

NATIONAL LGBTQ+ CRISIS RESOURCES



<https://www.translifeline.org/>

1-877-565-8860

Trans Lifeline is a national trans-led 501(c)(3) organization dedicated to improving the quality of trans lives by responding to the critical needs of our community with direct service, material support, advocacy, and education.

The Trevor Project is available 24/7/365.



1-866-488-7386

A national toll free confidential suicide hotline for LGBTQ youth.



www.trevorchat.org

Chat with a TrevorChat Counselor, usually within a few minutes wait time.



Text the word "START" to 678678. Standard text messaging rates apply.



www.trevorspace.org

Monitored Social Networking



<https://standwithtrans.org/ally-parents/>

Stand with Trans and Ally Parents is a group of moms and dads of transgender youth across the United States who are a text or phone call away at any time.

WARNING SIGNS

Learning the warning signs of suicide is a huge part of preventing a crisis. Although emotional ups-and-downs are normal, sometimes a person who is suicidal gives certain signs or hints that something is wrong. Knowing these major warning signs can help you connect someone you care about to support if they need it - even if that person is yourself.

Have you or someone you know felt...?

Unimportant | Trapped | Hopeless | Overwhelmed | Unmotivated | Alone | Irritable | Impulsive | Suicidal

Do you or someone you know...?

- Not care about their future: *"It won't matter soon anyway."*
- Put themselves down - and think they deserve it: *"I don't deserve to live. I suck."*
- Express hopelessness: *"Things will never get better for me."*
- Say goodbye to important people: *"You're the best friend I've ever had. I'll miss you."*
- Have a specific plan for suicide: *"I've thought about how I'd do it."*
- Talk about feeling suicidal: *"Life is so hard. Lately I've felt like ending it all."*

Have you or someone you know been...?

- Using drugs or alcohol more than usual
- Acting differently than usual
- Giving away their most valuable possessions
- Losing interest in their favorite things to do
- Admiring people who have died by suicide
- Planning for death by writing a will or letter
- Eating or sleeping more or less than usual
- Feeling more sick, tired or achy than usual

If you answered "yes" to any of these questions, then you are not alone. We are here for you 24/7 on the **Trevor Lifeline (866-488-7386)** - that means all day and night, every weekend, each holiday, and beyond.

If you recognize these signs in someone you know, encourage them to ask for help. If they need support, empower them to call the **Trevor Lifeline at 866-488-7386** to talk with a trained volunteer counselor. Trevor is here 24/7 - that means all day and night, every weekend, and every holiday.

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LOCAL RESOURCES



<https://www.glbtnearme.org/>

A national directory of social, community, and affirming support resources.

HOUSING – Universities often have assistance available

Queer Housing/Roommate Finders for the area:

www.facebook.com/groups/DCLGBT Housing/

<https://www.facebook.com/groups/QueerExchangeMoCo Maryland/>

Emergency Housing DC (*not LGBTQ+):

Casa Ruby (www.casaruby.org)

Covenant House (www.covenanthouse.org)

DASH DC (<https://www.dashdc.org/>)

Friendship Place (<https://friendshipplace.org/>)

*Sasha Bruce ([/www.sashabruce.org](http://www.sashabruce.org))

SMYAL (www.smyal.org) - Youth

Wanda Alston (www.wandaalstonfoundation.org) - Youth

Housing Assistance Northern VA (*not LGBTQ+):

*Loudoun County Youth Shelter (

*New Hope (<http://www.newhopehousing.org>)

*Mobile Hope (www.mobilehopeloudoun.org/)

*Second Story (<https://second-story.org>)

Transgender Assistance Program (<https://tapvirginia.org/>)

Housing Assistance MD (*not LGBTQ+):

*Nat'l Center for Children & Families (<https://www.nccf-cares.org/>)

*MoCo Coalition for the Homeless (<https://mcch.net/>)

LEGAL

Equality VA (www.equalityvirginia.org)

Lamda Legal (<https://www.lambdalegal.org>)

LGBT Bar (<http://lgbtbardc.org>)

Whitman Walker (www.whitman-walker.org/legal-services)

Students are encouraged to seek support of LGBTQ+ affirming school and university resources as well.

LOCAL RESOURCES



Safe Space NOVA
Mobile: 703.419.5271
www.safespacenoVA.org
Email: info@safespacenoVA.org

@safespacenoVA
@safespacetohang

**DC/Maryland/Virginia
Local Resource Brochure**

Safe Space NOVA is a proud 501(c)3 Organization

AFFIRMING MEDICAL – Partial Listing
(a separate list of affirming therapist is available)

Trans-Affirming Database:

<https://www.dcats.org/transwin>

Chase Brexton (www.chasebrexton.org)

Children’s National Gender Development Program

(<https://childrensnational.org/>)

Columbia Fertility Associates

(www.columbiafertility.com)

Dr. Beverly Fischer – Top Surgery

(<https://www.beverlyfischer.net/>)

Dr. Praful Ramineni – Gender Affirming Surgeries

(<https://www.districtplasticsurgery.com/>)

Dr. Michael Irwig (HRT) – GW Hospital

Planned Parenthood (HRT) -

www.plannedparenthood.org

Plume (<https://getplume.co/>) – HRT by mail

TrueU Clinic (<https://trueuclinic.com/>) – HRT by mail

Whitman Walker (www.whitman-walker.org)

PEER SUPPORT GROUPS – also on school campuses

Safe Space NOVA Social Support Group (in partnership with PLP)

(<http://safespacenoVA.org/programs/>)

Cedar Lane TransUnity

(<https://www.cedarlane.org/event/transunity-support-group-0>)

DC Area Trans Masculine Society (www.dcats.org)

DC Center (thedccenter.org/supportgroups)

Maryland Trans*Unity (<https://www.transunity.net/>)

PFLAG (<http://pflagdc.org/support/community/>)

Whitman Walker (<https://www.whitman-walker.org/care-program/peer-support-general>)

LOCAL RESOURCES

LOCAL AFFIRMING ORGANIZATIONS

Camp Free 2 Be (<http://www.campfree2be.com/>)

Day Camp for Trans, Non-Binary, and Gender Expansive Kids ages 6-12

DC Center (www.thedccenter.org)

The DC LGBT Center educates, empowers, celebrates, and connects the lesbian, gay, bisexual, and transgender communities.

DCATS (www.dcats.org)

Peer-facilitated social and support group for anyone who was assigned female at birth, but believes this is an inaccurate description of themselves. Services include: Binder Exchange Program, Database of trans-affirming providers, and a Discord Server.

Equality Loudoun (www.equalityloudoun.org)

Grassroots organization fighting to promote, protect, and defend LGBTQ+ Equality in Loudoun County.

GLSEN of Northern Virginia

(<https://www.glsen.org/chapter/northern-virginia>)

Northern VA Chapter of the national organization fighting for every student’s right to a safe, supportive education

Pride Liberation Project (PLP)

(<https://prideliberationproject.square.site/>)

Student-led nonprofit organization working to uplift queer students through intersectional advocacy

SMYAL (www.smyal.org)

Provides opportunities for LGBTQ+ youth to build confidence, develop critical life skills, and engage their peers and community through service and advocacy.