



# LGBT National Help Center

Since 1996, the LGBT National Help Center has been dedicated in providing vital care & connections for the LGBTQIA+ community across the United States and Canada.

Through our programs our all LGBTQIA+ volunteers provide highly trained and caring support to those with issues or concerns dealing with sexuality and/or gender identity, including coming out issues, discrimination, anxiety, fears of isolation, questions about HIV/AIDS and safer-sex practices, and so much more.

## Our LGBT National Hotlines:

**LGBT National Hotline: 888-843-4564**

Peer support, vital resources, and information for the entire LGBTQIA+ community.

## Coming Out Support Hotline:

**888-688-5428 (888-OUT-LGBT)**

A safe space to discuss issues dealing with coming out to yourself and others.

**Youth Talkline: 800-246-7743**

Ages 25 years old and younger.

**Senior Hotline: 888-688-5428**

Ages 50 years and older.

## Our Online Programs:

**One-To-One Online Chat:**

**LGBThotline.org/chat**

One-to-one text-based peer support.

**LGBT Youth Chat Rooms:**

**LGBThotline.org/youthchatrooms**

Moderated for LGBTQIA+ youth to find friends, community, and support from one another.



**www.LGBThotline.org**