

# UNITÉ

~mental health for the youth by the youth~

## LGBTQ+ Mental Health Resources

- **Crisis Text Line: Text LGBTQ to 741-741**
- **Trans Lifeline 1-877-565-8860**
- **LGBT National Hotline: 1-888-843-4564**
- **trever project (LGBTQ+) crisis line: 1-866-488-7386**
- **call 988 and press 3 for a crisis counselor that specializes in LGBTQI+ youth**
- **LGBT National Youth Talkline: 1-800-246-7743**

**you are never alone!**