

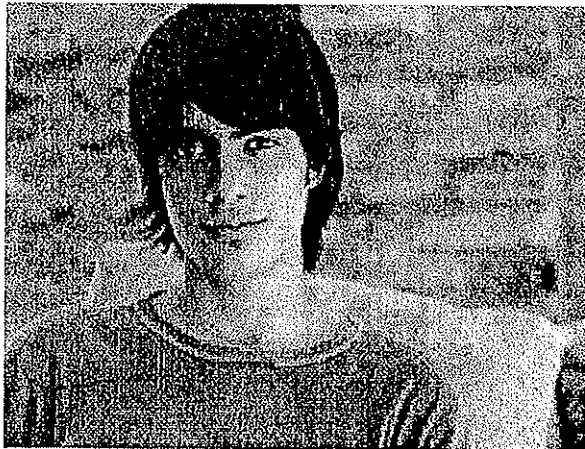
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THE TREVOR HELPLINE

★
866-4-U-TREVOR

Established in 1998 to coincide with the HBO airing of the award winning short film Trevor, hosted by Ellen DeGeneres, The Trevor Helpline is the only national 24-hour, toll-free suicide prevention hot line aimed at gay and questioning youth.

The Trevor Helpline is geared toward helping youth in crisis, or those wanting information on how to help someone in crisis. The Trevor Helpline is maintained by two call centers, our partners at San Francisco Suicide Prevention and The Trevor Project's own Los Angeles Call Center. Helpline calls are handled by highly trained counselors and are free and confidential.



★ Dear Trevor...

"I need help. I can't keep going on like I am. The pain is becoming too much. People are starting to question me and lying is no longer an option..."

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- ✦ SUICIDAL SIGNS
- ✦ HOW TO HELP SOMEONE
- ✦ LOCAL RESOURCES

Sometimes, a suicidal person may give little indication that they plan to commit suicide, but here are some signs you should know about.

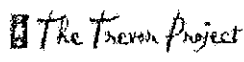
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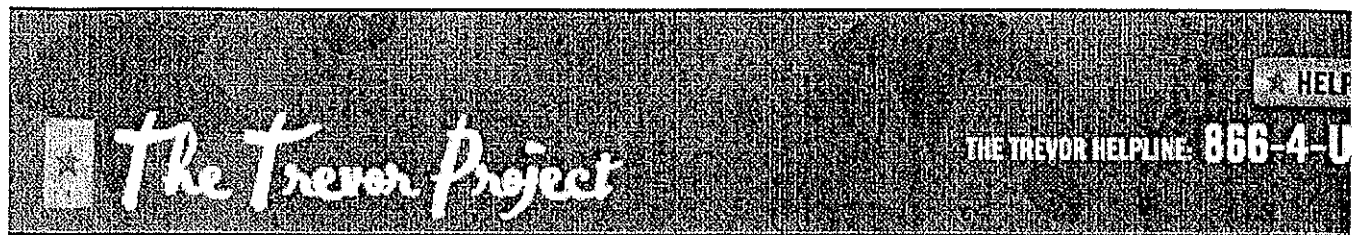
There is no typical suicide victim. But you should always know what to do if the moment arises. Here are some things you can do to help someone.

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There are places to help and become involved in all around the country. Here is a listing of some local, regional and national resource.

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★ Education

The Trevor Survival Kit

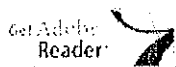
Sexual orientation and gender identity alone are not risk factors for suicide. However, lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth face many social factors that put them at higher risk for self-destructive behaviors, including suicide.

The Trevor Project believes that the high rates of suicide are preventable. To this end, we created The Trevor Teaching Guide, a classroom tool to be used in conjunction with the short film, TREVOR, to constructively generate discussion about the myriad of issues surrounding suicide, personal identity and sexual orientation.

Through open discussions with all youth about feelings of isolation, feeling "different" from their peers, or being misunderstood, the classroom atmosphere can empower youth to discuss options for troubled youth and help students to watch over each other.

Download The Trevor Teaching Guide - FREE!

Please [click here](#) to download The Trevor Teaching Guide in PDF format. To download the guide, you will need Adobe Acrobat, which can be obtained for free [here](#).



Purchase the Academy Award®-winning short film, Trevor

If you'd like to purchase a VHS or DVD copy of the Trevor film, please contact Moi Garcia at