

You Belong Here

Free, confidential support from counselors trained to understand what you're going through — no explanations required.

Figuring out who you are shouldn't mean doing it alone, or feeling like you have to translate yourself for someone to understand. These lines are staffed by people trained specifically to listen to LGBTQ+ young people, without judgment, any hour you need them.

REACH OUT — FREE & CONFIDENTIAL



The Trevor Project

Call 1-866-488-7386

Free, confidential, 24/7 crisis support for LGBTQ+ young people, run by counselors trained in LGBTQ+-specific care.



The Trevor Project — Text

Text START to 678-678

Prefer texting? A trained Trevor counselor responds directly, 24/7.



The Trevor Project — Chat

TheTrevorProject.org

Online chat support, available around the clock.



Trans Lifeline

Call 1-877-565-8860

Peer support run by and for trans people. By policy, they do not contact law enforcement without your consent.

"You don't owe anyone an explanation to deserve support. You are wanted, exactly as you are."

Know the Signs. Know How to Help.

For the friends, chosen family, and allies who want to show up for someone — without making them feel like a problem to solve.

RECOGNIZE

Know the Signs

- Talking about wanting to die, feeling hopeless, or being a burden to others
- Pulling away from friends, family, or things they used to enjoy
- A sudden sense of calm after a period of deep sadness
- Giving away belongings or putting affairs in order
- Increased use of alcohol or drugs, or major changes in sleep and eating
- Talking or acting like there's no way out, or saying goodbye

RESPOND

Five Ways to Help

- 1 ASK**
Ask directly: "Are you thinking about suicide?" Asking doesn't plant the idea — it opens the door.
- 2 KEEP THEM SAFE**
Ask if they have a plan or access to something they could use to hurt themselves, and help create distance from it.
- 3 BE THERE**
Listen without judgment. You don't need the right words — your presence is what matters most.
- 4 HELP THEM CONNECT**
Point them to a resource on this flyer, and offer to make the call or send the text together.
- 5 FOLLOW UP**
Check back in the days after. A simple "thinking of you" text reminds them they're not forgotten.



IN ANTHONY'S OWN WORDS

My own memoir, *Deadly Dilemma: Suicide, Faith, and the Search for Identity and Purpose*, was written for my own family before I understood how many other families needed the same conversation. If you're further along in your own search for hope, you can find it at anthonygurley.com.

1-866-488-7386

Save The Trevor Project's number — or text START to 678-678, free and confidential, 24/7.

NOTES

AGP ANTHONY GURLEY PUBLISHING
Friends. Choices. Consequences.

anthonygurley.com

This flyer lists publicly available resources for informational purposes and is not a substitute for professional care. **If you or someone you know is in immediate danger, call 911.**