

MENTAL HEALTH RESOURCES: LGBTQ+

LGBTQ+ NATIONAL HELP CENTER

Call 1-888-843-4564; open to callers of all ages. Provides peer-counseling, information, and local resources.

TRANS LIFELINE

Call 1-877-566-8860. The hotline is staffed by transgender volunteers ready to respond to whatever needs community members might have.

THE TREVOR PROJECT

Call 1-866-488-7386. A 24/7, free, and confidential suicide hotline for LGBTQ+ youth. Talk with a trained counselor if you are in crisis, are feeling suicidal, or are in need of a safe and judgement-free place to talk. Provides support and educational information for LGBTQ+ youth and their allies. Includes guidebooks to coming out and more.

LAMBDA LEGAL

Provides information about LGBTQ+ laws in all states and resources for LGBTQ+ youth by state.

HUMAN RIGHTS CAMPAIGN

The HRC encourages all LGBTQ+ Americans to live openly and works to educate members and allies to enhance equality.

PFLAG

Provides support to families and allies who are in need, through peer-to-peer meetings, online outreach, and telephone hotlines.

LGBT NATIONAL HELP CENTER

Free and confidential peer-led support for LGBTQ+ people as well as local resources.

HATE CRIME INFO & REPORTING

Information on LGBTQ+ hate crimes, including rates, what's being done, and how to report.

ASEXUAL VISIBILITY

The world's largest online asexual community as well as an archive of resources on asexuality.

IT GETS BETTER PROJECT

View a stream of inspiring stories shared by members of the LGBTQ+ community and find youth support services near you.

BISEXUAL VISIBILITY

A voice for the bisexual community: a place to share accurate information, answer questions, and share resources.

NATIONAL CENTER FOR TRANSGENDER EQUALITY

The NCTE provides self-help guides and information on current issues and legal rights for transgender individuals.