



The Trevor Project focuses on ending suicide among LGBTQ youth. If you or someone you know needs help, we are here for you.

[TheTrevorProject.org](https://www.thetrevorproject.org)

Chat

Online instant messaging with a TrevorChat counselor.

[TRVR.org/Help](https://www.trvr.org/help)

Call

If you're thinking about suicide, you deserve immediate help. Call us anytime.

1-866-488-7386

Text

Talk to a Trevor counselor via text message.

Text "START" to 678-678

TrevorSpace

A social networking site for LGBTQ youth under 25, and their friends & allies.

[TrevorSpace.org](https://www.trevorspace.org)

LGBTQ Resources

Guides and resources on suicide prevention, sexual orientation, gender identity, and other topics.

[TRVR.org/Resources](https://www.trvr.org/resources)