



GIRL *Faith Gardner* ON THE LINE

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*For my mom, Susan,
and my dad, Mark,
who gave me life, love, and the words that
make it all worthwhile.*

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Girl on the Line

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First Edition

RESOURCES

If you or a loved one are struggling, there are many resources to support you through crisis. Here are just a few:

- **National Suicide Prevention Hotline**

(<https://suicidepreventionlifeline.org>): “The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.”

- o **Call 1-800-273-8255 or chat online at <https://suicidepreventionlifeline.org/chat/>.**
- o **<https://youmatter.suicidepreventionlifeline.org>** is “a safe space for youth to discuss and share stories about mental health and wellness.”

- **The Trevor Project (www.thetrevorproject.org):**

“The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ+ young people under twenty-five.”

- o **TrevorLifeline (1-866-488-7386)** is “the only national 24/7 crisis intervention and suicide prevention lifeline for LGBTQ+ young people under twenty-five.”
- o **TrevorChat (www.thetrevorproject.org/get-help-now/#trevorChat):** is a “free, confidential, secure instant messaging service for LGBTQ+ youth.”
- o **TrevorText (text START to 678-678)** is a “free, confidential, secure service in which LGBTQ+ young people can text a trained Trevor counselor for support.”

- **Crisis Text Line:** “Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform.”
- **NAMI (National Alliance on Mental Illness)**
(www.nami.org): “The nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.” Their website includes tons of resources including connections with local chapters, statistics, educational information, and more for people with mental illness or friends and family who want to support them.
 - o NAMI also has a HelpLine open Monday through Friday, 10 a.m. to 6 p.m. ET, reachable at 1-800-950-NAMI (6264) or by email at info@nami.org.