LGBTQ+ Crisis, Support, and Community Resources

AFSP is committed to ensuring LGBTQ+ individuals and families have access to affirming, inclusive, and culturally responsive support. The organizations and tools below offer crisis intervention, mental health support, community connection, education, and advocacy.

Crisis & Peer Support Hotlines

The Trevor Project
The world's largest suicide prevention and crisis intervention organization for LGBTQ+ youth. Provides 24/7 confidential crisis support, research, education, and advocacy. https://www.thetrevorproject.org

Trans Lifeline
A peer support hotline run by trans people for trans and questioning individuals. https://translifeline.org

1-877-565-8860 **(United States)**

1-877-330-6366 **(Canada)**

LGBT National Help Center
Provides peer support, community connections, and resource information through national hotlines and online chatrooms for youth and adults.
https://www.lgbthotline.org

BlackLine
A culturally responsive crisis and support line centering Black, Indigenous, and People of Color, LGBTQ+ individuals, and those with intersecting identities.
https://www.callblackline.com

Mental Health & Healthcare Access

National Queer and Trans Therapists of Color Network
A healing justice organization working to transform mental health for queer and trans Black, Indigenous, and People of Color. https://www.nqttcn.com/en

OutCare Health
A database of LGBTQ+ affirming healthcare providers and resources.
https://www.outcarehealth.org

How Do I Find LGBTQ-Friendly Therapy?
A guide to locating inclusive, affirming mental health providers:
https://screening.mhanational.org/content/how-do-i-find-lgbtq-friendly-therapy/?layout=mhas%2cactions]

AIDS Healthcare Foundation (AHF)
A global nonprofit organization that provides HIV testing, treatment, and health care services to people in need. https://www.aidshealth.org/

Youth, School, and Education Resources

Glisten
A national network of educators, students, and local chapters working to ensure LGBTQ+ students have safe, supportive, and inclusive schools.
https://www.glsen.org

Welcoming Schools
A GLSEN program supporting elementary schools in creating LGBTQ+ and gender inclusive learning environments. https://www.welcomingschools.org

The Trevor Project - Education Resources
Educational tools and training to support LGBTQ+ youth in schools and communities. https://www.thetrevorproject.org/education

Older Adult Support

SAGE (Services & Advocacy for LGBT Elders)
The nation's largest and oldest organization dedicated to improving the lives of LGBTQ+ older adults through services, advocacy, and resources for caregivers.
https://www.sageusa.org

Family Acceptance & Parenting Support

PFLAG
The nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and their families. https://www.pflag.org

Family Acceptance Project
A research-based initiative working to prevent health risks and promote well-being for LGBTQ youth through family support. https://familyproject.sfsu.edu

Strong Family Alliance
Supports families in creating affirming and safe environments for LGBTQ children. https://www.strongfamilyalliance.org/

Rainbow Families
Resources and community for LGBTQ+ parents and families.
https://rainbowfamilies.org/

Workplace Inclusion

Society for Human Resource Management (SHRM) Toolkit
Ensuring workplace inclusion for LGBTQ+ employees. https://www.shrm.org

Human Rights Campaign - Equality Rising
A report on LGBTQ+ workers and the road ahead. https://www.hrc.org

Advocacy & Research Organizations

Human Rights Campaign (HRC)
The largest LGBTQ+ civil rights organization in the U.S., advocating for equality, inclusion, and policy change. https://www.hrc.org

CenterLink
A directory to help locate LGBTQ+ community centers nationwide.
https://www.lgbtcenters.org

National LGBTQ Task Force
Advocates for LGBTQ+ rights through policy change, community organizing, and leadership development. https://www.thetaskforce.org/

Advocates for Trans Equality
Works to advance equality for transgender people through policy advocacy, legal work, and public education. https://transequality.org/

Transgender Law Center
The largest national trans-led organization advocating for transgender rights through legal support, policy change, and community education.
https://transgenderlawcenter.org/

American Civil Liberties Union (ACLU)
A national organization that works to defend and protect civil rights and liberties, including LGBTQ+ rights, through litigation, advocacy, and public education.
https://www.aclu.org/

Lambda Legal
A national organization working to achieve full recognition of the civil rights of lesbian, gay, bisexual, and transgender people and people living with HIV through litigation, education, and public policy advocacy. https://www.lambdalegal.org/

Community Connection

TrevorSpace
An online, moderated community for LGBTQ+ young people and allies. https://www.trevorspace.org

National LGBTQ+ and Allied Chamber of Commerce (NGLCC)
Advances economic opportunities for LGBTQ+ people by connecting LGBTQ+-owned businesses with corporations, government agencies, and community partners. https://nglcc.org/

Non-LGBTQ-Specific Crisis Hotlines

988 Suicide & Crisis Lifeline
Call or text 988 or chat via 988lifeline.org to connect with trained crisis counselors 24/7.

Crisis Text Line
Text TALK to 741-741 to connect with a trained crisis counselor via text message 24/7.

Connection makes a difference

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