

# **Mental Health for Queer and Transgender Communities of Color Event Resource List**

## **Foreword:**

On May 16, 2018 at Bella Luna Restaurant, the Women's Health Team at Fenway Health and Boston Black Pride presented a panel of therapists, healers, and community activists to discuss the importance of mental health resources, self-care, and community spaces that affirm queer and transgender people of color. Mental health resources often exclude the intersectional needs of LGBTQ communities of color. Through this resource guide, we hope to bridge this gap with a list of local and online tools for the queer and transgender people of color in Boston.

The resource list specifies which organizations specialize in LGBTQ communities by using an asterick (\*) and people of color communities by using a caret sign (^).

This resource guide is a work in progress. If you have any questions or edits, email Tanekwah Hinds, Women's Health Program Coordinator at Fenway Health at [thinds@fenwayhealth.org](mailto:thinds@fenwayhealth.org).

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## Mental Health Services

- \*^Boston Glass: <https://jri.org/services/health-and-housing/health/boston-glass>
  - Clinical case management, drop-in sessions, in-home therapy
- \*Fenway Health: <http://fenwayhealth.org/care/behavioral-health/>
  - Outpatient mental health services, therapy, support groups, medical social work, violence recovery program, acupuncture, massage
- \*The Meeting Point: <http://themeetingpoint.org/>
  - therapy, support groups, workshops, massage, acupuncture
- The Boston Emergency Services Team (BEST) Team:  
<http://northsuffolk.org/services/emergency-services/boston-emergency-services-team/>
  - Crisis Intervention
- \*The Triangle Program, Arbour Health System:  
<http://arbourhealth.com/about/programs-for-lesbian-gay-bisexual-transgender-and-queering-individuals/>
  - Partial hospitalization program

## Directories

- \*Gaylesta: <https://gaylesta.org/>
- \*MyTransHealth: <http://mytranshealth.com/>
- \*^National Queer and Transgender Therapists of Color Network:  
<https://www.ngttcn.com/directory>
- Psychology Today: <https://www.psychologytoday.com/us>
- \*RadRemedy: <https://radremedy.org/> (trans-specific resources)
- ^Therapy for Black Girls: <https://www.therapyforblackgirls.com/therapist-directory/>

## Insurance Enrollment

- Massachusetts Health Connector: <https://www.mahealthconnector.org>
- \*Financial Assistance and Health Insurance Enrollment, Fenway Health:  
<http://fenwayhealth.org/info/financial-assistance-counseling/>

## Aging LGBT Individuals

- \*^Flashback Sunday: <https://www.facebook.com/flashbacksundayeoc/>
- \*LGBT Aging Project: <http://fenwayhealth.org/the-fenway-institute/lgbt-aging-project/>
- \*Older Lesbians Organizing for Change: <https://oloc.org/>
- \*Rally: [www.meetup.com/RALLY](http://www.meetup.com/RALLY)
- \*Sage: <https://www.sageusa.org/>

## Bisexual Community Organizations

- \*Bisexual Resource Center: <http://biresource.org/>
- \*Bisexual Women of Color: <http://www.biwoc.org/>

## Creative Community Spaces

- ^826 Boston: <http://www.826boston.org/>
- ^Black Cotton Club: <https://www.facebook.com/BlackCottonClub/>
- \*Boston LGBTQIA Artists Alliance: <http://blaa.us/>
- \*BRASH: <https://www.facebook.com/brashunion/>
- \*Democracy Center: <http://democracycenter.org/events>
- \*^EMW Bookstore: <http://www.emwbookstore.com/>
- \*Feminine Empowerment Movement Slam (FEMS):  
<https://www.facebook.com/FEMSlam/>
- \*First Fridays Youth Open Mic: <https://www.facebook.com/FirstFridaysJP/>

- \*^Fresh Fridays and Taste of Tuesday: <https://www.facebook.com/QPOCEvents/>
- Grub Street: <https://grubstreet.org/>
- \*^House Slam at Haley House: <https://www.facebook.com/houseslam/>
- Hope Inc Open Mic: <https://www.facebook.com/hopeincfamily/>
- \*^If You Can Feel It, You Can Speak It Open Mic: <https://www.facebook.com/groups/feelitspeakit/>
- \*^The Theater Offensive: <http://www.thetheateroffensive.org/>
- ^We, Ceremony: <https://www.weceremony.com/>

## Healing Spaces

- \*^Cultivate: QTPOC Healing Practice: <https://www.facebook.com/cultivateQTPOCHealing/>
- ^Hive Soul Yoga: <https://www.hivesoulyoga.com/>
- ^Queens Talk: <https://www.facebook.com/QueensTalkMeetup/>
- ^Seed Root + Bloom: <https://www.facebook.com/seed.root.bloom/>
- ^Vital Healing Project: <http://vitalhealingproject.org/>
- \*^You Good, Sis: <https://www.facebook.com/yougoodsis/>

## Helplines and Hotlines

- [Boston Area Rape Crisis Center](#) 24-hour Hotline: 1-800-841-8371, TTY 800-439-2370
- \*^[DeHQ](#): LGBTQ Helpline for South Asians: 908-367-3374
- [Disabled Persons Protection Commission](#) 24-hour Hotline: 1-800-426-9009
- \*[Gay, Lesbian, Bisexual, and Transgender Helpline](#): (617) 267-9001 and (888) 340-4528
- \*GLBTQ Legal Advocates and Defenders ([GLAD](#)) : 1-800-455-4523
- \*[LGBT National Youth Talkline](#): 1-800-246-7743
- \*[LGBT National Hotline](#): 1-888-843-4564
- \*^[The Network La Red](#), Partner Abuse Hotline: 800-832-1901, TTY 617-227-4911
- [Sage](#) LGBT Elder Hotline: 1-888-234-7243
- \*[Trans Lifeline](#): 1-877-565-8860
- \*[Trevor Project](#) Suicide Prevention Hotline: 1-866-488-7386

## Homeless Individuals

- Boston Healthcare for the Homeless: <http://www.bhchp.org/>

## Incarceration: Current & Formerly

- \*Black and Pink: <http://www.blackandpink.org/>

## Individuals with Disabilities

- Disabled Persons Protection Commission: <http://www.mass.gov/dppc/>
- [Disabled Persons Protection Hotline](#) 1-800-426-9009
- Disability Law Center: <http://www.dlc-ma.org/>
- Queerability: <http://queerability.tumblr.com/>
- Other Resources: <http://bostoncil.org/online-resources/>

## LGBT Youth

- \*BAGLY: <https://www.bagly.org/>
- \*^Boston GLASS: <https://jri.org/services/health-and-housing/health/boston-glass>
- \*LGBTQ and Trans Youth Online Chat Groups: <http://www.glnh.org/>

## Online Resources and Support

- Accessing Mental Healthcare: A Brief and Incomplete Guide for those in Need: [https://docs.google.com/document/d/1BqpRV0\\_RLO5SKOH8gQ97IzI-EYBb3ORqdSKqBqjWues/edit?usp=sharing](https://docs.google.com/document/d/1BqpRV0_RLO5SKOH8gQ97IzI-EYBb3ORqdSKqBqjWues/edit?usp=sharing)
- \*^National Queer and Transgender Therapists of Color Network: <https://www.nqttcn.com/>
  - Facebook Group: <https://www.facebook.com/groups/nqttcn/>
- Queer and Trans POC Exchange Boston Facebook Group: <https://www.facebook.com/groups/QExchangeBoston/>
- Queerability: <http://queerability.tumblr.com/>
- \*^Rest for Resistance: <https://restforresistance.com/>
  - \*^Facebook Group: <https://www.facebook.com/groups/QTPOCsupport/>
- \*^Latinx Therapy Podcast: <https://www.counselingandtraumatherapy.com/latinxtherapy/>
- \*LGBTQ and Trans Youth Online Chat Groups: <http://www.glnh.org/>
- \*^Wear Your Voice Mag: <https://wearyourvoicemag.com/>

## Queer People of Color

- \*^Boston GLASS: <https://jri.org/services/health-and-housing/health/boston-glass>
- \*^Flashback Sunday: <https://www.facebook.com/flashbacksundayeoc/>
- \*^Hispanic Black Gay Coalition: <http://www.hbgc-boston.org/>
- \*^Lesbians of Color Symposium: <http://www.locscollective.org/>
- \*^Massachusetts Area South Asian Lambda Association (MASALA): <https://www.facebook.com/groups/bostonmasala/>
- \*^Massachusetts Asian Pacific Islanders (MAP) for Health: <http://www.maphealth.org/>
- \*^The Network/La Red: <http://tnlr.org/en/>
- \*^Queer Asian Pacific-Islander Alliance: <https://www.qapa.org/>
- \*^TransCEND: <http://www.aac.org/transcend/>

## Religious Communities

- \*Dignity Boston: <http://www.dignityboston.org/>
- \*Queer Muslims of Boston: <https://qmob.wordpress.com/>
- \*Pride Interfaith Coalition: <http://www.prideinterfaith.org/>

## Survivors of Abuse

- ^Asian Taskforce Against Domestic Violence: <https://www.atask.org/site/>
- Boston Area Rape Crisis Center (BARCC): <https://barcc.org/>
  - 24 hour hotline: 800-841-8371
- Jane Doe: The Massachusetts Coalition Against Sexual Assault and Domestic Violence [http://www.janedoe.org/who\\_we\\_are/members\\_list](http://www.janedoe.org/who_we_are/members_list)
- \*^The Network/La Red: <http://tnlr.org/en/>
- ^Safelink, Casa Myrna: (877) 785-2020, TTY: (877) 521-2601
  - <https://www.casamyrna.org/get-support/safelink/>
- \*^TOD@S: <http://todosinaction.org/>
- \*Violence Recovery Program, Fenway Health: <http://fenwayhealth.org/care/behavioral-health/violence-recovery/>

## Transgender Community

- \*BATS, Boston Area Transgender Support: <http://massbats.org/>
- \*Compass: <http://www.compassftm.org/>
- \*Massachusetts Transgender Political Coalition: <http://www.masstpc.org/>
- \*RadRemedy: <https://radremedy.org/>
- \*Tiffany Club of New England: <https://tcne.org/>
- \*^TransCEND: <http://www.aac.org/transcend/>
- \*Transgender Emergency Fund of Massachusetts:  
<https://www.facebook.com/Transgender-Emergency-Fund-of-Massachusetts-INC-108744215835369/>

## Resource Key:

\* = LGBTQ-specific resources

^ = People of color-specific resources