

Resources for LGBTQ+ communities

American Foundation for Suicide Prevention

afsp.org/preventing-suicide-in-lgbtq-communities

AFSP is focused on sharing and expanding suicide prevention strategies, programs, research initiatives, and public policies to prevent suicide in LGBTQ communities and supporting the mental health and wellbeing of LGBTQ people.

American Psychological Association (APA)

apa.org/pi/lgbt/resources/lgbt-health

Provides educational and support resources on a range of LGBTQ topics.

Association of Gay and Lesbian Psychiatrists

aglp.org

Resources for LGBT individuals experiencing mental health conditions and psychiatric professionals with LGBT clients.

CenterLink LGBT Community Center Member Directory

lgbtcenters.org/LGBTCenters

A member-based coalition to support the development of strong, sustainable, LGBTQ community centers.

Gay and Lesbian Medical Association's Provider Directory

glma.org

A search tool that can locate a LGBTQ-inclusive health care provider.

Gay, Lesbian, and Straight Education Network (GLSEN)

glsen.org

National network of educators, students, and local chapters working to give students a safe, supportive, and LGBTQ+ inclusive education.

Human Rights Campaign

hrc.org

America's largest civil rights organization working to achieve LGBTQ equality. Their website has a wealth of information and resources for the LGBTQ+ community and their allies.

LGBT National Help Center

Call 888-843-4564

Call 800-246-7743 (Hotline for individuals ages 25 and younger)

glbtnationalhelpcenter.org

Confidential peer support connections for LGBT youth, adults and seniors.

Mental Health Fund for Queer and Trans People of Color

nqttn.com/en

Provides financial support for QTPOC to increase access to mental health support.

National Center for Transgender Equality

transequality.org

Resources for transgender individuals, including information on the right to access health care.

National Domestic Violence Hotline

Call 800-799-7233

thehotline.org

Lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Highly trained, experienced advocates offer compassionate support, crisis intervention information and referral services in over 170 languages.

National Queer and Trans Therapists of Color Network

nqttcn.com

Healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC).

PFLAG

pflag.org

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

Point Foundation

pointfoundation.org

Empowers promising lesbian, gay, bisexual, transgender, and queer students to achieve their full academic and leadership potential—despite the obstacles often put before them—to make a significant impact on society.

Pride Institute

Call 800-547-7433

pride-institute.com

Chemical dependency/mental health referral and information hotline for the LGBTQ community.

SAGE National LGBT Elder Hotline

sageusa.org/what-we-do/sage-national-lgbt-elder-hotline

A national advocacy and services organization that's been looking out for LGBTQ+ elders since 1978. We build welcoming communities and keep our issues in the national conversation to ensure a fulfilling future for all LGBTQ+ people.

Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE)

saigecounseling.org

Educational and support resources for LGBTQ individuals, as well as promotes competency on LGBTQ issues for counseling professionals.

The National Runaway Safeline

Call 800-786-2929

runaway.org/youth/nrs_can_help

Advice and assistance to runaways, including resources, shelter, transportation, assistance in finding counseling, and transitioning back to home life. NRS frontline staff will also act as advocates and mediators if/as needed.

The Trevor Project

Text "START" to 678678

thetrevorproject.org

A support network for LGBTQ youth providing crisis intervention and suicide prevention, including a 24-hour text line.

The True Colors United

Call 212-461-4401

truecolorsunited.org

The True Colors Fund is working to end homelessness among lesbian, gay, bisexual, transgender, queer, and questioning youth, creating a world in which all young people can be their true selves. True Colors United runs a database of service providers.

THRIVE Lifeline

Text "oSTEM" to 313-662-8209

thrivelifeline.org/index.html

THRIVE Lifeline's text based crisis hotline brings together experienced suicide interveners partnered with oSTEM to help keep you safe during times of acute mental health crises.

Trans Lifeline

Call 877-565-8860

translifeline.org

Trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.