

# **IN A CRISIS? KNOW THIS:**

**You Are Loved!  
You Belong!**

**WE WANT YOU HERE!**

Get support, anonymously with the resources below:  
**Rainbow Youth Project: 317-643-4888**

**Trans Lifeline: 877-565-8860**

**Trevor Project: 1-866-488-7386**  
**Text START to 678-678**

**LGBT Hotline: 888-843-4564**

**FacingSuicideVT.com**  
**Text Facing Suicide VT to 741741**

**Dial 988 for the 988 Suicide and Crisis Lifeline**  
**Trained counselors are available 24/7**

**Also, check out Q Chat Space for non-crisis support. Go to [qchatspace.org](https://qchatspace.org).**

