WHAT TO KNOW WHEN CALLING LGBTQIA+ HOTLINES

If you are LGBTQIA+ and need emergency counseling or support services, calling a specialized hotline can help. The Trevor Project Hotline and the Trans Lifeline, detailed below, are two national hotlines.

**THE TREVOR PROJECT**

1-866-488-7386

SMS: TEXT "START" TO 678-678

Standard text message rates apply

ONLINE INSTANT MESSAGING:

THETREVORPROJECT.ORG/GET-HELP-NOW

- The Trevor Project Lifeline is available 24/7, with phone call, text, and online chat services.
- It is a hotline for LGBTQIA+ youth 25 & under to call if you are in suicidal crisis and need emergency counseling, or you just need a safe place to talk.
- Operators are specially trained to advise callers about coping with grief and loss.
- If you feel like you might harm yourself, operators will help you make a safety plan.
- Operators will ask for your name, but you do not need to tell them.
- Operators will do everything to support you in crisis without calling local emergency services, and will only call emergency services as a last tool.
- Operators do not have a list of local resources, but can help you search.
- Operators are mandated reporters, meaning they are legally required to report evidence of child abuse or neglect to appropriate authorities.

**THE TRANS LIFELINE**

1-877-565-8860

VIEW HOTLINE HOURS AND FAQS:

TRANSLIFELINE.ORG/HOTLINE/

- The Trans Lifeline is available 24/7. If you can’t place a call, operators will not keep you on hold, and you will have to call again.
- It is a transgender-led hotline, offering services for the trans and questioning community.
- The Trans Lifeline Offers emotional support for trans people who are in crisis, are lonely, have questions about transitioning, or simply want to talk to another trans person.
- Operators are trained to work with first-time callers who have never called a hotline before.
- Operators can help you make a safety plan and look up resources in your area.
- Operators will never call emergency services unless the caller requests.
- Operators do not know your name or location unless you want to share, so they do not have enough information to call emergency services or for mandated reporting.

For more information about Uplift’s Queer & Trans Youth Services or to request services, contact:

**Sam Middleton, MS**
Uplift Clinician
Pronouns: She/Her/Hers
Email: sam@upliftphilly.org
Phone: 267-437-3123 x 1010

**CJ Roseberry, MSW**
Family Services Clinician
Pronouns: They/Them/Theirs
Email: cj@upliftphilly.org
Phone: 267-437-3132 x 1002

WWW.UPLIFTPHILLY.ORG