

Twitch Cares: Mental Health Support & Information

https://help.twitch.tv/s/article/twitch-cares-mental-health-support-information?language=en_US

The Trevor Project: The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ (lesbian, gay, bisexual, transgender, queer, and questioning) young people.

<https://www.thetrevorproject.org/>

To Write Love on Her Arms: To Write Love on Her Arms is a nonprofit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. TWLOHA exists to encourage, inform, inspire, and invest directly into treatment and recovery.

<https://twloha.com/>

National Suicide Prevention Lifeline: The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

<https://suicidepreventionlifeline.org>

SAMHSA's National Helpline: SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

<https://www.samhsa.gov/find-help/national-helpline>

Trans Lifeline: Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

<https://translifeline.org/>

National Domestic Violence Hotline: For anonymous, confidential help, 24/7, please call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY).

<https://ncadv.org/resources>

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

<https://988lifeline.org/>

Trans Lifeline provides trans peer support for our community that's been divested from police since day one. We're run by and for trans people.

<https://translifeline.org/>