

# LGBTQIA+ Mental Health Resources

## Crisis Resources

### **LGBT National Help Center**

*Hotline, call 888-843-4564*

*Youth Talkline, call 800-246-7743*

*Senior Hotline, call 888-234-7243*

*Coming Out Support Hotline, call 888-688-5428*

*Online Peer Support Chat, [here](#)*

*Weekly Youth Chatrooms, [here](#)*

An organization run by support volunteers that identify as part of the LGBTQIA+ family. They provide free & confidential peer-support, information, and local resources through national hotlines and online programs.

### **The Network/La Red**

*Call 617-742-4911*

A free, 24/7 support, safety planning, and crisis intervention hotline for LGBTQIA+, BDSM/kink, and polyamorous individuals experiencing abuse or domestic violence.

### **The Trevor Project**

*Call 1-866-488-7386*

*Text "START" to 678-678*

*Chat online [here](#)*

A free, confidential, 24/7 crisis support for for LGBTQIA+ people in suicidal or emotional crisis. In very specific instances of abuse or an imminent suicide, emergency services may be contacted.

### **Trans Lifeline**

*Call 877-565-8860*

*Oprime 2 para español*

A free, confidential, peer support phone service run by trans people for trans and questioning individuals experiencing crisis.

# Therapist Finder

## **Inclusive Therapists**

An interactive directory that helps connect individuals with a therapist that meets their unique needs. The site allows you to filter practitioners by cultural and spiritual knowledge, language, therapist identity, location, cost, and more. There is also an option to get “matched” and have the therapist reach out to you.

## **National Queer and Trans Therapists of Color Network**

An interactive directory that helps queer and trans black, indigenous, and people of color (QTBIPOC) locate QTBIPOC mental health providers in their area. The site also includes additional community and practitioner resources along with an application-based mental health fund.

## **Psychology Today**

An interactive directory that helps people locate therapists, psychiatrists, treatment centers, and more near them. There are options to filter by specialty, insurance, therapist gender, and more.

# For Clinicians

## **Center of Excellence on LGBTQ+ Behavioral Health Equity**

An organization that provides training, coaching, and technical assistance to behavioral health providers working with LGBTQIA+ individuals.

## **Mental Health Technology Transfer Center**

A coordination of networks around the U.S. offering training and technical assistance to those in the mental health workforce. View hundreds of resources on LGBTQIA+ mental health by selecting "LGBTQ" in the keyword section.

## **Northwest Mental Health Technology Transfer Center**

This organization has compiled a list of LGBTQIA+ Behavioral Health Resources that includes podcasts, research, general community resources, and more.

## **Substance Abuse and Mental Health Services Administration**

This report, *Moving Beyond Change Efforts: Evidence and Action to Support and Affirm LGBTQI+ Youth*, provides behavioral health professionals, researchers, policymakers and other audiences with a comprehensive research overview and accurate information about effective and ineffective therapeutic practices related to youth of diverse sexual orientation and gender identity.

## **The National LGBT Health Education Center**

Provides training and technical assistance for health care providers to improve the quality of care for LGBTQIA+ patients.

# General Resources

## **National Alliance on Mental Illness**

Information on LGBTQIA+ mental health, risk factors, finding an affirming therapist, and more.

## **Mental Health America**

Statistics on LGBTQIA+ mental health topics.

## **Resources for LGBTQIA+ Youth by State**

This document by Lambda Legal includes a comprehensive list of LGBTQIA+ resources by state.

## **The Human Rights Campaign**

An LGBTQIA+ rights organization that provides information, education, and advocacy for LGBTQIA+ people.

## **The Trevor Project**

General mental health resources on a variety of LGBTQIA+ topics, including mental health, coming out, and talking about suicide.