



# Crisis Lines for LGBTQ+ Populations

Hotlines that do not call emergency services without permission

## Overview

When LGBTQ+ individuals reach out for crisis support, they deserve spaces that are affirming, confidential, and truly safe. However, not all crisis lines follow the same practices. Some crisis lines may have a policy of contacting emergency services in cases of imminent harm, while others defer to the judgment and consent of the caller. In some situations, particularly when an individual is from a marginalized community disproportionately at risk for police violence, non-consensual intervention may carry particular risks. Fear of institutionalization or police involvement can discourage some people from reaching out for help and being honest about their struggles.

Understanding which crisis lines follow which practices is critical to ensuring every individual is able to make an informed decision about the kind of support they seek. **This document lists various LGBTQ+ crisis support lines that defer to the judgment and consent of the caller.**

It's important to identify the right support services that fit your unique needs and values. Taking time in advance to explore these options and having a plan for who you might reach out to before a crisis occurs can make all the difference when you need help the most. Knowing where you can turn for affirming, confidential, and nonjudgmental support ensures you are better prepared, supported, and empowered in moments of vulnerability.

Crisis Line	Focus	Hours
<b>Trans Lifeline:</b> <b>877-565-8860</b>	Peer support by and for transgender, nonbinary, and gender-questioning people.	Monday–Friday 1 PM – 9 PM Eastern
<b>Wildflower Alliance:</b> <b>888-407-4515</b>	People seeking alternatives to crisis intervention, those with psychiatric histories, trauma survivors. Hotline focuses on harm reduction and personal empowerment.	Monday–Thursday: 7 PM – 9 PM Eastern Friday: 7 PM – 10 PM Eastern

Crisis Line	Focus	Hours
<b>LGBT National Hotline:</b> <b>888-843-4564</b>	LGBTQIA+ people of all ages: Offers peer support, information, and local resource referrals; also has email and online chat options via their website.	Monday–Friday: 2 PM – 11 PM Eastern  Saturday: 12 PM – 5 PM Eastern
<b>Call Blackline:</b> <b>800-604-5841</b>	Focus on support for Black, Indigenous, and People of Color (BIPOC), with an emphasis on LGBTQ+, disabled, and other marginalized groups facing harm, mistreatment, or crisis, including from police, medical institutions, or other systems.	24/7
<b>StrongHearts Native Helpline:</b> <b>844-762-8483</b>	Culturally appropriate, confidential support by Native advocates for Native American and Alaska Native individuals affected by domestic violence, dating violence, sexual violence, stalking, and human trafficking.	24/7

If you have updates to this document, or if you are provider seeking LGBTQ+ related technical assistance regarding crisis services, reach out to <https://sogiecenter.org>. This document was last updated on 18 August 2025.

