

# Building Your Support Network

Identify Trusted Friends | Find Safe Spaces | Create an Emergency Plan

## Why Your Support Network Matters

In a time when LGBTQ+ rights are under attack, having a strong support system is essential. Whether you need emotional support, a safe place to vent, or emergency resources, this guide will help you map out the people and spaces that can uplift and protect you.

### How to Use This Guide

- Step 1: Identify the people in your life who make you feel safe and supported.
- Step 2: List community spaces (both in-person and online) where you feel affirmed.
- Step 3: Gather important emergency contacts and resources for crisis situations.
- Step 4: Keep this document accessible in case you need support quickly.

### Step 1: Identifying Your Trusted People

Think about the people you can turn to when you need:

- ✓ Emotional Support – Someone who listens without judgment.
- ✓ LGBTQ+ Affirmation – A friend, mentor, or family member who fully supports your identity.
- ✓ Crisis Help – Someone who can assist in an emergency (e.g., drive you somewhere safe).

Name	Role (Friend, Family, Therapist, etc.)	Best Contact Method	Available for: (Emotional support, Crisis help, etc)
Example: Sam	Best Friend	Text or call	Emotional support, queer ally
Jordan	Therapist	Office Phone	Mental Health support



## Step 2: Identifying Your Safe Spaces

List places where you feel safe, respected, and affirmed. These can be physical locations or online spaces.

Examples:

- Local LGBTQ+ Centers – (e.g., [Milwaukee LGBT Community Center](#))
- LGBTQ+ Support Groups – (e.g., [Diverse & Resilient's Room to Be Safe](#))
- Online Communities – (e.g., r/LGBTQ+ on Reddit, LGBTQ+ Discord servers)

Safe Space Name	Type (Physical, Online, Both)	Purpose (Social, Mental Health, Activism, etc.)
Example: Courage MKE	Physical	LGBTQ+ youth support
Example: Trans Lifeline Peer Support	Online	Emotional support for trans individuals



## Step 3: Emergency Resources

Prepare for crisis situations by listing hotlines, emergency contacts, and local resources.



Crisis Support Hotlines:

- Trevor Project (LGBTQ+ youth support): Call 1-866-488-7386 or text START to 678-678
- Trans Lifeline (Peer support for trans folks): Call 877-565-8860
- 988 Suicide & Crisis Lifeline: Call or text 988



Local Milwaukee Resources:

- Milwaukee LGBT Community Center Crisis Support: [mkelgbt.org](http://mkelgbt.org)
- Diverse & Resilient Room to Be Safe: [weareheremke.org](http://weareheremke.org)
- Milwaukee County Mental Health Crisis Line: Call 414-257-7222

Resource Name	Phone Number / Website	When to Use
Example: Trevor Project	1-866-488-7386	Crisis support for LGBTQ+ youth
Example: Local LGBTQ+ shelter	(Insert contact)	Emergency housing support

## Final Reminder

Your support network is your foundation for resilience. Keep this document somewhere accessible, update it regularly, and don't hesitate to reach out when you need help.