



LGBTQ(2S)+ Mental Health

Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, and Two-Spirit

RESOURCES

The Trevor Project

https://www.thetrevorproject.org/trvr_support_center/mental-health/

The Trevor Project is a leading national organization providing crisis intervention and suicide prevention services to LGBTQ+ people. It also provides education and additional resources.

American Foundation for Suicide Prevention

<https://afsp.org/preventing-suicide-in-lgbtq-communities>

AFSP encourages research on suicide, suicide risk, and suicide prevention in the LGBTQ+ community. Better understanding of an increased suicidal ideation and behavior seen in the community is needed.

Trans Lifeline

<https://translifeline.org/>

Trans-led organization that connects trans people to community support and resources.

National Alliance on Mental Illness

<https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQ/>

A resource that contains statistics and resources specific for the LGBTQ+ community within the larger framework of mental health support that they provide.

Mental Health America

<https://www.mhanational.org/lgbtq-mental-health-insights-mha-screening>

This website shows the results of a mental health screening of LGBTQ+ people. The report and key findings can be downloaded.

Talking About LGBT Issues

<https://www.lgbtmap.org/talking-about-lgbt-issues-series>

This is a series of guides based on resources gathered by the Movement Advancement Project, which are designed to help shape discussions and deepen understanding of key issues of importance to lesbian, gay, bisexual, and transgender people.

LGBT National Help Center

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

Serving the LGBTQ+ community by providing free and confidential peer-support and local resources.

Parents, Families and Friends of Lesbians and Gays

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

A national support, education, and advocacy organization for LGBTQ+ community and their parents, friends, and other allies. This organization educates families and communities on LGBTQ+ issues.

The Okra Project

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

The Okra Project is a collective that seeks to address the global crisis faced by Black Trans people by bringing resources and meals to Black Trans people.

The National Queer & Trans Therapists of Color Network

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

This is a healing justice organization committed to transforming mental health for queer and trans people of color.

NEED SUPPORT? Call 1-800-273-TALK or Text 'HELP' to 741741



LGBTQ(2S)+ Mental Health **RESOURCES**

GLMA Health Professionals Advancing LGBTQ Equality

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

A national organization committed to ensuring health equity for LGBTQ+ and all sexual and gender minority groups.

Pride Institute

<https://pride-institute.com/>

Available 24/7, this organization provides a chemical dependency and mental health referral and information hotline for the LGBTQ+ community.

Human Rights Campaign Healthcare Equality Index

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

The Human Rights Campaign provides the national LGBTQ benchmarking tool, which evaluates healthcare facilities policies and practices related to LGBTQ patients, visitors, and employees.

It Gets Better Project

<https://itgetsbetter.org/>

This is a nonprofit organization with a mission to uplift, empower, and connect LGBTQ+ youth around the globe. Their website offers education, stories, and directory of local resources to help get the support your loved one needs.

Q Card Project

<http://www.qcardproject.com/>

The Q Card is a simple and easy to use communication tool designed to empower LGBTQ youth to become actively engaged in their health, and to support the people who provide their care.

Q Chat Space

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

Q Chat Space is a digital LGBTQ+ center where teens join live-chats professionally facilitated, online support groups. Also available in Spanish.

South Dakota Suicide Prevention

<https://sdsuicideprevention.org/specific-populations/lgbtq/>

South Dakota Suicide Hotline and information about suicide prevention in certain groups, including the LGBTQ+ community.

Black Hills Center for Equality

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

This is a website for LGBTQ+ individuals in the Black Hills. It provides information on Pride and the Iris Clinic, which is a community health clinic specifically for the LGBTQ+ community. They offer checkups, mental health care, sexual health education, and re-affirm identities for their parents. Parents of patients can also receive education tools and support.

Sioux Falls Pride

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

This website offers information on Sioux Falls Pride events, as well as offers resources for the LGBTQ+ community, such as doctors and health centers, hotlines, and therapists and counselors.

YMSM+LGBTQ

<https://www.ymsmlgbt.org/nativeamericanresources/>

This organization was established to help providers develop skills to deliver culturally responsive and evidence-based prevention and treatment services for LGBTQ+ individuals, including Native American populations.

Indian Health Service

<https://www.ihs.gov/lgbt/health/twospirit/>

This website page defines what 2S “two-spirit” means and addresses the misconceptions. Two-spirit is a third gender identity that has been a part of Native American cultures since the early 1900s.

Lost&Found facilitates comprehensive, data-driven, resilience-focused, public mental health programs for suicide prevention, serving young adults 15-34.

Learn more at resilienttoday.org.

