

WAYS TO GET INVOLVED

THE TREVOR LIFEGUARD WORKSHOPS

The Trevor Lifeguard Workshops use a structured, age-appropriate curriculum with trained facilitators to address topics including sexual orientation and gender identity, the impacts of language and behavior on LGBTQ youth and suicide prevention skills in schools. You can become a trained facilitator to deploy our Lifeguard Workshop in your community. (Facilitators must be at least 18 years old)

TREVOR SPACE

TrevorSpace is an online, social networking community for LGBTQ youth, their friends and allies. You can volunteer your time to help monitor the site as a TrevorSpace administrator or write relevant, informative content to be shared with TrevorSpace members.

YOUTH ADVISORY COUNCIL

The Trevor Project's YAC is comprised of young people throughout the country who advise the organization about outreach and programmatic efforts targeted at LGBTQ youth. If you are interested in learning more about the YAC or submitting an application to join, please visit TheTrevorProject.org and click "Advisory Council" on the "Youth" menu.

THE TREVOR LIFELINE: If you are at least 18 years old and interested in becoming a counselor on The Trevor Lifeline, the only nationwide, around-the-clock crisis and suicide prevention lifeline for LGBTQ youth, please complete an online application. We currently operate Randy Stone Call Centers on the East and West coasts.

For more information about each volunteer opportunity, please visit TheTrevorProject.org.

ABOUT US

The Trevor Project is the leading national organization focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender, queer and questioning youth.

Every day, The Trevor Project saves young lives through its free and confidential lifeline, in-school workshops, educational materials, online resources and advocacy. The organization was founded in 1998 by three filmmakers whose film, "Trevor," a comedy/drama about a gay teenager who attempts suicide, received the 1994 Academy Award® for Best Short Film (Live Action).



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Socialvibe.com/TheTrevorProject

The Trevor Lifeline
866.4.U.TREVOR
866.488.7386

www.TheTrevorProject.org

TREVOR IS HERE FOR YOUTH

Youth crisis intervention
and suicide prevention
services

WARNING SIGNS FOR SUICIDE

Suicide is preventable. The majority of young people considering suicide give some sort of clue about their intentions. If someone you know is depressed or exhibiting any of these warning signs, ask them if they are considering suicide. Here are some signs to look for:

Developing a plan for suicide and/or obtaining the means to follow-through on a suicide attempt.

Expressing suicidal feelings (e.g. "I want to kill myself," "I wish my life were over," or "Life isn't worth living.").

Making final arrangements, talking about their funeral and giving away valued possessions.

Displaying signs of depression (e.g. loss of pleasure in activities they used to enjoy, prolonged sad mood, changes in eating or sleeping patterns, expressing feelings of hopelessness or guilt).

Engaging in self-destructive behavior (e.g. start of or increase in alcohol or drug use, risky sexual behavior, reckless driving).

Expressing that they are suffering a great deal and feel that there is no hope for a better future with phrases such as: "It won't matter soon anyway."

Pulling away from family and friends.

A person who has been extremely depressed in the past may be at an increased risk for suicide if the depression begins to cease, as they may now have the energy to follow through on a suicide attempt.

If you or someone you care about is exhibiting any of these signs, please do not hesitate to call The Trevor Lifeline at **866-4-U-TREVOR (866-488-7386)**. Trained counselors are available 24 hours per day, seven days per week free of charge.



Y-CARE: HOW YOU CAN HELP A SUICIDAL PERSON

YOU

You are never alone. You are not responsible for anyone who chooses to take their own life. As friends, family and loved ones, all you can do is listen, support and assist the person in getting the help they need.

CONNECT

the person to resources and to a supportive, trusted adult.

ACCEPT

and listen to the person's feelings and take them seriously.

RESPOND

if a person has a plan to attempt suicide and tell someone you trust.

EMPOWER

the person to get help and to call The Trevor Lifeline (866-488-7386).

Because...

suicide is the third leading cause of death among 15 to 24-year-olds.

Because...

LGB youth are up to 4 times more likely to attempt suicide than their straight peers.

Because...

depression is treatable and suicide is preventable.

Because...

when You CARE, you can help save a life!

TAKE CARE OF YOURSELF

Everyone has stress in their lives. Stress can be attributed to any situation or thought that makes you feel frustrated, angry, nervous or anxious. Be sure to take some time to yourself if you are feeling overwhelmed or stressed. It will help you relax and improve your health in general. Try practicing some of the following activities:

Talk to a friend or family member about your feelings. Exercise or find a way to release negative energy. Start a journal. Writing down your feelings can help. Listen to music! Dance! Sing! Create art that expresses your emotions (paint, write, sketch). Volunteer. Find a cause that you believe in and lend a hand. Participate in an after-school club or community event.

TESTIMONIALS

"Thank you so much, it really helped just to have someone listen and talk through it with me."

"I am really glad that there are people like you out there! Thank you for talking to me and making me laugh!"

"I've calmed down a bit. I was crying, actually, when I first started typing. You've helped me think of ways to escape and to get away from my horrible choices."

"Thank you so much for all your help. I was really hating my life and wanted it to end, but I have a great life now. Thank you so much!"

"It's been really hard the past couple of years, but being able to finally talk to someone who really understands where I'm coming from, I feel like a ton of bricks have been lifted off my shoulders."

THE TREVOR PROJECT'S PROGRAMS

THE TREVOR LIFELINE

The only nationwide, around-the-clock crisis and suicide prevention lifeline for LGBTQ youth. Call us toll-free, 24/7 at 866-4-U-TREVOR (866-488-7386).

TREVOR CHAT

A free, confidential and secure online messaging service that provides live help by trained volunteers. Check The Trevor Project website for specific hours of operation.

TREVOR SPACE

An online, social networking community for LGBTQ youth ages 13-24, their friends and allies. Join at TrevorSpace.org.

DEAR TREVOR

An online, confidential Q&A forum for young people to ask non time-sensitive questions to our Dear Trevor authors via our website www.TheTrevorProject.org.

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TREVOR SURVIVAL KIT

An educational kit distributed to schools and youth service providers facilitate discussions about suicide, gender identity and sexual orientation.