

♥ How You Can Help ♥

People Power

We are staffed by an amazing array of volunteers and we sure could use a few more. In addition to operators, we are always looking out for people with time and skills to offer in the following subjects:

Volunteer Coordination Media/Outreach Non-profit organizational support
Emotional support for operators Legal support Technical maintenance and design



Fundraising

Trans Lifeline began as a community-supported project and has recently transitioned into a 501-C3 non-profit organization. Our fundraising matches that trajectory and we are always on the hunt for the following types of financial planning and support:

Grant writing Small-scale community fundraiser events Financial management
Outreach for our existing, semiannual crowdfunding campaigns

And of course, direct donations can be accepted at:
<http://translifeline.org/donate/>

To volunteer, find us at:
<http://apply.translifeline.org>

If you are a member of the press, we love publicity. If you represent other LGBT organizations and would like to support our work, thank you! And if you are otherwise looking for more information about our work, please call Greta Martela at (415) 483-5361.



A free helpline
run by and for
transgender people.

[To Help](#)

[About](#)

Trans Lifeline was founded by Greta Gustava Martela and Nina Chaubal in San Francisco in 2014. Ms. Martela was inspired to found the organization after her own difficult experiences trying to access suicide prevention care as a trans woman. Since our launch Trans Lifeline has grown to have more than seventy operators and we are still growing!

OUR MISSION

We, the members of Trans Lifeline, believe that suicidality in marginalized communities should not be pathologized as an issue of personal mental illness.

It is often a reasoned response to institutional and structural barriers to life that are faced by individuals and communities who are marginalized.

This is particularly acute for transgender individuals, especially African American and Latina trans women, for whom institutional and structural barriers to life are high.

Therefore, for many transgender people, the prevailing standard of care for near-term suicidality is inappropriate. Even if an individual is stabilized past the period of impulse, the underlying factors of institutional and structural barriers leading to suicidality remain.

Typical mental health resources are at a loss for how to address such situations.

We feel a best practice is to build a community of supportive individuals and other resources to provide crisis care free of stigma and discrimination, and to work to address the underlying institutional and structural factors.

Therefore, the mission of we, the members of Trans Lifeline, is to:

Address near-term suicidal impulse with compassionate care free of stigma in regard to mental health, transgender status, and other factors of sex and/or gender, race, ethnicity, ability, class background or income/wealth, or any factors not specifically named.



Affirm the agency of transgender people who are suicidal by steadfastly refusing to pathologize issues as personal, individual issues of mental health.



Protect transgender people with confidentiality and anonymity as an extension of affirming personal agency.



Build a wide community of supportive individuals and other resources for suicidal transgender people, especially African American and Latina transgender women.



Connect suicidal transgender people to these resources for long term care.



Challenge the underlying institutional and structural factors leading to suicidality in transgender communities.

Who is this line for?

This line is for transgender people experiencing a crisis.

This includes people who may be struggling with their gender identity and are not sure that they are transgender.

While our goal is to prevent self harm, we welcome the call of any transgender person in need. We will do our very best to connect them with services that can help them meet that need.

All trans-identified or questioning people are welcome to call.

If you are not sure whether you should call or not, then please call us at (USA) 877-565-8860 or (Canada) 877-330-6366

If you are a member of the press, represent other LGBT organizations, or are otherwise looking for more information about our work, please call Greta Martela at (415) 483-5361.

To donate or help out, please visit <http://translifeline.org/donate/>

