



National Resources for Supporting TGD Youth

tcproject@unl.edu
(402) 433-6449

Please allow 1 business day for a response. If you are in crisis, call 911

LGBT National Youth Talkline

1-800-246-7743
glbthotline.org

The LGBT National Youth Talkline offers free and confidential peer counseling and information on local resources for LGBTQIA2S+ people up to age 25.

LGBT National Help Center

1-888-843-4564
glnh.org

The LGBT National Help Center serves the LGBTQIA2S+ community by providing free and confidential peer-support and local resources.

The National Teen Dating Abuse Helpline

1-866-331-9474 or text LOVEIS to 22522
www.loveisrespect.org/get-help

The National Teen Dating Abuse Helpline is a 24-hour national web-based and telephone helpline created to help teens (ages 13-18) experiencing dating abuse.

Trevor Lifeline

1-866-488-7386
thetrevorproject.org

The Trevor Project runs the nation's only 24/7 crisis intervention and suicide prevention hotline for LGBTQIA2S+ people ages 13 to 24.

Trans Lifeline

1-877-565-8860
translifeline.org

Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers.

The National Coalition Against Domestic Violence

ncadv.org
1-800-799-7233 (call)
1-800-787-3224 (text)

The NCADV's supports efforts to reduce domestic violence. They host conferences, advocacy webinars, informational workshops, and can connect you to local domestic violence resources.

National Sexual Assault Hotline

1-800-656-4673 rainn.org

RAINN (Rape, Abuse & Incest National Network) operates the National Sexual Assault Hotline by partnering with local sexual assault service providers across the country.

National Runaway Safeline

1-800-786-2929
www.1800runaway.org

The National Runaway Safeline's training and education initiatives connect providers, communities, families, and youth with the tools they need to prevent youth homelessness and to address needs before a crisis escalates.



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Substance Abuse and Mental Health Services Administration Helpline

1-800-662-4357

www.samhsa.gov/find-help/national-helpline

SAMHSA's National Helpline provides free and confidential treatment referral and information service for individuals and families facing mental and/or substance abuse disorders.

The National Sexual Violence Resource Center

www.nsvrc.org

The NSVRC provides leadership in preventing and responding to sexual violence through collaborative efforts and research. They offer free and low-cost resources for survivors, friends and family, advocates and educators.

988 Suicide and Crisis Lifeline

988 call/text

988lifeline.org chat

The 988 Suicide and Crisis Lifeline provides free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Crisis Text Line

Text HOME to 741741

www.crisistextline.org

The Crisis Text Line provides 24/7 support with a trained Crisis Counselor.

National Institute on Alcohol Abuse and Alcoholism

niaaaforteens.niaaa.nih.gov

The NIAAA provides information and resources related to teen drinking.

Blackline

1 (800) 604-5841

www.callblackline.com

Provides counseling and reporting of mistreatment for folx who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens and prioritization of BIPOC (Black, Indigenous, and People of Color).

Trans Advocacy & Care Team (TACT)

www.yourtact.org

A virtual network of peer support seeking to improve TGD individuals' overall wellbeing by reducing isolation and barriers to care.

National Alliance on Mental Illness

1-800-950-6264 (call)

or text "Helpline" to 62640

www.nami.org/Home

NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.