and safety
- **988 Suicide & Crisis Lifeline**
Call or text: **988** | Chat available online
 - Free, confidential, 24/7 emotional support for individuals in crisis
- **The Trevor Project**
Call: **1-866-488-7386** | Text: **START to 678678** | Chat online
 - Crisis intervention and suicide prevention for LGBTQ+ individuals

Mental Health Support & Referrals

- **National Alliance on Mental Illness (NAMI Helpline)**
Call: **1-800-950-NAMI (6264)**
 - Information, referrals, and support (not a crisis line)
- **Substance Abuse and Mental Health Services Administration (SAMHSA Treatment Locator)**
 - Online tool to find mental health and substance use providers
 - Can filter for LGBTQ+-affirming care in many regions
- **Psychology Today Therapist Directory**
 - Filter by **transgender-affirming providers**, insurance, modality

Transgender-Specific & Affirming Support

- **Trans Lifeline (Microgrants Program)**
 - Financial assistance for legal name/gender marker changes
- **GLBT National Help Center**
Call: **888-843-4564**
 - Peer support and local resource connections
- **Point of Pride**
 - Provides access to gender-affirming care resources, including surgery funds and binders
- **FORGE**
 - Focus on trauma, violence, and survivor support within trans communities

Healthcare Access & Advocacy

- **World Professional Association for Transgender Health**
 - Standards of Care (SOC) for gender-affirming treatment
 - Provider directories and guidance
- **National Center for Transgender Equality**
 - Resources on healthcare rights, legal protections, and policy
- **Lambda Legal**
 - Legal support related to discrimination in healthcare and beyond

Community & Peer Support

- **PFLAG**
 - Support groups for LGBTQ+ individuals and families
- **LGBT National Youth Talkline**
Call: **800-246-7743**
 - Peer support for younger individuals
- Online peer communities (e.g., moderated Discord spaces, Reddit communities) can also provide connections, though quality and safety vary.

Additional Support

If you are in immediate danger or require urgent medical attention, please contact **911** or go to your nearest emergency room. You may also reach out to a trusted individual, such as a friend, family member, or healthcare provider.