

## Crisis Support

- [Trans Lifeline](#): US: (877.565.8860) Canada: (877.330.6366). Hours: 7 days a week, 24 hours a day.
- [Trevor Helpline](#): **866.4U.TREVOR** (866.488.7386). Hours: 7 days a week, 24 hours a day. National Suicide and crisis counseling for lesbian and gay youth. Local resource referrals available.
- [GLBT National Youth Talkline](#): **800.246.PRIDE** (800.246.7743) Hours: Monday-Saturday 9:30PM-Midnight, Eastern Standard Time. Peer support and resources for lesbian, gay, bisexual, transgender, queer, and questioning youth.
- [GLBT National Hotline](#): **888.THE.GLNH** (888.843.4564). Hours: Monday-Friday, 4:00PM-Midnight, Saturday Noon-5:00PM, Eastern Standard Time.
- [National Runaway Safeline](#): **800.621.4000**. Hours: 7 days a week, 24 hours a day. Hotline for runaway/homeless youth and their families.
- [SPARCC](#), Safe Place and Rape Crisis Center: **941.365.1976**. Hours: 7 days a week, 24 hours a day. Local hotline for victims of intimate partner violence or sexual assault.