

# 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.