



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

Through our programs our 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.

YOU SHOULD NEVER HAVE TO FEEL ALONE!

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: 888-234-7243

Ages 50 years old 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.