

IT'S OK
NOT TO BE OK.®



HFTD.ORG

DESPITE THE THINGS YOU'VE BEEN THROUGH, IT'S OK NOT TO BE OK.



Identity and Orientation is Hope For The Day®'s mental health education and outreach platform that discusses the unique intersection of LGBTQ+ experiences and mental health.

**THE TREVOR PROJECT
FOR LGBTQ YOUTH**

(866) 488-7386

**NATIONAL SEXUAL
ASSAULT HOTLINE**

(800) 656-HOPE (4673)

**NATIONAL MATERNAL
MENTAL HEALTH HOTLINE**

(833) TLC-MAMA (852-6262)

TRANS LIFELINE

(877) 565-8860

CRISIS TEXT LINE

TEXT "ITSOK"
TO 741741

FOR VETERANS

CALL: 988 (PRESS 1)
TEXT: 838255

SAGE

ELDER HOTLINE:
(877) 360-5428

**SCAN FOR MENTAL HEALTH
AND COMMUNITY SERVICES**



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FOR MORE RESOURCES, VISIT [HFTD.ORG/LGBTQ](https://www.hftd.org/lgbto)