

Mental and Emotional Health Resources

- [Vibrant.org Safe Space](#)
 - Resources and tools to provide extra support in an emotionally safe environment
 - It asks, "What would help you right now?" and offers pathways for connection, coping, or distractions
- [Love is Louder](#)
 - Tips and tools to "stay calm, stay active, and stay connected" while offering resources for getting help as well.
 - Project of the [Jed Foundation](#) which "protects emotional health and prevents suicide for our nation's teens and young adults."
- [Direct Online and Phone Support Services for LGBTQ Youth](#)
 - From Human Rights Campaign
- [Trevor Project](#) – Information and Support for LGBTQ+ youth
 - 866-488-7386; text TREVOR to 202-304-1200
- Trans Lifeline, 877-565-8860
- [RAINN](#) – Sexual Abuse Hotline – 800-656-HOPE (4673)
- [Take Care 19](#)
 - Mostly free or low-cost resources from inclusive and accessible providers and groups
- [National Eating Disorders Association](#) - Helpline, call or text 800-931-2237

[If You or Someone you know is in Crisis and in need of emergency services](#)

- [National Suicide Prevention Lifeline](#): 1-800-273-TALK (8255)
 - They also have a chat function on their site, and a lifeline in Spanish and one for deaf and hard of hearing
- [Crisis Text Line](#) - text 741741
 - Get connected to a trained volunteer for help moving from a hot moment to a cool one

[Additional Resources](#)