

National Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Line: text HOME to 741741

CRISIS LINES:

- **National Suicide Prevention Lifeline** – call 1-800-273-TALK (8255) for free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
- **Veterans Crisis Line** – veterans and their loved ones can call 1-800-273-8255 and Press 1, **chat online**, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for **deaf and hard of hearing** individuals is available.
- **Crisis Text Line** – free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor.
- **Trans Lifeline** – call 1-877-565-8860 for a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs community members might have.
- **Disaster Distress Helpline** – call 1-800-985-5990 for a 24/7 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.
- **The Trevor Project** – a national 24-hour, toll free confidential suicide hotline for LGBTQ youth. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call 1-866-488-7386 to connect with a trained counselor.
- **The LGBT National Help Center** – call 1-888-843-4564. Open to callers of all ages. Provides peer-counseling, information, and local resources.
- **National Center for the Prevention of Youth Suicide:**
<https://www.preventyouthsuicide.org/>

Recognize the Warning Signs for Suicide to Save Lives

For additional resources, visit NAMI New Hampshire's **The Connect Program**.

LGBTQ+:

NH

- [NAMI New Hampshire](#) support groups are open to all – [learn more](#).
- [Visit NAMI for more information on mental health conditions and the LGBTQ+ community.](#)
- [Seacoast Outright](#)

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- [PFLAG – New Hampshire](#)
- [Rural Outright \(Newport, NH\)](#)
- [Transgender New Hampshire](#)
- [GLSEN New Hampshire](#)
- [NH Coalition Against Domestic and Sexual Violence](#)
- [LGBT Resources – Bi-State Primary Care](#)
- [Manchester Vet Center— local resources](#)

The following resources might be especially helpful for folks who identify as LGBTQ+, and their loved ones:

- [It Gets Better Project](#)
- www.itgetsbetter.org
- [The Trevor Project](#)
- www.thetrevorproject.org
- [National Survey on LGBTQ Youth Mental Health \(2019\)](#)
- [Trans Lifeline](#)
- [Lambda Legal](#)

RESOURCES for LGBTQ+ Veterans and Service Members:

- [VA Lesbian, Gay, Bisexual and Transgender \(LGBT\) Veteran Care](#)
- [VA LGBT Program](#)
- [OutServe-SLDN](#)

**Trevor Lifeline (for LGBTQ+ young people under 25): 1-866-488-7386 or text
START to 678678**

Trans Lifeline: 1-877-565-8860

Safe messaging:

- <http://www.sprc.org/sites/default/files/migrate/library/SafeMessagingrevised.pdf>
- <https://reportingonsuicide.org/>
- <https://www.naminh.org/wp-content/uploads/2020/03/Natl-Recommendations-for-Depicting-Suicide.pdf>
- Be The One to Help Save a Life Campaign: <https://www.bethe1to.com/>