Mental Health Resources for LGBTQ+ Youth

Gender-affirming care is life-saving care. If you are struggling, please reach out to one of these mental health resources. You are not alone, and we want you to know that we value and support you, and we will fight for you and all members of our community.

-The Massachusetts Commission on LGBTQ Youth

NATIONAL

The Trevor Project has a 24-hour hotline for young people that you can contact via phone, chat, or text on their website: www.trevorproject.org

Trans Lifeline also has a 24-hour hotline and is led completely by trans people: https://translifeline.org

National Queer & Trans Therapists of Color Network (NQTTCN) Therapist Directory: https://nqttcn.com/en/mental-health-directory/

Black Emotional and Mental Health Collective (BEAM) Wellness Resources: https://beam.community/wellness-tools/

WPATH Search Directory for Therapists: https://www.wpath.org/provider/search

SURVIVORS (NATIONAL)

National Domestic Violence Hotline: https://www.thehotline.org/

- Call: 1-800-799-7233
- Text: Text “START” to 88788
- Chat: https://www.thehotline.org/#

National Sexual Assault Hotline: https://www.rainn.org/

- Call: 1-800-656-4673
- Chat: https://rainn.org/

FORGE (For Ourselves: Reworking Gender Expression): https://forge-forward.org/

- “Building strength and resilience in our transgender communities.”
- Protecting LGBTQ Youth
- Sexual Harassment resources for transgender & nonbinary employees

Abused Deaf Women's Advocacy Services (ADWAS): https://www.adwas.org/

- The Deaf Hotline: https://thedeafhotline.org/
- Children's Program
- Counseling Program
- Supportive Housing Program

MASSACHUSETTS

SAYFTEE provides LGBTQ+ focused therapy for youth and families: https://www.sayftee.com/

OUT MetroWest collaborates with Wayside Youth clinicians: https://outmetrowest.org/resources/

Therapy Resources & Referral Sources Guide by Aida Manduley (they/elle), a therapist based in Boston. This is updated on a monthly basis with listings from MA therapists with openings! See here: https://docs.google.com/document/d/1C0lnBqXwM-yJKHzSwdVhTVx1jhLrEAq_wp8m7ihSi3Y/edit?usp=sharing

Boston-Area Gender and Sexual Minority Friendly Therapist List: https://docs.google.com/spreadsheets/u/1/d/1zrEkpd6vOEyXpqTZsDl2lhlbfCSPop2BIIMQxINlSac/htmlview?usp=gmail

BAGLY has several free virtual behavioral health services for LGBTQ+ youth under 25 https://www.bagly.org/therapy

The Alliance for LGBTQ+ Youth has peer support across MA: https://www.bagly.org/the-agly-network

Boston GLASS has a Community-Based Behavioral Health Program (through the MA Children's Behavioral Health Initiative) for LGBTQ+ families on MassHealth and free outpatient therapy for LGBTQ+ BIPOC youth ages 13-25

Email Davine: dholness@jri.org
https://jri.org/services/health-and-housing/health/boston-glass

SURVIVORS (MASSACHUSETTS)

The Network/La Red (TNLR) offers a 24-hour hotline, support groups, and the Housing Pathways Program: https://www.tnlr.org/

- 24-hour hotline: Call 1-800-832-1901
- Housing Pathways Program
- Support Groups
- Individual Support
- Survivor Leadership Series

Violence Recovery Program at Fenway Health (VRP) offers in-person and Telehealth appointments: https://fenwayhealth.org/care/behavioral-health/violence-recovery/

Boston Area Rape Crisis Center (BARCC) offers hotline support, case management services, counseling, support groups,

- 24-hour hotline: Call 1-800-841-837
- Web chat available daily 9 AM - 11 PM
- Medical Advocacy: Get Support at the Hospital
- Incarcerated Survivor Support Program

This document is updated regularly. If you have additional resources you'd like to add to this list, please direct message The MA Commission on LGBTQ Youth on Instagram @MassLGBTQYouth: https://www.instagram.com/masslgbtqyouth/

For additional resources, please see The Commission's LinkTree: www.linktr.ee/malgbt

Follow us on social media @MassLGBTQYouth on Facebook, Instagram, Twitter, & TikTok.