



SAM & DEVORAH FOUNDATION FOR TRANSGENDER YOUTH

Mental Health Resource Guide

General Mental Health

- **Trans Lifeline**

- **Website:** [TransLifeline.org](https://www.translifeline.org)
- **US Phone Number:** +1 (877) 565-8860
- **Canada Phone Number:** +1 (877) 330-6366
- **Hours of Operation:** 24 / 7 / 365
- **Accessibility:** Free services
- **Languages:** English & Spanish
- **Age Range:** All ages
- **Description:** Hotline operated by trans / nonbinary people to offer peer support to trans / nonbinary people. You do not need to be in a crisis to call.
- **Safety:** Calls are anonymous and confidential. Calls are recorded for quality assurance. They will not call emergency services without your consent. If you call and do not reach a volunteer, you will not be placed on hold, and the call will end. You are encouraged to call back.
- **Various Services:** Name change microgrants; Microgrants for incarcerated and formerly incarcerated trans / nonbinary people.





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- **National Queer & Trans Therapists of Color Network**
 - **Website:** [NQTTCN.com/En/Mental-Health-Directory/](https://nqtccn.com/En/Mental-Health-Directory/)
 - **Accessibility:** Listed for each care provider. Access to the directory is free.
 - **Languages:** Listed for each care provider.
 - **Age Range:** Listed for some care providers.
 - **Description:** Directory of mental health care providers who are queer / trans people of color (QTPOC). The specific identities and experiences of each care provider are listed. Other information listed includes therapeutic approach, the platform of therapy, and costs of care.
 - **Various Services:** Mental Health Fund provides QTPOC financial support for 6 sessions with a psychotherapist for up to \$100 per session.





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- **LGBT National Help Center**
 - **Website:** lgbthotline.org/
 - **US Phone Numbers:**
 - **National Hotline:** 888-843-4564
 - **Youth Talkline:** 800-246-7743
 - **Senior Hotline:** 888-688-5428
 - **Coming Out Support Hotline:** 888-688-5428
 - **Accessibility:** Free services
 - **Age Range:** All ages
 - **Description:** Provides peer support, community connections, and resource information with services focusing on sexual orientation and / or gender identity and expression.
 - **Various Services:** National hotline, LGBTQ resources, online peer support, chat space



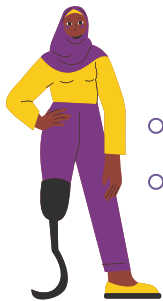


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Body Image & Eating Disorders

- **Fighting Eating Disorders in Underrepresented Populations (FEDUP)**
 - **Website:** FedUpCollective.org/
 - **Accessibility:** Email Hello@fedupcollective.org for accessibility information. Captioning is available for support groups.
 - **Languages:** English
 - **Description:** FEDUP centers trans, intersex, and gender-diverse communities with eating disorders. They consider eating disorders to be a social justice issue. They decrease stigma through representation and education.
 - **Various Services:** Support groups for people of various experiences, such as intersex people; transfeminine people; Black, Indigenous, and people of color (BIPOC); and caregivers and support people of people with eating disorders. They provide in-person and virtual training for care providers. They host the FEDUP Conference.



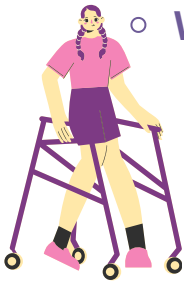


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Body Image & Eating Disorders

- ProjectHEAL



- Websites:

- **General Information:**

theprojectheal.org/lgbtqtep

- **Application for Support:**

TheProjectHeal.org/Apply-For-Support-1

- **Accessibility:** Free and reduced-cost services
- **Languages:** English, with some resources in Spanish
- **Ages:** All ages. Parents of minors and people who hold the status of power of attorney for an adult may apply on their behalf.
- **Description:** Creating equity for LGBTQ+ people accessing eating disorder treatment programs. Inclusive of BIPOC and various marginalized communities.
- **Various Services:** Insurance navigation, treatment placements, cash assistance, and clinical assessments for people to access eating disorder recovery programs.





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Dating & Intimate Partner Violence

- **The Network / La Red**

- **Website:** [TNLR.org/En/24-Hour-Hotline/](https://www.tnlr.org/En/24-Hour-Hotline/)
- **Method of Contact:**
 - 617-742-4911 (Voice)
 - 800-832-1901 (Toll-Free)
- **Age:** All ages
- **Hours of Operation:** 24 / 7 / 365
- **Accessibility:** Accessible by TTY, wheelchair, and public transportation. Free services.
- **Languages:** English & Spanish
- **Description:** Provides emotional support, referrals, safety planning, and crisis intervention for people in LGBTQ+ and polyamorous communities who are or were abused by partners. Offers information and support to friends, family, or co-workers in regard to domestic violence among LGBTQ+ people.
- **Safety:** All hotline staff are trained. You don't have to leave or want to leave your relationship to get support.
- **Various Services:** Support groups, housing program, and resources.





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Dating & Intimate Partner Violence

- **For Ourselves: Reworking Gender Expression (FORGE)**

- **Website:** Forge-Forward.org/Resources/
- **Accessibility:** Free database of resources. Resources are marked on a three-level scale of introductory, intermediate, and advanced in regard to the intended audience's knowledge base. Resources are categorized by topic area and content type.
- **Languages:** English
- **Description:** Reduces the impact of trauma on trans / nonbinary survivors and communities by empowering service providers, advocating for systems reform, and connecting survivors to healing possibilities.
- **Various Services:** Trans / nonbinary-specific resources based on research, including articles, webinars, worksheets, and toolkits.





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Self-Harm & Suicide

- **The Trevor Project**

- **Website:** <https://www.TheTrevorProject.org/Get-Help/>
- **Method of Contact**
 - **Call:** +1 (866) 488-7386
 - **Text:** 'START' to 678-678
 - **Chat:** <https://www.TheTrevorProject.org>
- **Age:** All ages
- **Languages:** English
- **Hours of Operation:** 24 / 7 / 365
- **Accessibility:** Free resources
- **Description:** World's largest suicide prevention and mental health organization for LGBTQ young people. Provides information and support.
- **Safety:** They will alert emergency services if your communications indicate that you are at imminent risk of death from suicide or serious injury.
- **Various Services:** TrevorSpace is an affirming, online community for LGBTQ young people ages 13 - 24 years old. Resource center; research and education.





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Self-Harm & Suicide

- **Thriving Harnesses Respect, Inclusion, and Vested Empathy (THRIVE) Lifeline**

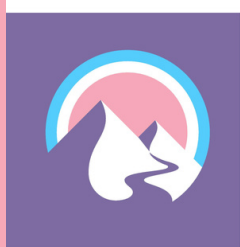
- **Website:** ThriveLifeline.org
- **Method of Contact:**
Text 'THRIVE' to +1 (313) 662-8209
- **Hours of Operation:** 24 / 7 / 365
- **Age Range:** 18+
- **Language:** English

- **Description:** Inclusive of 2SLGBTQIA+ and same-gender-loving (SGL) people, people of color (PoC), disabled people, neurodivergent people, and various marginalized identities. THRIVE Lifeline can help you navigate acute mental health crises and stress associated with navigating your identities.

- **Safety:** They do not call emergency services without the consent of people who are at risk of harming themselves. They are obligated to report credible threats of homicide to the proper authorities if de-escalation is not feasible.

- **Various Services:** Trans support group





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Substance Use, Dependence, & Addiction

- **SAMHSA's National Helpline**

- **Website:**

- samhsa.gov/find-help/national-helpline
- findtreatment.samhsa.gov/

- **United States Phone Numbers:**

- **Call:** 1-800-662-HELP (4357)
- **TTY:** 1-800-487-4889
- **Text:** 435748 (HELP4U) [Only available in English]

- **Hours of Operation:** 24 / 7 / 365

- **Accessibility:** Free services

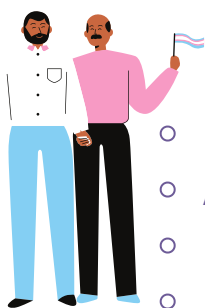
- **Languages:** English and Spanish

- **Age Range:** All ages

- **Description:** The helpline to find resources for people who use substances, have substance dependence, and / or want help navigating these dynamics.

- **Safety:** This service is confidential and will not ask for your personal information other than your zip code to help locate local resources.

- **Various Services:** Provides referrals to local treatment facilities, support groups, and community-based organizations.





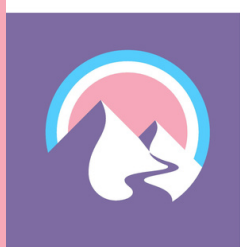
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Substance Use, Dependence, & Addiction

- **FindTreatment.gov**
 - **Website:** findtreatment.gov/results
 - **Hours of Operation:** 24 / 7 / 365
 - **Accessibility:** Free resources
 - **Languages:** English
 - **Age Range:** Available for all ages.
 - **Description:** Like SAMHSA, this resource is a directory of state-licensed providers across the U.S. specializing in the treatment of substance use disorders (SUD), addiction, and mental illness. You may use a search filter for LGBTQ+-specific facilities.
 - **Safety:** Free, confidential services
 - **Various Services:** Treatment locator, recovery resources





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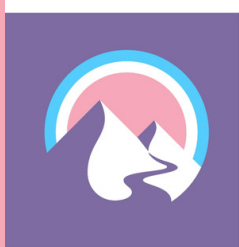
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Discrimination & Other Forms of Violence

- **National Coalition of Anti-Violence Programs**

- **Website:** avp.org/ncavp/
- **US Phone Number:** +1 (212) 714-1141
- **Hours of Operation:** 24 / 7 / 365
- **Accessibility:** Can report violence via the report form online or by calling or texting. If you live outside of New York City, staff can help refer you to a local AVP or other sources of local support.
- **Languages:** English & Spanish
- **Age Range:** All ages
- **Description:** Direct client services to LGBTQ & HIV-affected survivors of all forms of violence, including hate violence, intimate partner violence, sexual violence, pick-up violence, and institutional violence, in New York City. Provides free, holistic legal services in family court, housing court, civil court, and immigration matters.
- **Safety:** Staffed by trained volunteers, professional counselors, and advocates.
- **Various Services:** Provides short-term, professional counseling for survivors of all forms of violence, which promotes empowerment and healing from trauma, support groups, and legal services.





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Discrimination & Other Forms of Violence

- **United States Department of Education Office for Civil Rights (OCR)**
 - **Website:**
ed.gov/about/offices/list/ocr/docs/howto.html
 - **United States Phone Number:**
+1 (800) 421-3481 [Call]
 - **United States Phone Number:**
+1 (800) 877-8339 [TTY]
 - **Purposes:** Answer questions about your civil rights and how to file a complaint.
 - **Accessibility:** Request disability-related assistance or request the complaint form in an alternate format by calling or emailing.
 - **Languages:** English. For more languages, request language assistance by calling +1 (800) USA-LEARN [which is +1 (800) 872-5327]; TTY: +1 (800) 877-8339; or email at Ed.Language.Assistance@ed.gov.
 - **Age Range:** Complaints regarding discrimination can be filed by, or on behalf of, a person of any age (for minors, unless emancipated, a parent or legal guardian must sign the consent form).





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Reporting Discrimination & Other Violence

- **United States Department of Education Office for Civil Rights (OCR) (cont'd)**

- **Description:** File an OCR Complaint Form to report discrimination with regard to race, ethnicity, nationality, religion, gender, sex, age, and disability. The OCR also investigates reports of institutions' retaliation against you in regard to your complaint. The OCR has the authority to investigate public and private institutions that receive federal funds from the United States Department of Education, including public K-12 schools, most public and private colleges, and some vocational rehabilitation agencies and libraries. Additionally, the OCR has the authority to investigate complaints of disability discrimination and retaliation in all state and local government entities, regardless of if they receive federal funding.

