



## National Resources for LGBTQ+ Adults

### LGBT National Hotline

#### LGBT National Help Center

1-888-843-4564

[glbthotline.org](https://glbthotline.org)

The LGBT National Hotline offers free and confidential peer counseling, support, and information on local resources for LGBTQ+ people.

### LGBT National Senior Hotline

888-234-7243

<https://glbthotline.org/senior-hotline/>

The LGBT National Senior Hotline offers free and confidential peer counseling, support, and information on local resources for LGBTQ+ seniors.

### Translifeline

1-877-565-8860

<https://translifeline.org/>

Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers.

### Trevor Lifeline

1-866-4-U-TREVOR (488-7386)

[thetrevorproject.org](https://thetrevorproject.org)

The Trevor Project runs the nation's only 24/7 crisis intervention and suicide prevention hotline for LGBTQ+ people ages 13 to 24. Also provides crisis peer support and public education for allies and educators.

### Crisis Text Line

Text HOME to 741741

[www.crisistextline.org](https://www.crisistextline.org)

The Crisis Text Line provides 24/7 support with a trained Crisis Counselor.

### 988 National Suicide and Crisis Lifeline

Call, text or chat 988

[988lifeline.org](https://988lifeline.org)

The 988 Suicide and Crisis Lifeline provides free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

### National Alliance on Mental Illness Helpline

1-800-950-NAMI (6264)

Or text "NAMI" to 62640

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

The NAMI helpline can provide confidential emotional support, mental health information, and resources for you, your friends, and family members.

### Mental Health America

<https://mhanational.org/get-help/>

Provides information on mental health, crisis support, finding a warmline, and treatment options for mental health conditions.

### Alternatives to Suicide (Alt2Su)

<https://wildfloweralliance.org/alternatives-to-suicide/>

Alt2Su provides a space where people who may have thoughts and feelings of suicide, want to die, or have survived suicide attempts can discuss their experiences in a safe, confidential space.

### The National Coalition Against Domestic Violence

[ncadv.org](https://ncadv.org)

The NCADV can connect you to local domestic violence resources.

### **National Sexual Assault Hotline**

1-800-656-HOPE (4673)

[rainn.org](http://rainn.org)

RAINN (Rape, Abuse & Incest National Network) operates the National Sexual Assault Hotline.

### **The National Sexual Violence Resource Center**

[www.nsvrc.org](http://www.nsvrc.org)

The NSVRC offers free and low-cost resources for survivors, friends and family, advocates and educators.

### **National LGBTQ Institute on Intimate Partner Violence (IPV)**

<https://lgbtqipinstitute.org/resources-for-survivors/>

The National LGBTQ Institute on IPV offers information and resources for survivors across a variety of intersectional identities.

### **A Way Out**

<https://www.awayout.info/>

A Way Out provides resources, information, and support for LGBTQ+ individuals navigating abusive relationships.

### **National Domestic Violence Hotline**

800-799-7233

Or text "BEGIN" to 88788

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

Helps survivors of sexual assault, harassment, and abuse to understand their rights and options.

### **National Institute on Alcohol Abuse and Alcoholism (NIAAA) Treatment Navigator**

<https://alcoholtreatment.niaaa.nih.gov/>

NIAAA helps to inform and navigate alcohol treatment options for adults.

### **Substance Abuse and Mental Health Services Administration (SAMHSA) Helpline**

1-800-662-HELP(4357)

[www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)

SAMHSA's National Helpline provides free and confidential treatment referral and information service for individuals and families facing mental and/or substance abuse disorders.

### **LGBTQ+ Healthcare Directory**

<https://lgbtqhealthcaredirectory.org/>

A free, searchable database for doctors, medical professionals, and healthcare providers that are knowledgeable and sensitive to healthcare needs of LGBTQ+ people.

### **National Queer and Trans Therapists of Color Network**

<https://nqttcn.com/en/>

A free, searchable directory that provides information on local QTBIPOC mental health practitioners.

### **Inclusive Therapists**

<https://www.inclusivetherapists.com/>

Inclusive Therapists offers a free, searchable database for finding therapy for queer, BIPOC, and marginalized communities that includes a variety of therapy modalities.