

Helpful resources for the LGBTQ+ community

Many LGBTQ+ people have developed robust online communities of “chosen family” who continue to provide support and affirmation — resources which you may find helpful. Additionally, some organizations may be able to help you find local resources.

If you're seeking support and mental health resources:

- [Family Acceptance Project](#) Support for LGBTQ+ youth and their families
- [Gender Spectrum](#) Resources for challenging times, including online support groups for transgender and nonbinary youth and their families
- [LGBTQ+ mental health and substance use information and resources](#) from the Substance Use and Mental Health Services Administration (SAMHSA)
- [LGBT National Help Center](#) Support and resources for LGBTQ+ people of all ages, including hotlines, online chat, and connections to local resources
- [SAGE LGBT Elder Hotline](#) (877-360-5428) Support for LGBTQ+ seniors
- [The Neighborhood: A Virtual Hub for LGBTQ+ Families](#) from Family Equality Online: events and support groups for LGBTQ+ prospective and current parents
- [The Trevor Project](#) (866-488-7386) Support for LGBTQ+ young people, including a confidential hotline, online chat, and text messaging
- [Trans Lifeline](#) (877-565-8860) Peer-to-peer support for the transgender community

If you're experiencing financial insecurity:

- [Mutual aid and emergency funds for LGBTQ+ individuals](#), compiled by the National Center for Transgender Equality
- [Rapid response and emergency funds for LGBTQ+ individuals and organizations](#), compiled by Funders for LGBTQ Issues

If you're struggling with access to health care or legal protections:

- [Resources for LGBTQ patients](#) GLMA Health Professionals Advancing LGBTQ Equality
- [LGBTQ+ legal rights and resources](#) GLAD Legal Advocates and Defenders
- [Transgender rights and resources](#) the Transgender Legal Defense & Education Fund