



It's me

Colleague, friend, child, sibling, partner. **Person.**



Resources for LGBTQ+ competent care and support

Do you or someone you care about in the LGBTQ+ community need competent care and support for a situational or chronic mental health condition or substance use disorder? The following are some resources to help you get started – including crisis hotlines, digital, in-person and virtual tools.

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Crisis hotlines and text

If you are in immediate danger or having a medical emergency, call 911.

If you are in crisis or thinking about suicide, get in touch with someone immediately:

The Trevor Project – National Youth LGBTQ Crisis Intervention and Suicide Prevention

Text START to 678-678

SAGE National LGBT Elder Hotline

Hotline, toll-free, at **1-877-360-LGBT (5428)**

National Suicide Prevention Lifeline

1-800-273-TALK (8255) for English

1-888-628-9454 for Spanish

Text MHA to 741741

National Domestic Violence Hotline

1-800-799-7233

Text LOVEIS to 22522

National Sexual Assault Hotline

1-800-656-HOPE (4673)

Online Chat



Mental health and community resources

The American Psychological Association (APA) — Provides educational and support resources.

The Association of Gay and Lesbian Psychiatrists — Provides mental health resources for LGBTQ+ individuals, including psychiatric professionals with LGBTQ+ clients.

Black Mental Health Alliance (BMHA) — Through an expansive database of culturally competent and patient-centered licensed mental health professionals, BMHA offers confidential referrals for those seeking mental health services.

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CenterLink LGBT Community Center Member Directory — Supports the development of strong, sustainable, LGBTQ community centers to address social, cultural, health and political advocacy.

The Gay and Lesbian Medical Association's Provider Directory — A search tool that can locate an LGBTQ-inclusive health care provider.

The LGBT National Help Center — Offers confidential peer support connections for LGBTQ+ youth, adults and seniors, including phone, text and online chat.

National Queer and Trans Therapists of Color Network — A healing justice organization committed to transforming mental health for queer and trans people of color. Provides a directory to help queer and trans people of color locate mental health practitioners who are queer and trans people of color.

The National Center for Transgender Equality — Offers resources for transgender individuals, including information on the right to access health care.

OutCare Health — A national nonprofit 501(c)(3) LGBTQ+ health equity organization that provides extensive information and resources on LGBTQ+ healthcare. OutCare has a number of national initiatives, including a directory of LGBTQ+ culturally competent providers (the OutList), LGBTQ+ Public Resource Database, Mentorship Program, the OutTalk series on diversity and intersectionality, OutPost blogs, LGBTQ+ research, LGBTQ+ cultural competency trainings, and many more.

SAGE National LGBT Elder Hotline — Provides information about community support resources such as health care, transportation, counseling, legal services and emotional support programs.

Society for Sexual, Affectional, Intersex, and Gender Expansive Identities (SAIGE) — Offers educational and support resources for LGBTQ+ individuals, and promotes LGBTQ+ competency for counseling professionals.

Trans Lifeline — Provides trans peer support: **1-877-565-8860**.

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Substance use disorders

Optum Substance Use Disorder Helpline: 1-855-780-5955

SAMHSA's National Helpline: 1-800-662-HELP (4357) and TTY 1-800-487-4889



Visit pride365plus.com for more information on additional LGBTQ+ resources

To connect with supportive LGBTQ+ peers and allies, join active discussion boards and live chat groups, visit our [Sanvello Pride Community](#).

If you are interested in discussing more personalized resources, call your Behavioral Health Benefit Plan at 800-681-3849.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Consult with your clinician for specific health care needs, treatment or medication. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

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