

Have an honest conversation. If you're worried about someone, assume you are the only one who will reach out.

- Talk to them in private, and tell them you care
- Listen to their story
- Avoid debating the value of life, minimizing their problems or giving advice
- It's ok to ask directly about suicide
- Encourage them to seek help or to contact their doctor or therapist

afsp.org/lgbtq



**American
Foundation
for Suicide
Prevention**



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LGBTQ Suicide Prevention

AFSP is dedicated to sharing knowledge and resources about mental health and suicide in the LGBTQ community.



Visit

Your Primary Care Provider
Mental Health Professional
Emergency Department
Urgent Care Clinic



Call 911 for Emergencies



Find a Mental Health Provider

findtreatment.samhsa.gov
mentalhealthamerica.net/finding-help



National Suicide Prevention Lifeline

1-800-273-TALK (8255)
Veterans: Press 1



Text TALK to 741741

Text with a trained counselor from the Crisis Text Line for free, 24/7



The Trevor Project

TrevorLifeline: 1-866-488-7386
TrevorText: Text TREVOR to 1-202-304-1200
TrevorChat: Via thetrevorproject.org



Trans Lifeline

1-877-565-8860



LGBT National Senior Hotline

1-877-360-LGBT (5428)