

Suicide Prevention, WE ALL PLAY A PART



ADVOCATE, ASK, AND ACT



1. Share facts about LGBTQ youth suicide: [TheTrevorProject.org/Facts](https://www.thetrevorproject.org/facts)
2. Be of service by advocating for LGBTQ issues: [TheTrevorProject.org/Advocacy](https://www.thetrevorproject.org/advocacy)
3. Let youth-serving professionals know about Trevor's online suicide prevention education hub: [TheTrevorProject.org/Lifeguard](https://www.thetrevorproject.org/lifeguard)
4. Find helpful LGBTQ resources in your area: [GLBTNearMe.org](https://www.glbtnearme.org)



ADVOCATE

1. Call the TrevorLifeline, available 24/7/365: 866-488-7386
2. Chat at [TrevorChat.org](https://www.trevorchat.org), available 3pm–10pm EST / Noon–7pm PST every day
3. Text “Trevor” to 202-304-1200, available 3pm–10pm EST / Noon–7pm PST Mon–Fri
4. Join a safe, supportive online international community: [TrevorSpace.org](https://www.trevorspace.org)



ASK FOR HELP

1. Learn the warning signs for suicide: [TheTrevorProject.org/Signs](https://www.thetrevorproject.org/signs)
2. Share Trevor's lifesaving resources on social or order wallet cards and posters to raise awareness in your community: [TheTrevorProject.org/Lifeguard](https://www.thetrevorproject.org/lifeguard)
3. Volunteer with Trevor: [TheTrevorProject.org/Volunteer](https://www.thetrevorproject.org/volunteer)
4. Donate to Trevor at: [TheTrevorProject.org/Donate](https://www.thetrevorproject.org/donate)



ACT