

# Find Support

## 1. Trevor Support Center



[thetrevorproject.org](http://thetrevorproject.org)

## 2. Stonewall Youth



[stonewallyouth.org](http://stonewallyouth.org)

## 3. TransFamilies



[transfamilies.org](http://transfamilies.org)

## 4. LGBTQ+ Lifeline



[988lifeline.org](http://988lifeline.org)

"Over **80%** of LGBTQ+ youth have been **assaulted** or **threatened**.

Every instance of victimization in an LGBTQ+ person's life more than **doubles** the likelihood of self-harm."

(SAMHSA)

**Thurston County  
Public Health & Social Services**

360-867-2500

412 Lilly Rd. NE  
Olympia, WA 98506

**WE CAN...  
BREAK THE  
STIGMA AROUND  
MENTAL HEALTH**



Public Health & Social Services

Connect with us at **@ThurstonHealth**



LGBTQ+ youth are  
**4X** more likely to  
**attempt** suicide  
compared to their  
peers.

(The Trevor Project, 2021)

It is estimated that  
there is at least **1**  
suicide attempt  
every **45 seconds**  
for LGBTQ+ youth

(The Trevor Project, 2021)



YOU  
MATTER



Taking care of  
yourself

Know that  
you are not  
alone



[988lifeline.org/help-yourself/](https://988lifeline.org/help-yourself/)

Build your  
support  
network

Talk to  
someone



[mysafetyplan.org](https://mysafetyplan.org)

Create a  
safety plan