

## **Community Resources: Helplines**

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**LGBT Youth Line:** confidential, non-judgmental, informed LGBTTTQQ2SI help line for youth by youth.

Call: 1-800-268-9688

Text: 647-694-4275

Email: [askus@youthline.ca](mailto:askus@youthline.ca)

Web: <http://www.youthline.ca/>

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**LGBTQ Prideline Durham Helpline:** aimed at providing emotional support, crisis intervention, and community referral information specific to the concerns and issues of the LGBTQ community in Durham Region.

Call: 1-855-87-PRIDE (77433)

Web: <http://www.distresscentredurham.com/gethelp/lgbtprideline.php>

If you are in crisis and calling outside of Prideline Durham's hours of operation, please contact the Distress Centre Durham 24 Hour Helpline at 905-430-2522 or 1-800-452-0688.

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**Trans Lifeline:** Trans Lifeline is a 501(c)3 non-profit dedicated to the well being of transgender people. We run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have.

Call: (877) 330-6366

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

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**Good2Talk:** Good2Talk is a new, toll-free post-secondary student mental health helpline. Free, bilingual and confidential, Good2Talk offers professional counselling and information and referrals for mental health, addictions and well-being to post-secondary students in Ontario 24/7/365.

Students can reach Good2Talk by calling 1-866-925-5454, or by dialing 2-1-1

<http://www.good2talk.ca>