

# Mental health and crisis resources for transgender, non-binary, and gender expansive youth

## **The Trevor Project**

### **LGBTQIA+ suicide/crisis hotline**

Call 866-488-7386

Text START to 678-678

Click [here](#) to chat online

Visit [thetrevorproject.org](http://thetrevorproject.org) for other resources, handbooks, and more.

## **Trans Lifeline**

**Provides peer support for trans people in crisis**

1-877-565-8860

## **LGBTQ+ National Help Center**

**Provides peer counseling and local resources**

888-843-4564

## **LGBT National Youth Talkline**

**Free & confidential peer support for LGBTQ youth and young adults**

1-800-246-7743

## **Trans Across America**

**<https://transacrossamerica.wordpress.com/>**

A community-curated project focused on helping transgender people find affirming health and wellness resources nationwide. It has a map with resources based on state.

## **National Center for Transgender Equality**

**<http://www.transequality.org/issues/youth-students>**

A list of resources for supporting transgender youth, such as toolkits and activism projects.

## **Trans Teens Online Talk Group**

**<https://www.lgbthotline.org/transteens>**

A weekly group for transgender and gender non-conforming individuals (19 and younger)

Only available Thursdays and Fridays (4-7PM PST)

## **Steps to Take When You Get Misgendered**

**<https://aninjusticemag.com/4-steps-to-take-when-you-get-misgendered-3770afe4b7ea>**

A 4-step guide outlining ways to take care of yourself when you get misgendered.

## **Trans Youth Family Allies**

**<http://www.imatyfa.org/>**

Empowers children and their families by working to create supportive and affirming environments where gender can be freely expressed.

## **Trans-Health**

**<http://www.trans-health.com/>**

A website dedicated to providing information on health and fitness for transgender people (including a list of informed consent clinics).

## **Help Finding a Gender Specialist**

**<http://www.tsroadmap.com/mental/therapy.html>**

A website that helps youth and their families find gender-affirming therapists and healthcare providers