

Resources for LGBTQ+ Communities

MENTAL HEALTH RESOURCES

The Trevor Project:

- [Trevor Lifeline/Chat/Text](#): 24/7 support via phone, text, or online instant messaging

National Queer and Trans Therapists of Color Network:

A healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC):

- [Mental Health Fund for Queer and Trans People of Color](#): provides financial support for QTPoC to increase access to mental health support
- [Mental Health Practitioner Directory](#)

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

A national network of educators, students, and local chapters working to give students a safe, supportive, and LGBTQ+ inclusive education

- [Educator Resources](#)
- [Student Resources](#): to create change in their schools

Human Rights Campaign (HRC): America's largest civil rights organization works to achieve LGBTQ equality. Their website has a wealth of information and resources for the LGBTQ+ community and their allies:

- [Resources](#): organized by topic – includes content on individual identities, communities of color, workplace, etc.
- [QTBIPOC Mental Health and Well-Being](#)
- [Coming Out](#): Living Authentically as Black LGBTQ+ People
- [Bi+ Coming Out Guide](#)
- [Coming Out](#): Living Authentically as LGBTQ Asian and Pacific Islander Americans
- [Coming Out](#): Living Authentically as LGBTQ Latinx Americans
- [Guide for LGBTQ Youth](#): A guide from HRC and the Child Mind Institute offering specific tips for LGBTQ youth regarding the importance

of mental health, how to help a friend struggling with mental health issues, and how to find an LGBTQ-affirmative therapist

- [Tip Sheet for School Counselors](#): A checklist from HRC and the American School Counseling Association with resources for school counselors who work with LGBTQ youth during COVID-19
- [Checklist for Educators](#): A checklist from HRC and the National Education Association offering resources for educators who work with LGBTQ youth during distance learning
- [Checklist for School Social Workers](#): A new tip sheet produced by HRC, Project THRIVE, and



SENTARA®

in partnership with the School Social Work Association of America with guidance for how school social workers can support LGBTQ students during distance learning

PARTNERSHIPS AND RESOURCES

- [How Do I Find LGBTQ+ Friendly Therapy?](#)
- [Questions to Help QTBIPOC Find Affirming Mental Health Providers](#): A Resource Created in Partnership with Mental Health America and the Human Rights Campaign
- [2019 Black and African American LGBTQ Youth Report](#)
- [GLSEN's Website on Native and Indigenous LGBTQ Youth in U.S. Schools](#)
- [GMLA Provider Directory](#)
- [National Queer and Trans Therapists of Color Network \(NQTTN\)](#): QTPoC Mental Health Practitioner Directory
- [National LGBT Health Education Center](#): Learning Resources for Providers
- [Two Spirit and LGBTQ Health](#)
- [Gay, Lesbian and Straight Education Network \(GLSEN\)](#)

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*Source: GLNH.ORG

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