

# LGBTQIA+ Resources in Western Pennsylvania

## Provided by Freeport PA Pride

### Local Queer Resources

- <https://www.persadcenter.org/resources>
- <https://www.utimes.pitt.edu/sites/default/files/051619/Allegheny%20County%20LGBTQ%20Resources%5B1%5D.pdf>
- <https://pghequalitycenter.org/>
- <https://www.alliespgh.org/>
- <https://proudhaven.org/>
- <https://www.dreamsofhope.org/resources>
- <https://qburgh.com/>
- <https://www.alleghenycounty.us/Services/Human-Services-DHS/DHS-Resources/LGBTQ-Resources>
- [Bus tickets Queer folx](#) for doctor appointments, job interviews, court appearance, food bank visits and more (Provided by @qmntycenterpgh)

### Transgender Resources

- <https://glaad.org/transgender/resources/>
- <https://pflag.org/resource/transgender-resources/>
- <https://www.transunitingpgh.org/>
- <https://www.sisterspgh.org/what-is-stonewall-inn>

### Elder Resources

- <https://www.sageusa.org/resources/>

### Coming Out

- <https://www.thetrevorproject.org/resources/guide/the-coming-out-handbook/>
- <https://www.hrc.org/resources/coming-out>

### How to be a Good Ally

- <https://buffer.com/resources/lgbtqia-resources/>
- <https://www.hrc.org/resources/being-an-lgbtq-ally>
- [https://media.glaad.org/wp-content/uploads/2011/08/25203738/allys-guide-to-terminology\\_1-2c9.pdf](https://media.glaad.org/wp-content/uploads/2011/08/25203738/allys-guide-to-terminology_1-2c9.pdf)

### Comprehensive Guides

- <https://www.thetrevorproject.org/resources/>
- <https://www.hrc.org/resources>

- <https://tryingtogether.org/dap/resource-list-lgbtq-organizations/>
- <https://glaad.org/resourcelist/>

#### Find Safe Queer Businesses

- <https://www.everywhereisqueer.com/>
  - Also an app!

### **Mental/Behavioral Health Resources**

#### LGBTQIA+ Support Lifelines

- <https://www.hrc.org/resources/direct-online-and-phone-support-services-for-lgbtq-youth>

#### Trans Support Lifelines

- <https://translifeline.org/hotline/>
- [https://pflag.org/resource/support-hotlines/#:~:text=Trans%20Lifeline%3A%20\(877\)%20565,need%20to%20survive%20and%20thrive.](https://pflag.org/resource/support-hotlines/#:~:text=Trans%20Lifeline%3A%20(877)%20565,need%20to%20survive%20and%20thrive.)

#### Allegheny County Department Of Human Services

- Website: <http://www.alleghenycounty.us/Human-Services/Programs-Services/Disabilities/Mental-Health.aspx>
- Phone: (412) 350-5701
- Crisis Services: (888) 796-8226 (1-888-7-YOU CAN)

#### Armstrong/Indiana Behavioral & Developmental Health Program

- Website/ [www.aibdhp.org](http://www.aibdhp.org)
- Phone: (724) 548-3451
- Crisis Services: 1-(877) 333-2470

#### Butler County MH/EI/ID Program

- Website: <http://www.co.butler.pa.us/mh-ei-id>
- Phone: (724) 284-5114
- Crisis Services: 1-(800) 292-3866