An estimated 2.9 to 3.8 million lesbian, gay, bisexual, and transgender (LGBT) people live in rural communities like ours across the United States. LGBT people are our neighbors, and they are small business owners, teachers and ministers, farmers and construction workers, and much more. LGBT people often choose to live in rural communities for many of the same reasons that other people do: for the strength of community and connection to family, for the pace of life and closeness to nature, or simply to be part of the place where they were raised and call home.

RESOURCES IN OUR COMMUNITY

(write in local LGBT-supportive resources here in our home!)

ONLINE

TrevorChat for young people: www.thetrevorproject.org/get-help-now
CenterLink’s list of LGBT community centers in your state: https://www.lgbtcenters.org/LGBTCenters
Lambda Legal help desk for legal assistance: https://www.lambdalegal.org/helpdesk
Learn more about the laws and policies in your state: http://www.lgbtmap.org/equality-maps

BY PHONE

TrevorLifeLine for young people by phone: 1-866-488-7386
TrevorText for young people by text: Text “START” to 678678
Trans Lifeline for transgender, non-binary, and gender-questioning people: 877-565-8860
LGBT National Senior Hotline for LGBT older adults: 888-234-7243