

LGBTQ MENTAL HEALTH

RESOURCES

Please see below for specific mental health support & resources for the LGBTQ community.

If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the **TrevorLifeline** now at 1-866-488-7386 24/7/365.

For immediate text support, reach out to **The Crisis Text Line** by texting COALITION to 741741 to connect with a Crisis Counselor for free 24/7.

In the US you can also call the **National Suicide Prevention Lifeline** at 1-800-273-8255. It's free and it's highly confidential, unless it's essential to contact emergency services to help you or your friend stay safe.

If you need urgent assistance in the US, call 911.

GLMA Health Professionals Advancing LGBTQ Equality

GLMA is a national organization committed to ensuring health equity for lesbian, gay, bisexual, transgender, queer (LGBTQ) and all sexual and gender minority (SGM).

Click here to search their provider directory.

The LGBT National Help Center

The LGBT National Help Center is serving the lesbian, gay, bisexual, transgender, queer and questioning community by providing free & confidential peer - support and local resources.

The LGBT National Hotline provides a safe space that is anonymous and confidential where callers can speak on many different issues. Call them at 1- 888-843-4564 if you need support. More information **here**.

The National Center for Transgender Equality

The National Center for Transgender Equality offers resources for transgender individuals, including information on the right to access health care.

Click here to learn more.

The National Queer & Trans Therapists of Color Network

National Queer and Trans Therapists of Color Network (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC).

[Click here](#) to view the QTPoC directory.

The Okra Project

The Okra Project is a collective that seeks to address the global crisis faced by Black Trans people by bringing home cooked, healthy, and culturally specific meals and resources to Black Trans People wherever we can reach them .

[Click here](#) to learn more.

Parents, Families and Friends of Lesbians and Gays (PFLAG)

PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies.

[Click here](#) to find a local chapter near you.

SAGE Advocacy & Services for LGBT Elders

SAGE is a national advocacy and services organization that has been looking out for LGBT elders since 1978.

Call the SAGE LGBT Elder Hotline if you need support at 877-360-5428 [Click here](#) to learn more.

Trans Lifeline

Trans Lifeline offers direct emotional and financial support to trans people in crisis - for the trans community, by the trans community.

If you are in crisis or just need someone to talk to call the Trans Lifeline at 1-877-565-8860. More information [here](#).

The Trevor Project

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ young people.

If you are in crisis, feeling suicidal or need a safe and judgment-free place to talk 24/7 call The Trevor Lifeline 1-866-488-7386 if you are in crisis, feeling suicidal or in need of a safe and judgment-free place to talk,

More resources available [here](#).

HELPFUL LINKS:

American Foundation for Suicide Prevention

[Click here](#) for information on suicide prevention for LGBTQ youth

Child Mind Institute

[Click here](#) for information on how families can support LGBTQ young people.

Mental Health America

[Click here](#) for information on how to find an LGBTQ friendly therapist.

National Alliance on Mental Illness

[Click here](#) for information on LGBTQ mental health.

THE MENTAL HEALTH COALITION

www.themental-healthcoalition.org