

# LGBTQIA+ MENTAL HEALTH AND SELF-CARE RESOURCES

The Trevor Project 2022 report found that LGBTQ+ youth who had access to supportive spaces that affirmed their gender identity and sexual orientation had lower rates of attempted suicide. Many young people also reported that despite hardships, they also found strength and joy through things such as representation in media, learning more about LGBTQ history, and therapy.

If you are dealing with a mental health issue, it is important to get help. Discrimination can not only lead to increased risk for mental health issues like depression and anxiety, but it can also affect the amount and quality of support that people may have from their own families.

In cases where people experience rejection by their own family, reaching out to friends and other sources of support is essential. Talking to a mental health professional can be helpful. You might start by discussing the issue with your doctor, who may be able to recommend a supportive professional in your community. You may also check with some of the resources listed below to find therapists or support groups in your community.

# LGBTQIA+ MENTAL HEALTH AND SELF-CARE RESOURCES (continued)

## Crisis Resources

**Crisis Text Line** offers 24/7 access to crisis counselors who can offer support. In the US, **text HOME to 741741**. In the UK, **text SHOUT to 85258**. In Canada, **text CONNECT to 686868**. In Ireland, **text HELLO TO 50805**.

**The Trevor Project** is the world's largest crisis intervention organization for LGBTQ+ young people under the age of 25. **Call 866-488-7386 or text START to 678678** to access support 24/7.

**Trans Lifeline** is a service devoted to offering care and support to transgender people. **Call 877-565-8860** to access peer-to-peer support with trans individuals.

**LGBT National Support Hotline** offers support with coming out, identity, bullying, safe sex, anxiety and other concerns. **Call 888-843-4564** for confidential, anonymous assistance.

**National Suicide Prevention Lifeline** is a free, anonymous resource for anyone who is dealing with suicidal thoughts or behaviors. **Chat online or call 988** to talk to a specially trained counselor who understands issues that LGBTQ+ people may be facing.

**SAGE National LGBTQ+ Elder Hotline** connects LGBTQ+ older people who want to talk with friendly, qualified responders who are ready to listen. **Call 877-360-LGBT (5428)**; the hotline is available 24/7 in English and Spanish, with translation in 180 languages.

## Therapy Services

**Pride Counseling** offers online therapy to members of the LGBTQ+ communities via phone, video and online chat.

**The American Psychological Association (APA)** provides educational and support resources on a range of LGBTQ topics.

**The Association of Gay and Lesbian Psychiatrists** offers resources and referrals for LGBT individuals experiencing mental health conditions.

**The Gay and Lesbian Medical Association's Provider Directory** is a search tool that can locate a LGBTQ-inclusive health care provider.

**The LGBT National Help Center** offers confidential peer support connections for LGBT youth, adults and seniors, including phone, text and online chat.

**Pride Institute** offers inclusive recovery programs for substance use and addiction, as well as a family therapy program, a sexual health program, mental health referrals, and telehealth options.

## Support Groups

**PFLAG** maintains a network of over 400 local chapters devoted to helping parents, families, and allies support LGBTQ+ people.

**Q Chat Space** allows LGBTQ+ teens to participate in online support groups that are professionally facilitated in both English and Spanish.

## Youth Resources

Challenges that teens may face include lack of acceptance from their families and bullying by peers, both of which may play a role in increasing the risk of mental health concerns. Some organizations that offer services specifically for LGBTQIA+ youth include:

The **It Gets Better Project** offers resources and stories from people all over the world to encourage, uplift, and empower young people and to let them know that they are not alone.

**Love is Respect** offers resources for teens about healthy relationships and dating violence. The site has a section specifically for LGBTQ+ teens. In addition to providing information about healthy relationships, they also have counselors available to provide support, advice, and education. Support can also be accessed by **calling 866-331-9474 or texting LOVEIS to 22522**.

**The National Runaway Safeline** works to provide resources and assistance to young people who have run away from home. They also work to help those who feel unsafe in their home or who are thinking of running away. They can provide assistance with transportation, shelter, counseling, and returning home. **Visit the website or call 800-786-2929** to connect with someone who can help you create a plan and address your concerns.

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## Online Resources

Organizations providing resources and other services online include:

**[Gay, Lesbian & Straight Education Network \(GLSEN\)](#)** offers information designed to help students take action, initiate changes, and foster inclusion in their schools and communities.

**[GLMA Health Professionals Advancing LGBT Equality](#)** works to connect people who are lesbian, gay, bisexual, and transgender with welcoming healthcare providers in their area.

**[The National Center for Transgender Equality](#)** offers resources for transgender individuals, including information on the right to access health care.

**[Society for Sexual, Affective, Intersex, and Gender Expansive Identities \(SAIGE\)](#)** delivers educational and support resources for LGBTQ individuals, as well as promotes competency on LGBTQ issues for counseling professionals.

**[True Colors United](#)** focuses on ending homelessness among LGBTQ+ youth. In addition to providing learning resources and advocacy, they also provide fundraising guides for those interested in raising money to support LGBTQ+ youth.

**[The Center](#)** is your one-stop shop for all things LGBTQ, whether you're a New Yorker looking for additional services, a visitor to NYC searching for LGBTQ-friendly businesses, or a professional seeking opportunities for training.

## Allyship Resources

As a friend, family member, colleague or neighbor of an LGBTQ+ person, there are small **[actions you can take](#)** that make a big difference.

Show your support for transgender friends and family by adding **[pronouns](#)** to your email signature or Instagram bio. Reach out to LGBTQ+ youth centers and shelters and ask to be added to their list of volunteers.

Learn **[how the rainbow became the symbol of solidarity](#)** for LGBTQIA+ pride, and fly the flag from your home, display a sticker on your water bottle or laptop, or add a magnet to your car.

You can also check out the **[Human Rights Campaign's map](#)** that highlights the policies and laws in each state, so you can stay abreast of LGBTQIA+ issues and participate in conversations. Knowing these policies and laws will also help you advocate for your LGBTQIA+ coworkers.

Challenge yourself to learn some new queer history, especially the stories of those within the community who are different from you. It's vital to learn as much as we can about the struggles the LGBTQ+ community has faced throughout the centuries and the strategies they've employed to overcome them. The fight continues with us. If you're looking for a place to start, check out the educational resources at **[GLSEN](#)**.

## You Are Not Alone

Please be reminded that support is always available through the Employee Assistance Program. **CCA@YourService** can help you and your family members by providing free, confidential access to emotional and mental-wellbeing resources, including:

- Needs assessment and referral to short-term professional counseling for any issue that's on your mind
- Resources and referrals to support medication management, and self-care for mind, body and spirit
- Online articles, tips and self-assessments to help identify signs, symptoms and treatment options for various conditions

**COUNSELING SERVICES REQUEST FORM:**  
**[cca.eapintake.com](http://cca.eapintake.com)**

**ACCESS LINE: 800-833-8707**

**WEB:**  
**[www.myccaonline.com](http://www.myccaonline.com)**  
Company Code: **SCWA**



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