



Boston Children's Hospital

Where the world comes for answers

GeMS: GENDER MULTISPECIALTY SERVICE
617.355.4367(GeMS)

Crisis care in GeMS:

GeMS requires all our patients to have a therapist in the community and we will do our best to help you find someone. Please remember that GeMS mental health clinicians are dedicated to consultation and continued support, but are unable to provide ongoing therapy or emergency management. If you or your child is in immediate crisis, please contact the PCP, the outpatient therapist and go to your local emergency room for further crisis evaluation.

Additionally, there are several excellent online resources for managing challenging situations:

*The Trevor Project: <http://www.thetrevorproject.org>; Suicide prevention for sexual and gender minority youth, TrevorLifeline: **1-866-488-7386**; TrevorChat and TrevorText also available; all 24/7*

The National Suicide Prevention

*Hotline: <http://www.suicidepreventionlifeline.org>; Telephone support at **1-800-273-8255**; free and confidential; 24/7*

*Trans Lifeline: <http://www.translifeline.org>; Peer support services and hotline, Hotline: **877-565-8860** (not 24/7 but substantial coverage)*