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

www.LGBThotline.org