



Purpose

Whether you need someone to talk to, want more information, or are looking for overall support, knowing what resources are available to you is essential. Below is a comprehensive list of organizations and charities that cater specifically to people who identify as a part of the LGBTQ+ community.

Resources

It Gets Better:

A nonprofit organization with a mission to uplift, empower and connect lesbian, gay, bisexual, transgender, and queer youth around the globe. Link is to a series of videos designed to support the LGBTQ+ youth population.

<https://itgetsbetter.org/stories/>

The Trevor Project:

24/7 service for LGBTQ+ youth in crisis, feeling suicidal, or needing a safe and judgment-free place to talk. It offers a call line, online messaging, text, social networking, and educational resources.

<https://www.thetrevorproject.org/>

1-866-488-7386

Text START to 678678

Q Chat Space:

Provides online discussion groups for LGBTQ+ teens ages 13 to 19. It is live and chat-based; there is no video or audio. Everyone is chatting during the same pre-scheduled time.

<https://www.qchatspace.org/Upcoming-Groups>



Sage Hotline and Resources:

The SAGE LGBTQ+ Elder Hotline is available 24 hours a day, seven days a week, in English and Spanish, translating in 180 languages. We connect LGBT older people who want to talk with friendly responders who are ready to listen. Confidential. Provides information about community support resources such as healthcare, transportation, counseling, legal services, and emotional support programs.

<https://www.sageusa.org/what-we-do/sage-national-lgbt-elder-hotline/>

<https://www.sageusa.org/resource-category/lgbt-aging/>

1-877-360-5428

TRANSTECH:

TransTech is an incubator for LGBTQ Talent focused on economically empowering transgender people in our community. At TransTech, we learn and work together to develop professional skills and values within marginalized LGBTQ communities. TransTech members have access to the online community and training as well as TransTech co-working and meet-up locations.

<https://www.transtechsocial.org/training/>

GLMA:

Find an LGBTQ+ friendly healthcare provider

<http://www.glma.org/index.cfm?fuseaction=Page.viewPage&pageId=939&grandparentID=534&parentID=938&nodeID=1>

Trans Lifeline:

Offers a hotline to support Transgender people. Trans Lifeline is a national trans-led 501(c)(3)

An organization dedicated to improving the quality of trans lives by responding to the critical needs of our community with direct service, material support, advocacy, and education.



<https://www.translifeline.org>

1-877-565-8860

LGBT National Help Center:

Offers peer-support counseling and resource information hotline for the LGBT population, LGBT people under 25, and LGBTQ+ seniors. Offers peer-support Instant Messaging. Offers LGBT Teens (up to 19) Online talk group, Trans Youth Online Talk group (13 and younger), and Trans Teen (12-19) Online talk group.

<http://www.glbtnationalhelpcenter.org/>

For those above 25: 1-888-843-4564

for those under 25: 1-800-246-7743

Seniors: 1-888-234-7243

Lambda Legal:

Lambda Legal's Help desk provides information and resources relating to discrimination based on sexual orientation, gender identity, and gender expression, and HIV status.

<https://www.lambdalegal.org/your-rights>

Glad:

Offers legal support for Transgender people affected by the Transgender Military ban. Provides free & confidential information, assistance and referrals 1:30 - 4:30 p.m. Eastern Standard Time.

Monday - Friday. The translation is available in over 200 languages.

<https://www.glad.org/know-your-rights/glad-answers/>

1-800-455-GLAD



Modern Military Association of America:

Offers legal services and a variety of other supports for LGBTQ+ service members, military spouses, veterans, their families, and allies.

<https://modernmilitary.org/>

The National Domestic Violence Hotline:

This webpage provides information about what relationship violence can look like, specifically in an LGBTQ+ relationship. Two hotlines are available. The resource also offers an instant messaging support service and a variety of links to in-person support systems and informational content.

<https://www.thehotline.org/is-this-abuse/lgbt-abuse/>

1-800-799-7233

1-800-787-3224

Fenway Health:

Fenway Health's anonymous and confidential hotline offers help, information, referrals, and support for LGBTQ+ individuals aged 25 or older. Call for support related to safer sex, coming out, finding gay-friendly establishments, HIV and AIDS, depression, suicide, anti-gay/lesbian harassment, violence, or any other issues you are facing.

<https://fenwayhealth.org/>

1-888-340-4528 Hours: Monday – Saturday, 6:00 PM – 11:00 PM

1-617-267-9001 Hours: Monday – Saturday, 6:00 PM – 11:00 PM