Find community
With over 18,000 LGBTQIA+ resources nationwide, find what you’re looking for.
LGBTnearME.org

About Us
Our LGBTQIA+ volunteers provide caring peer support regarding coming out issues.
Deciding whether to come out to yourself or others can be a big decision, and you don’t have to do it alone.

Contact
LGBT National Help Center
2261 Market Street, #296
San Francisco, CA 94114
Office: 415-355-0003
Email: Help@LGBThotline.org

Volunteer
For just a few hours a week, you can make a difference in the lives of countless members of the LGBTQIA+ community.
We are always looking for caring, non-judgmental listeners.
Positions available remotely.
LGBTcomingOUT.org/volunteer

Donate
We are almost entirely funded by individuals like you, who understand the importance of our work. Your generosity makes a huge difference!
LGBTcomingOUT.org/donate

LGBT National Coming Out Support Hotline
888-OUT-LGBT
(888-688-5428)
providing vital peer-support on your journey towards self-acceptance
free & anonymous help from our all LGBTQIA+ volunteers
LGBTcomingOUT.org
"What does coming out mean?"
"Is there something wrong with me?"
"Do I have to tell my friends & family?"
"I’m so alone; who can I turn to?"

The LGBT National Coming Out Support Hotline

Thinking about sexual orientation and/or gender identity and expression can be complicated.

You get to decide if and when you want to come out.

If you’re struggling, our LGBTQIA+ volunteers are here to help.

888-OUT-LGBT
888-688-5428

Online Volunteer Chat:
LGBTcomingOUT.org/chat

LGBTcomingOUT.org