

## GET INVOLVED



The Trevor Project's Youth Advisory Council (YAC) is comprised of young people throughout the country who advise the organization about outreach and programmatic efforts targeted at LGBTQ youth. If you are interested in learning more about the YAC or submitting an application to join, please visit [TheTrevorProject.org](http://TheTrevorProject.org) and click "Advisory Council" on the "Youth" menu.



TrevorSpace is an online, social networking community for LGBTQ youth and young adults, their friends and allies. You can volunteer your time to help monitor the site as a TrevorSpace administrator or write relevant, informative content to be shared with TrevorSpace members.



Team Trevor is a group of trained volunteers across the country who are spreading the word about The Trevor Project's free and confidential lifeline, online messaging service, and education programs and online resources to youth and adults in their own communities. In coordination with The Trevor Project's staff, Team Trevor is working to make sure that all youth and adults across the country know about The Trevor Project.

For a list of other volunteer opportunities available in select cities across the USA, please visit [TheTrevorProject.org](http://TheTrevorProject.org).

# The Trevor Lifeline

## 866.488.7386

### ABOUT US

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning youth and young adults.

Every day, The Trevor Project saves young lives through its free and confidential lifeline, in-school workshops, educational materials, online resources and advocacy.

For more information please visit [www.TheTrevorProject.org](http://www.TheTrevorProject.org)

### GET CONNECTED



[fb.com/TheTrevorProject](https://fb.com/TheTrevorProject)



[@TrevorProject](https://twitter.com/TrevorProject)



[TheTrevorProject.tumblr.com](http://TheTrevorProject.tumblr.com)



[youtube.com/TheTrevorProject](https://youtube.com/TheTrevorProject)



[foursquare.com/TrevorProject](https://foursquare.com/TrevorProject)



[TrevorSpace.org](http://TrevorSpace.org)

# TREVOR

## IS HERE FOR YOUNG ADULTS

Crisis intervention and suicide prevention services for LGBTQ youth and young adults

## THE TREVOR PROJECT'S PROGRAMS

**THE TREVOR lifeline** The only nationwide, around-the-clock crisis and suicide prevention lifeline for LGBTQ youth and young adults. Call us toll-free, 24/7 at 866-488-7386.

**TREVOR chat** A free, confidential and secure online messaging service that provides live help by trained volunteers. Check our website for specific hours of operation.

**TREVOR space** An online, social networking community for LGBTQ youth and young adults ages 13-24, their friends and allies. Join at [TrevorSpace.org](http://TrevorSpace.org).

**ask TREVOR** An online, confidential Q&A forum for young people to ask non time-sensitive questions surrounding sexual orientation and gender identity.

**team TREVOR lifeguard workshop** The Trevor Lifeguard Workshops use a structured, age-appropriate curriculum with trained facilitators to address topics including sexual orientation and gender identity, the impacts of language and behavior on LGBTQ young people and suicide prevention skills in schools.

**team TREVOR survival kit** An educational kit distributed to schools and youth service providers to facilitate discussions about suicide, gender identity and sexual orientation.



## Y-CARE: HOW YOU CAN HELP A SUICIDAL PERSON

**YOU** You are never alone. You are not responsible for anyone who chooses to take their own life. As friends, family and loved ones, all you can do is listen, support and assist the person in getting the help they need.

## CONNECT

the person to resources and to a supportive, trusted adult.

## ACCEPT

and listen to the person's feelings and take them seriously.

## RESPOND

if a person has a plan to attempt suicide and tell someone you trust.

## EMPOWER

the person to get help and to call The Trevor Lifeline (866-488-7386).

### Because...

suicide is the third leading cause of death among 15 to 24-year-olds.

### Because...

LGB youth are up to 4 times more likely to attempt suicide than their straight peers.

### Because...

depression is treatable and suicide is preventable.

### Because...

when You CARE, you can help save a life!

## WARNING SIGNS FOR SUICIDE

Suicide is preventable. The majority of young people having thoughts of suicide give some sort of clue about their intentions. If someone you know is depressed or exhibiting any of these warning signs, ask them if they are considering suicide.

### Here are some signs to look for:

Developing a plan for suicide and/or obtaining the means to follow-through on a suicide attempt.

Expressing suicidal feelings (e.g. "I want to kill myself," "I wish my life were over," or "Life isn't worth living.").

Making final arrangements, talking about their funeral and giving away valued possessions.

Displaying signs of depression (e.g. loss of pleasure in activities they used to enjoy, prolonged sad mood, changes in eating or sleeping patterns, expressing feelings of hopelessness or guilt).

Engaging in self-destructive behavior (e.g. start of or increase in alcohol or drug use, risky sexual behavior, reckless driving).

Expressing that they are suffering a great deal and feel that there is no hope for a better future with phrases such as: "It won't matter soon anyway."

Pulling away from family and friends.

If you or someone you care about is exhibiting any of these signs, please do not hesitate to call The Trevor Lifeline at **866-488-7386**. Your call is free, confidential and trained counselors are available 24 hours per day, seven days per week.

## TAKE CARE OF YOURSELF

Everyone has stress in their lives. Stress can be attributed to any situation or thought that makes you feel frustrated, angry, nervous or anxious. Be sure to take some time to yourself if you are feeling overwhelmed or stressed. It will help you relax and improve your health in general.

### Try practicing some of the following activities:

Talk to a friend or family member about your feelings.

Exercise or find a way to release negative energy.

Start a journal. Writing down your feelings can help.

Listen to music! Dance! Sing!

Create art that expresses your emotions (paint, write, sketch).

Volunteer. Find a cause that you believe in and lend a hand.

Participate in an after-school club or community event.

## TESTIMONIALS



**Rosen:** I called The Trevor Project and it made me feel a lot better. I had anxiety about calling them, but the person I talked to helped me find resources. I recommend calling them!



**Amanda:** I was so close to just giving up I couldn't take the hate so I called @TrevorProject. They listened and saved my life. Thank you so much!!



**Bryce:** I just called a little bit ago... I'm having a rough time in life... And you helped me get through the night thank you.



**Mike:** @TrevorProject Thank you for making me believe in myself, and being there for me when nobody else was.