



ST. LOUIS QUEER+ SUPPORT HELPLINE

Peer Support Helpline

LOCAL (314) 380-7774

TOLL-FREE (844) 785-7774

HELPLINE HOURS

Friday to Monday, 1-7 pm CT

WHAT WE DO

We provide free, confidential, and identity-affirming emotional support and resource referrals, by and for the St. Louis LGBTQIA+ community.

WHEN TO CALL

Call to chat with a trained peer counselor: process emotions, talk through resources, brainstorm ideas to assist a friend or loved one, or simply have a meaningful conversation!

We prioritize queer folks with multiple marginalized identities, including:

- Queer and Trans People of Color (QTPOC)
- Queer immigrants and refugees

WHO CAN CALL

Anyone in the U.S. can call, including LGBTQIA+ individuals, friends, family, and allies! You don't have to identify as queer or be located in St. Louis to call.

Note: Our resource guide is focused on St. Louis, so our volunteers are not as familiar with resources outside of St. Louis. If you call from elsewhere, our volunteers can work with you to explore resources in your area.

WEBSITE www.theSQSH.org
EMAIL general@theSQSH.org
VOLUNTEER tinyurl.com/SQSHTeam



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