

Ali fornrlf you are thinking about hurting yourself or in a crisis here is a list of resources you can reach out to immediately. Please utilize one and get yourself the help you deserve.

Suicide Hotline:	1-800-272-8255	https://suicidepreventionlifeline.org/talk-to-someone-now/
Suicide Hotline (United Kingdom)	+44 (0) 8457 90 90 90	http://www.suicide.org/hotlines/international/united-kingdom-suicide-hotlines.html
Crisis Hotline for Transgender People:	1-877-565-8860	https://www.translifeline.org/
LGBTQ Crisis Hotline (Trevor Lifeline)	1-866-488-7386	https://www.ostem.org/crisis-hotlines
National Alliance On Mental Illness	1-800-950-6264	https://www.nami.org/#
RAINN (Rape Crisis Hotline/National Sexual Assault Hotline)	1-800-656-4673	https://www.rainn.org
Aftersilence.org (Support For Sexual Trauma)	n/a	http://aftersilence.org
National Domestic Violence Hotline	1-800-799-7233	http://www.thehotline.org
National Eating Disorder Helpline	1-800-931-2237	https://www.nationaleatingdisorders.org