

Helplines



www.translifeline.org

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.

THE TREVOR PROJECT
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.

NATIONAL SUICIDE PREVENTION LIFELINE™
1-800-273-TALK
www.suicidepreventionlifeline.org

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.



GLBT National Help Center

www.glbthotline.org
1-888-THE-GLNH (4564) (all ages)
1-800-246-PRIDE (7743) (youth)

The GLBT National Help Center provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States. Hours are Monday-Friday from 2pm-10pm, and Saturday from 10am-3pm MST.

AGORA CRISIS CENTER

<http://www.agoracares.org>
1-866-HELP-1-NM

Agora is one of the local NM agencies part of the National Lifeline Network. Services include a help-line, online emotional support (chat), information and referrals, volunteer opportunities and community training workshops.



www.nmcrisisline.com
1-855-NM-CRISIS (crisis line)
1-855-4NM-7100 (peer warm line)

NMCAL is one of the local NM agencies part of the National Lifeline Network. Services focus on any behavioral health crisis and 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.

CRISIS TEXT LINE |

Text HELLO to 741741
Free, 24/7, Confidential

Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor.