Getting Help

Anyone can feel suicidal, but the feeling doesn’t last forever. Getting help for someone who is feeling suicidal can save their life – the more helpers the better. Never keep the secret that someone is suicidal.

Someone who is suicidal or their helpers may get assistance from:

- Samaritans: 877-870-HOPE (4673)
- Trevor Helpline: 866-4-U-TREVOR (866-488-7386) - Serves GLBT youth.
- Fenway - GLBT Helpline: 888-340-4520
  - Fenway - Peer Listening Youth Line: 1-800-399-PEER (7337)
- A counselor or therapist with knowledge of transgender issues.
- A trans-friendly nurse or doctor (resource list: www.MassTPC.org)
- International Resource: www.befrienders.org

IF THE PERSON IS IN IMMEDIATE DANGER CALL 911