# LGBTQIA+ Youth Mental Health Resource List

*LGBTQIA+= Lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual. The + acknowledges the expanding understanding of different identities*

## *RESOURCES ON LGBTQIA+ YOUTH MENTAL HEALTH*

- Gender Justice LA: Gender Justice LA organizes and provides resources for transgender and gender non-conforming people
- The Williams Institute: The Williams Institute is the leading research center on sexual orientation and gender identity
- The Trevor Project Mental Health Resources: The Trevor Project aims to end suicide among LGBTQ young people
- Human Rights Campaign Resources for LGBTQ+ Youth: Human Rights Campaign's goal is to ensure that all LGBTQ+ people are treated equally globally
- The LGBTQ Youth Space Resources: The LGBTQ Youth Space provides services and counseling for LGBTQIA+ youth in Santa Clara County
- Los Angeles LGBT Center: The LA LGBT Center provides various services in areas like health, housing, education, and leadership for the LGBTQ community in Los Angeles County
- Gay & Lesbian Alliance Against Discrimination (GLAAD): GLAAD is an advocacy organization and works to ensure fair and inclusive representation

## *WARMLINES AND HOTLINES*

- The Trevor Project crisis line:
  - Online chat
  - Phone: 1-866-488-6386
  - Text: 678-678
- 988 LGBTQI+ line:
  - Phone: 988, press 3 when prompted
  - Text: Text "Q" to 988