



## Resources for Young Adults and Their Families

- **Trevor Project Lifeline: 866-488-7386**  
[thetrevorproject.org](http://thetrevorproject.org)  
Provides 24/7 crisis intervention and suicide prevention services to LGBTQ (lesbian, gay, bisexual, transgender, and queer/questioning) youth.
- **National Suicide Prevention Lifeline: 800-273-TALK**  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)  
Support and assistance 24/7 for anyone feeling depressed, overwhelmed, or suicidal.
- **SAMHSA: 800-662-HELP**  
[findtreatment.samhsa.gov](http://findtreatment.samhsa.gov)  
Find treatment centers confidentially and anonymously.
- **Love Is Respect: 866-331-9474 or text LOVEIS to 22522**  
[loveisrespect.org](http://loveisrespect.org)  
Confidential support for young adults and their loved ones seeking help, resources, or information related to healthy relationships and dating abuse.
- **The Jed Foundation**  
[jedfoundation.org](http://jedfoundation.org)  
Provides information about common emotional health issues and shows young adults how they can support one another and overcome challenges.



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For more resources, visit [newportinstitute.com](http://newportinstitute.com).

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