

# Resources for LGBTQIA+ communities

## For adults and youth

### **American Foundation for Suicide Prevention**

[afsp.org/preventing-suicide-in-lgbtq-communities](https://afsp.org/preventing-suicide-in-lgbtq-communities)

Focused on sharing suicide prevention strategies, programs, research initiatives, and public policies to prevent suicide in LGBTQIA+ communities and supporting the mental health and wellbeing of LGBTQIA+ people.

### **American Psychological Association (APA)**

[apa.org/pi/lgbt/resources/lgbt-health](https://apa.org/pi/lgbt/resources/lgbt-health)

Provides educational and support resources on a range of LGBTQIA+ topics.

### **Association of Gay and Lesbian Psychiatrists**

[aglp.org](https://aglp.org)

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

### **CenterLink LGBTQIA+ Community Center Member Directory**

[lgbtcenters.org/LGBTCenters](https://lgbtcenters.org/LGBTCenters)

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

### **Gay and Lesbian Medical Association's Provider Directory**

[glma.org](https://glma.org)

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

### **Gay, Lesbian, and Straight Education Network (GLSEN)**

[glsen.org](https://glsen.org)

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

### **Human Rights Campaign**

[hrc.org](https://hrc.org)

America's largest civil rights organization working to achieve LGBTQIA+ equality. Access information and resources for LGBTQIA+ individuals and allies.

### **National Center for Transgender Equality**

[transequality.org](https://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](https://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](https://nqttcn.com)

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

### **PFLAG**

[pflag.org](https://pflag.org)

Largest organization for LGBTQIA+ individuals, their parents and families, and allies.

### **Pride Institute**

Call 800-547-7433

[pride-institute.com](https://pride-institute.com)

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

### **SAGE National LGBTQIA+ Elder Hotline**

[sageusa.org](https://sageusa.org)

A national advocacy and services organization for LGBTQIA+ elders.

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

[saigecounseling.org](http://saigecounseling.org)

Educational and support resources for LGBTQIA+ individuals, and promotes competency on LGBTQIA+ issues for counseling professionals.

**THRIVE Lifeline**

Text "oSTEM" to 313-662-8209

[thrivelifeline.org/index.html](http://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.

## For youth specifically

**Family Acceptance Project**

[lgbtqfamilyacceptance.org](http://lgbtqfamilyacceptance.org)

Resources and tools for families, caregivers, and communities to support LGBTQIA+ youth.

**GLSEN**

[glsen.org](http://glsen.org)

Education organization working to end discrimination, harassment, and bullying based on sexual orientation, gender identity, and gender expression and to prompt LGBTQIA+ cultural inclusion and awareness in K-12 schools.

**It Gets Better**

[itgetsbetter.org](http://itgetsbetter.org)

Nonprofit organization with a mission to uplift, empower, and connect LGBTQIA+ youth around the globe.

**LGBTQIA+ National Help Center**

Call 888-843-4564

Call 800-246-7743 (For ages 25 and below)

[glbtnationalhelpcenter.org](http://glbtnationalhelpcenter.org)

Confidential peer support connections for LGBTQIA+ youth, adults, and seniors.

**Point Foundation**

[pointfoundation.org](http://pointfoundation.org)

Empowers LGBTQIA+ students to achieve their full academic and leadership potential.

**Trans Lifeline**

Call 877-565-8860

[translifeline.org](http://translifeline.org)

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

**Q Chat Space**

[qchatspace.org](http://qchatspace.org)

A bully-free online community of LGBTQIA+ teens that can chat with other LGBTQIA+ teens and vetted/trained staff from LGBTQIA+ community centers around the country.

**The National Runaway Safeline**

Call 800-786-2929

[1800runaway.org](http://1800runaway.org)

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**

Call 866-488-7386 or Text "START" to 678678

[thetrevorproject.org](http://thetrevorproject.org)

A support network for LGBTQIA+ youth providing crisis intervention and suicide prevention.

**True Colors United**

Call 212-461-4401

[truecolorsunited.org](http://truecolorsunited.org)

Working to end homelessness among LGBTQIA+ youth, creating a world in which all young people can be their true selves. True Colors United runs a database of service providers.