Referral Guide for Student Mentors

# Some resources to help students when they’re in serious trouble and you don’t feel like you can help

## **Resources at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (school):**

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| --- | --- | --- | --- |
| **Name & Position** | **Email** | **Phone Number(s)** | **Office** |
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## **Resources in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (state/region):**

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| --- | --- | --- | --- |
| **Name & Organization** | **Location (Town & Address)** | **Email** | **Phone Number(s)** |
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## **National Resources**

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| **Organization** | **Contact Info** | **Website** | **Description** |
| YouthLine | **Call:** 1-800-268-9688  **Text:** 647-694-4275  **Chat online:** <https://m2.icarol.com/ConsumerRegistration.aspx?org=2356> | [www.youthline.ca](http://www.youthline.ca/) | Peer support for young LGBTQ+ people - has options to call, text, or chat online |
| Trans Lifeline | **Call** (U.S.): (877)-565-8860  **Call** (Canada): (877)-330-6366 | [www.translifeline.org](http://www.translifeline.org) | A hotline run by and for trans & GNC people |
| The Trevor Project | **Call**: (866)-488-7386  **Text** “Trevor” to 1-202-304-1200 (Thurs & Friday nights) | [www.thetrevorproject.org/pages/get-help-now](http://www.thetrevorproject.org/pages/get-help-now) | A hotline specifically for LGBTQ+ youth in crisis |
| GLCCB | See website | <http://www.glccb.org/resources/hotlines> | A list of hotlines for everything from AIDS help to child abuse |
| Youth Talkline | **Call**: 1-800-246-7743  **Email**: [help@GLBThotline.org](mailto:help@GLBThotline.org) | [www.glbthotline.org/youth-talkline.html](http://www.glbthotline.org/youth-talkline.html) | Peer support for LGBTQ+ youth |
| ImAlive | **Chat online**: see website | [www.imalive.org](https://www.imalive.org) | Suicide help chat with a fully trained staff |
| Suicide Prevention Lifeline | **Call**: 1-800-273-8255  **Chat online**: see website | [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org/) | National hotline for suicide prevention available 24/7 |
| 7 Cups of Tea | **Chat online**: see website | [www.7cups.com](http://www.7cups.com) | Free, anonymous, and confidential online text chat with trained listeners, counselors, and therapists |
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