

LGBTQIA+ MENTAL HEALTH RESOURCES

THE TREVOR PROJECT

The Trevor Projects' mission is to end suicide among lesbian, gay, bisexual, transgender, queer, and questioning youth. They aim to achieve this mission through their five key programs: crisis services, peer support, research, public education, and advocacy.

CALL **1-866-488-7386** | TEXT "START" to **678678** | CHAT at <https://www.thetrevorproject.org/get-help/>

TRANS LIFELINE

The trans lifeline is a non-profit organization offering direct emotional and financial support to trans people in crisis - for the trans community, by the trans community,

CALL **877-565-8860**

LGBT NATIONAL HELP CENTER

Serving the lesbian, gay, bisexual, transgender, queer, and questioning community by providing free & confidential peer support & local resources.

LGBT National Youth Talkline: CALL **800-246-7743**

NATIONAL QUEER AND TRANS THERAPISTS OF COLOR NETWORK (NQTTCN)

National Queer and Trans Therapists of Color Network (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC). We work at the intersection of movements for social justice and the field of mental health to integrate healing justice into both of these spaces.

IT GETS BETTER PROJECT

The It Gets Better Project is a nonprofit organization with a mission to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer youth around the globe. They created imi a guide built for and with LGBTQ+ teens to help them explore their identity and support their mental health.

Visit imi: <https://imi.guide>

GSLEN

GSLEN is a national network of educators, students, and local chapters working to improve the experience of LGBTQ students through policies, curriculum, and educator training.

THE HUMAN RIGHTS CAMPAGIN

By inspiring and engaging individuals and communities, the Human Rights Campaign strives to end discrimination against LGBTQ+ people and realize a world that achieves fundamental fairness and equality for all.