

LGBTQ+ Resources and Helplines

- Trevor Project: 1-866-488-7386
 - Leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ+) young people under 25. Trained counselors are available 24/7.
- Association of LGBTQ+ Psychiatrists 215-222-2800 info@aglp.org
 - Offers many resources for LGBTQ+ individuals experiencing mental health conditions and psychiatric professionals with LGBTQ+ clients.
- COLAGE: info@colage.org
 - Offers support to people with one or more LGBTQ+ caregivers, uniting them with a network of peers and supporting and empowering them to become confident leaders of their communities.
- LGBTQ+ National Help Center – glbtnationalhelpcenter.org
 - Offers free and confidential peer support connections for LGBTQ+ youth, adults, and seniors, including phone, text, and online chat. All calls and online services are provided by highly trained LGBTQ+ volunteers. They are never outsourced or answered by other affiliated organizations.
- SAGE National LGBTQ+ Elder Hotline 877-360-LGBTQ(5428) sageusa.org
 - Connects LGBTQ+ older people and their caregivers with friendly responders who are ready to listen. Offers information about community support resources such as healthcare, transportation, counseling, legal services, and emotional support programs.
- Immigration Equality 212-714-2904 www.immigrationequality.org
 - The Nation's leading LGBTQ+ Immigration rights organization advocating through direct legal services, policy advocacy, and impact litigation for immigrants, and families facing discrimination based on their sexual orientation, gender identity, or HIV status.
- National Suicide Prevention Lifeline: 1-800-273 TALK (8255)
 - For all ages, 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.
- NJ HOPELINE: 1-855-NJ-HOPELINE (654-6735)
 - For all ages, available for confidential telephone counseling and support 24 hours a day, 7 days per week.
- Caring Contact: 908.232.2880
 - For all ages. Offers active listening support and education to the Central and Northern New Jersey communities, 24/7 between 7:00 a.m. to 11:00 p.m.
- The 2nd Floor Youth Helpline: 1-888-222-2228, or text at 888-222-2228.
 - For youth ages 10-24, a confidential and anonymous helpline for New Jersey's youth and young adults. They help find solutions to problems and are available 24/7 365 days a year.
- NAMI National Resources
 - In a crisis, text "NAMI" to 741741. NAMI Helpline: 1-800-950-NAMI (Monday - Friday, 10 a.m. – 10 p.m., ET) Online Chat: <https://nami.org/help>