



LGBTQ+ Mental Health Resources

FIND A THERAPIST



NATIONAL QUEER AND TRANS THERAPISTS OF COLOR NETWORK

NQTTCN describe themselves as: “a healing justice organization that actively works to transform mental health for queer and trans people of color in North America.” Check out NQTTCN’s directory of practitioners that you can search by region. NQTTCN has built a network of mental health practitioners as well as a Mental Health Fund for those in need of financial assistance. They share resources for organizations seeking to uplift the community of trans people of color through healing justice initiatives.



INCLUSIVE THERAPISTS

Inclusive Therapists centers the mental health needs of BIPOC and 2SLGBTQIA+ folks. Use this site to help match with therapists and find services tailored to the needs of individuals within these communities. A wide selection of languages is available.

HOTLINES



CRISIS TEXT LINE

Text HOME to 741-741.

The Crisis Text Line offers crisis counseling by text 24/7.



NATIONAL SUICIDE PREVENTION LIFELINE

Call 1-800-273-8255 or Español: 1-888-628-9454

The National Suicide Prevention Lifeline offers confidential crisis support by phone 24/7.



THE TREVOR PROJECT

Call 1-866-488-7386 or Text START to 678-678

The Trevor Project offers mental health support for LGBTQ young people via call, text, and online chat, and published [this guide](#) with tips on how to support Black LGBTQ Youth.



TRANS LIFELINE

Call 877-565-8860.

The Trans lifeline is a 24/7 phone peer support service run by and for Trans & nonbinary people. They operate using a principle of no nonconsensual active rescue to ensure those who seek their services have autonomy in the care they receive.

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LEARN MORE ABOUT LGBTQ+ MENTAL HEALTH



NAMI - LGBTQI RESOURCES

A mental health guide for LGBTQI individuals. It goes over mental health care barriers, cultural competency, and includes a list of mental health resources, therapist directories, self-care guides, and educational resources.



APA - LGBTQ MENTAL HEALTH INFORMATION

This page from the American Psychiatric Association provides a series of- blogs, articles, videos, downloadable handouts, and modules centering mental health treatment of the LGBTQ population.



MHTTC LGBTQIA+ BEHAVIORAL HEALTH RESOURCES

This page includes a list of LGBTQIA+ resources compiled by the Mental Health Technology Transfer Network. The page includes connections for community support, education, research, articles, podcasts and webinars, and organizations that center LGBTQ+ folks.



GLAD - YOUTH ORGANIZATIONS IN MA

This resource provides a series of youth-serving LGBTQ+ organizations in Massachusetts for getting involved or learning more.



HOW CAN BEING LGBTQ INFLUENCE MENTAL HEALTH? LGBTQ+ Communities and Mental Health



HOW CAN I SUPPORT THE MENTAL HEALTH OF LGBT STUDENTS? A Guide to Supporting Lesbian, Gay, Bisexual and Transgender Students in Your School



HOW CAN ORGANIZATIONS SUPPORT THE MENTAL HEALTH OF LGBT EMPLOYEES? Supporting LGBT mental health at work



HOW CAN I HONOR VICTIMS OF ANTI-TRANS VIOLENCE? GLAAD Transgender Day of Remembrance



WHAT DOES IT MEAN TO BE AN ALLY? The Guide to Allyship A Guide to Being an Ally to Transgender and Nonbinary Youth – The Trevor Project Ally or Accomplice? The Language of Activism



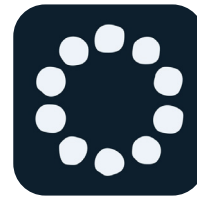
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A P P S



PRIDE COUNSELING

Pride Counseling is an app to help match people seeking counseling with licensed therapists that specialize in the LGBTQ community.



SUBDIAL - ALTERNATIVES TO CALLING 911

Subdial is an app that provides local first responder resource options specific to the user's needs. Subdial offers resources for incidents involving mental health, domestic disturbances, homelessness and other incidents.

P O D C A S T S

QUEER PUBLIC HEALTH PODCAST whitman-walker.org/podcasts

The Queer Public Health Podcast (QPH) is a monthly podcast centered on LGBTQ public health. The podcast is hosted by Tiffany Mott-Smith—writer & organizer, and Patrick S. Walden—a Clinical Social Worker.

QUEER MEDUCATION queermeducation.com/podcast

Queer MEDucation is a podcast run by Kerin “KB” Berger, a Physician Assistant whose clinical practice includes many aspects of queer and sexual health. The podcast is a series of interviews with medical experts, mental health professionals, advocates, students, and community members who are devoted to improving LGBTQI & GNC Health Care.

QUEERWOC: THE PODCAST soundcloud.com/queerwoc

QueerWOC is an online community and podcast for Queer Women of Color run by its founders, Money and Nikeeta. Money is a mental health counselor and doctoral candidate and Nikeeta is an organizer and activist. They hold conversations on discrimination within the LGBTQ community, activism and revolution, and how to use writing of prominent Queer WOC to inspire healing. One segment called the “Mental Moment,” centers the preservation of mental health.