



LGBT RESOURCE LIST

FACT SHEET / APRIL 2021

ALCOHOL AND DRUG ABUSE

Al-Anon Family Group

- 1-888-4AL-ANON (1-888-425-2666)
- <http://www.al-anon.org>
- wso@al-anon.org

Alcohol/Drug Abuse Referral Hotline

- 1-800-780-2294
- <http://www.freerehabcenters.org>

Substance Abuse and Mental Health Services Administration

- 1-800-662-HELP (1-800-662-4357)
- <https://www.samhsa.gov/find-help/national-helpline>

TOBACCO

National Cancer Institute

- 1-877-44U-QUIT (1-877-448-7848)
 - <http://smokefree.gov/talk-to-an-expert>
-

SEXUAL ASSAULT

National Sexual Assault Hotline

- If in an unsafe situation, text LOVEIS to 1-866-331-9474.
- 1-800-656-HOPE (1-800-656-4673)
- <https://www.rainn.org>

DOMESTIC VIOLENCE

National Domestic Violence Hotline

- 1-800-799-7233
- TTY: 1-800-787-3224
- <http://www.thehotline.org>

ANTI-VIOLENCE: LGBTQ-SPECIFIC RESOURCES

National Coalition of Anti-Violence Programs

- 1-212-714-1141
- <https://avp.org/get-help/call-our-hotline>

FORGE

- National transgender anti-violence organization
- 1-414-559-2123
- <https://forge-forward.org/about/contact-us>

MEDICAL SERVICES

GLMA Find a Provider

- https://glmainpak.networkats.com/members_online_new/members/dir_provider.asp

Planned Parenthood

- <https://www.plannedparenthood.org>

RAD Remedy Find a Provider

- <https://www.radremedy.org/find-provider>

WPATH Find a Provider

- <https://www.wpath.org/provider/search>

MENTAL HEALTH

APA Psychologist Locator

- <https://locator.apa.org>

Psychology Today Therapist Finder

- <https://therapists.psychologytoday.com/rms>

SUICIDE PREVENTION

National Suicide Prevention Lifeline

- 1-800-273-TALK (1-800-273-8255)
- Spanish: 1-888-628-9454
- <http://www.suicidepreventionlifeline.org>

Veterans Crisis Line

- 1-800-273-8255 and Press 1
- Text: 838255
- <https://www.veteranscrisisline.net/get-help/chat>

HIV/AIDS

National HIV and STD Testing Resources

- 1-800-CDC-INFO (1-800-232-4636)
- TTY: 1-888-232-6348
- <http://www.cdc.gov/hiv/testing>

BASIC NEEDS – HEALTHCARE, FOOD, HOUSING, BENEFITS

Benefits.gov

- Find benefits you may be eligible to receive and be directed to the agency to apply
- <https://www.benefits.gov/benefit-finder>

Health Care

- Enroll in or change healthcare plans, or see if you qualify for Medicaid or the Children's Health Insurance Program (CHIP)
- <https://www.healthcare.gov>

Supplemental Nutrition Assistance Program (SNAP)

- <https://www.fns.usda.gov/snap/recipient/eligibility>

Tenant Protections related to COVID-19

- <https://www.hud.gov/coronavirus/renters>

LGBTQ GENERAL SUPPORT

LGBT National Hotline

- 1-888-843-4564
- <https://www.glbthotline.org/hotline.html>

Trans Lifeline

- 1-877-565-8860
- <https://www.translifeline.org>

CenterLink

- Directory of LGBT community centers nationwide
- <https://www.lgbtcenters.org/LgbtCenters>

LGBTQ LEGAL SERVICES AND INFORMATION

American Civil Liberties Union (ACLU)

- <https://www.aclu.org/about/affiliates>
- <https://action.aclu.org/legal-intake/report-lgbtqhiv-discrimination>

GLBTQ Legal Advocates & Defenders (GLAD)

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

Lambda Legal

- <http://www.lambdalegal.org/helpdesk>

National Center for Lesbian Rights (NCLR)

- <https://www.nclrights.org/contact-us>

State Equal Employment Agencies

- <https://www.nolo.com/legal-encyclopedia/fepa.html>

Transgender Law Center

- <http://transgenderlawcenter.org/resources>

Transgender Legal Defense and Education Fund (TLDEF)

- <http://tldef.org/contact-us>

U.S. Equal Employment Opportunity Commission (EEOC)

- https://www.eeoc.gov/eeoc/newsroom/wysk/enforcement_protections_lgbt_workers.cfm

NATIONAL RESOURCES FOR PARENTS OF LGBTQ YOUTH

Trevor Project

- 24/7 Suicide Hotline for LGBTQ youth
- 1-866-488-7386
- <https://www.thetrevorproject.org/get-help-now>

Family Acceptance Project

- <https://familyproject.sfsu.edu>

PFLAG

- <https://pflag.org/find-a-chapter>

Gender Spectrum

- Varied resources, particularly related to a non-binary/gender expansive identity
- <https://www.genderspectrum.org>

Human Rights Campaign

- <https://www.hrc.org/resources/supporting-your-young-gender-non-conforming-child>

GLSEN (Gay, Lesbian, Straight Educators Network)

- Varied resources to create safe K-12 schools, including Gay-Straight-Alliances
- <https://www.glsen.org>

