Trans Lifeline is a diverse community of trans people working to end trans suicide and empower each other through education, advocacy, and direct service. We operate the only national crisis hotline for and by transgender people, and run many other programs dedicated to improving the overall well being of transgender people everywhere. Visit translifeline.org for more information.

1. **Donate!** We are a 501(c)(3) non-profit, which means your donations are tax deductible. We depend on individual donors to keep running. Visit translifeline.org/donate to donate now!

2. **Volunteer!** Our hotline is staffed by trans people, for trans people. Most volunteer operators spend 2 hours per week on call, and we provide all of the training. Visit jobs.lever.co/translifeline to get started!

3. **Host a fundraiser!** Giving is always more fun with more people! Visit translifeline.org/hostafundraiser for event ideas, promo materials, and to register!

**Trans rights are under attack. How can you help Trans Lifeline fight back?**

**USA:** (877) 565-8860  
**CAN:** (877) 330-6366

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