LGBTQ+ CRISIS AND EMERGENCY SUPPORT RESOURCES

For immediate physical danger, call 911. For mental health or suicide crises, call or text 988. Not all resources below operate around the clock.

A NEWS IS OUT RESOURCE GUIDE • 2026



Immediate crisis and suicide prevention

988 Suicide & Crisis Lifeline

Suicide prevention and emotional crisis support; phone, text and chat.

Who it serves: All ages
Hours: 24/7
Phone: 988
Text: 988
Website: 988lifeline.org

The Trevor Project

Crisis counseling by phone, text and chat.

Who it serves: LGBTQ+ young people under 25
Hours: 24/7
Phone: 1-866-488-7386
Text: START to 678678
Website: thetrevorproject.org

LGBTQ+ peer support

Call BlackLine

Peer support, crisis counseling and reporting experiences with police, vigilantes or discrimination.

Who it serves: Black, Black LGBTQI+, Brown, Native and Muslim communities; open to others
Hours: 24/7 (per official FAQ)
Phone: 1-800-604-5841

Text: 1-800-604-5841
Website: callblackline.com/

LGBT National Coming Out Support Hotline

Support for people navigating coming out.

Who it serves: All ages
Hours: Mon–Fri 11 a.m.–8 p.m. PT; Sat 9 a.m.–2 p.m. PT
Phone: 888-688-5428
Website: lgbthotline.org/coming-out-hotline/

LGBT National Help Center

Peer support and multiple identity-specific hotlines.

Who it serves: LGBTQ+ adults
Hours: Mon–Fri 11 a.m.–8 p.m. PT; Sat 9 a.m.–2 p.m. PT
Phone: 888-843-4564
Website: lgbthotline.org/national-hotline/

Trans Lifeline

Trans-led peer support; not a 24/7 emergency service.

Who it serves: Transgender and nonbinary people
Hours: Mon–Fri 10 a.m.–6 p.m. PT
Phone: 877-565-8860
Text: See official hotline page for text options
Website: translifeline.org/hotline/

Wildflower Alliance Peer Support Line

Trained peer supporters provide listening, connection and resource information; not an emergency line.

Who it serves: People seeking peer emotional support
Hours: Mon–Thu 7–9 p.m. ET; Fri–Sun 7–10 p.m. ET
Phone: 1-888-407-4515
Website: wildfloweralliance.org/peer-support-line/

LGBTQ+ youth support

LGBT National Youth Talkline

Peer support for LGBTQ+ young people under 25.

Who it serves: LGBTQ+ young people under 25
Hours: Mon–Fri 11 a.m.–8 p.m. PT; Sat 9 a.m.–2 p.m. PT

Phone: 800-246-7743
Website: lgbthotline.org/youth-talkline/

The Trevor Project

Crisis counseling by phone, text and chat.

Who it serves: LGBTQ+ young people under 25
Hours: 24/7
Phone: 1-866-488-7386
Text: START to 678678
Website: thetrevorproject.org

LGBTQ+ senior support

LGBT National Senior Hotline

Peer support for LGBTQ+ older adults.

Who it serves: LGBTQ+ seniors
Hours: Mon–Fri 11 a.m.–8 p.m. PT; Sat 9 a.m.–2 p.m. PT
Phone: 888-234-7243
Website: lgbthotline.org/senior-hotline/

Psychedelic experience support

Fireside Project Psychedelic Support Line

Free nonclinical peer emotional support during or after psychedelic experiences; not a suicide or medical emergency line.

Who it serves: People during or after psychedelic experiences; people supporting them
Hours: Daily 11 a.m.–11 p.m. PT
Phone: 1-623-473-7433
Text: 1-623-473-7433
Website: firesideproject.org/support-line

Domestic/Intimate partner violence

National Domestic Violence Hotline

Safety planning, confidential advocacy and local referrals.

Who it serves: People experiencing relationship abuse
Hours: 24/7
Phone: 1-800-799-7233
Text: START to 88788
Website: thehotline.org

StrongHearts Native Helpline

Culturally grounded domestic and sexual violence support.

Who it serves: Native Americans and Alaska Natives affected by domestic or sexual violence
Hours: 24/7
Phone: 1-844-762-8483
Text: START to 1-844-762-8483
Website: strongheartshelpline.org

Sexual assault

RAINN National Sexual Assault Hotline

Sexual assault support and local referrals.

Who it serves: Survivors of sexual assault
Hours: 24/7
Phone: 1-800-656-4673
Text: HOPE to 64673
Website: rainn.org

Violence survivor support

FORGE

Survivor resources and education.

Who it serves: Transgender and nonbinary survivors
Hours: Not an emergency hotline
Phone: 414-559-2123
Website: forge-forward.org

Housing and runaway support

National Runaway Safeline

Confidential crisis support and referrals for young people.

Who it serves: Young people experiencing housing or family crises
Hours: Check site
Phone: 1-800-786-2929
Website: 1800runaway.org

Legal information and referrals

National Center for Lesbian Rights

Legal information and assistance inquiries.

Who it serves: LGBTQ+ people seeking legal information
Hours: Not an emergency hotline
Phone: 415-392-6257
Website: nclrights.org