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 LGBTIQA+ young people, providing information and support for LGBTQ+ individuals 24/7, all year round.

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

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

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

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

LGBT National Help Center

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

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

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

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

LOW-COST MENTAL HEALTH CARE OPTIONS

Cumberland Counseling Centers
https://cumberlandcenters.org/

Atlanta Therapeutic Collective
https://www.atlantatherapeuticcollective.com/lgbtq-therapist-atlanta

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

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

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

BOOKS WE RECOMMEND

The Queer Advantage: Conversations with LGBTIQA+ 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 LGBTQIA+ 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	**@nqttcn**

X (TWITTER)

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PFLAG	**@pflag**
Free 2 Luv	**@free_2_luv**
The National Queer and Trans Therapists of Color Network	**@nqttcn**