

# MENTAL HEALTH RESOURCES FOR LGBTQIA+ COMMUNITIES

## ORGANIZATIONS FOR CONNECTIONS TO THERAPY AND SUPPORT

### The Trevor Project

The Trevor Project is the leading suicide prevention and crisis intervention organization for LGBTQIA+ young people, providing information and support for LGBTQ+ individuals 24/7, all year round.

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

### Trans Lifeline

A grassroots hotline and microgrants non-profit organization offering direct emotional and financial support to trans people in crisis—by the trans community, for the trans community.

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

### Parents, Families & Friends of Lesbians and Gays (PFLAG)

The first and largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and their families since 1973.

[www.pflag.org](http://www.pflag.org)

### National Queer and Trans Therapists of Color Network (NQTTCN)

A healing justice organization working to transform mental health for queer and trans Black, Indigenous, and people of color (QTBIPOC).

[www.nqttcn.com](http://www.nqttcn.com)

### NAMI Pride

Part of the National Alliance on Mental Illness, focusing on building better lives for the millions of Americans affected by mental illness, with specific resources for LGBTQ+ communities.

[www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQ/NAMI-Pride](http://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQ/NAMI-Pride)

### LGBT National Help Center

Providing peer support, community connections, and resource information through helplines and online chatrooms since 1996.

[www.glbthotline.org](http://www.glbthotline.org)

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

Works to end discrimination, harassment, and bullying in K-12 schools and promote LGBTQ+ cultural inclusion and awareness.

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

### American Foundation for Suicide Prevention

Advocates for research and education around suicide prevention, offering resources specifically for LGBTQ+ mental health and suicide prevention.

[www.afsp.org/lgbtq-mental-health-and-suicide-prevention](http://www.afsp.org/lgbtq-mental-health-and-suicide-prevention)

### The Human Rights Campaign (HRC)

Strives to end discrimination against LGBTQ+ people and achieve fundamental fairness and equality for all through engagement and advocacy.

[www.hrc.org](http://www.hrc.org)

## LOW-COST MENTAL HEALTH CARE OPTIONS

### Cumberland Counseling Centers

<https://cumberlandcenters.org/>

### Highland Rivers Behavioral Health

<https://highlandrivers.org/>

## — ADDITIONAL RESOURCES —

These additional resources offer support for individuals in enhancing their mental health and overall well-being.

### **The Queer and Transgender Resilience Workbook**

*Leigh Finke*

Offers practical skills to navigate the challenges of LGBTQ+ identity and build resilience.

### **Pride Counseling Cards**

Unique set of affirmation cards, created to support thriving lives for queer individuals

[www.pridegracecounseling.com](http://www.pridegracecounseling.com)

### **iChill App**

This free app teaches six wellness skills from the Trauma Resiliency Model (TRM)® and Community Resiliency Model (CRM)® to help you manage sensations associated with trauma and stress, enhancing your well-being.

<https://ichillapp.com/#/minified:me>

### **Self Edition by The And**

A card game that encourages deep conversations and self-reflection, suitable for LGBTQ+ individuals and allies to explore identity and personal experiences.

[www.theskindeep.com](http://www.theskindeep.com)

### **The Queer Box**

A subscription box that includes various activities, games, and self-help tools specifically curated for LGBTQ+ individuals to support mental wellness and self-discovery.

[www.thequeerbox.co.uk](http://www.thequeerbox.co.uk)

## BOOKS WE RECOMMEND —

### **The Queer Advantage: Conversations with LGBTIQ+ Leaders on the Power of Identity**

*Andrew Gelwicks*

### **Trans Like Me: Conversations for All of Us**

*CN Lester*

### **Life Isn't Binary: On Being Both, Beyond and In-between**

*Alex Iantaffi and Meg-John Barker*

### **What it Takes to Heal: How Transforming Ourselves can Change the World**

*Prentis Hemphill*

### **You Belong Here: The Power of Being Seen, Heard, and Valued on Your Own Terms**

*Kim Dabbs*

### **All Pride, No Ego**

*Jim Fielding*

### **Perfectly Queer: Facing Big Fears, Living Hard Truths, and Loving Myself Fully out of the Closet**

*Jillian Abby*

## SOCIAL MEDIA PLATFORMS —

Social media can be a place to go to get inspired, stay in-the-know about social issues and support artists and small businesses.

**Follow these LGBTIQ+ mental health accounts:**

### INSTAGRAM

It Gets Better

@itgetsbetter

Outright International

@outrightintl

The Trevor Project

@trevorproject

Trans Lifeline

@translifeline

PFLAG

@pflag

Free 2 Luv

@free2luv

The National Queer and Trans Therapists of Color Network

@nqttn

### X (TWITTER)

It Gets Better

@itgetsbetter

Outright International

@outrightintl

The Trevor Project

@trevorproject

Trans Lifeline

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