

LGBTQ+ Mental Health Resources

Find Support



Find a Therapist

- ★ [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.
- ★ [National Queer and Trans Therapists of Color Network](#) 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 NQTTTCN’s directory of practitioners that you can search by region. Since May 2016, NQTTTCN has been building 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

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 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 youth 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.

Learn More 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.

LGBTQ+ Mental Health Resources

- ★ **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](#)



Apps & Podcasts

- ★ [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](#) 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.

Queer Public Health Podcast <https://www.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 <https://www.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 <https://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.

