

## Resources by State & Territory

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**For emergencies, call 911**

**Or head to your nearest emergency room or hospital**

**For mental health emergencies, call 988**

## Alabama

### ***Crisis Center***

Birmingham, AL

Crisis & Suicide Line: (205) 458-3371

Rape Response: (205) 458-8993

<https://www.crisiscenterbham.org/>

Services: The crisis line can assist with basic needs, relationships, family issues, substance abuse, health issues, depression, divorce, suicide... no concern is off limits. The Center also provides sexual violence crisis response, resources for substance use recovery, and support groups.

### ***Magic City Acceptance Center***

Birmingham, AL

205-407-8157

<https://www.magiccityacceptancecenter.org/>

Services: This center provides comprehensive support, including mental health resources, for the LGBTQ+ community, including transgender individuals. They offer services like counseling and support groups.

## Alaska

### ***Identity, Inc.***

Anchorage, AK

907-865-3247

<https://identityalaska.org>

Services: Identity, Inc. offers a variety of services, including mental health counseling, support groups, and a resource directory for LGBTQ+ individuals in Alaska. They also run Identity Health Clinic, which provides affirming healthcare, including hormone replacement therapy and mental health services.

## Arkansas

### ***Arkansas Crisis Center***

Statewide

Helpline: 988, 479-365-2140

<https://www.arcrisis.org/domestic-violence>

Services: Providing support to those in their darkest moments and guidance to those trying to help. This includes domestic violence, sexual assault, substance abuse, self harm, and more.

## Arizona

### ***Chrysalis***

Phoenix, AZ

Hotline: 602-944-4999

<https://noabuse.org/>

Services: Offers services for survivors of domestic violence, including emergency shelter, counseling, advocacy, and a 24/7 hotline.

***Southern Arizona Aids Foundation's Anti-Violence Project***

Tucson, AZ

(800) 553-9387 from Monday through Friday between 8AM-7PM

<https://saaf.org/services/anti-violence-project/>

Services: Offer support around relationship violence in LGBTQ relationships/ crisis related to domestic violence.

***Trans Spectrum of Arizona***

Phoenix, AZ

<https://tsaz.org/resource-guide/>

Services: This organization offers a resource guide for transgender individuals, including mental health support. They also provide various community programs and support groups.

**California*****The San Diego LGBT Community Center***

San Diego, CA

619-692-2077

<https://thecentersd.org/behavioral-health-services/>

Services: The Center offers an all gender support group for LGBTQIA+ survivors of relationship violence. For more information, email [ltuiletufuga@thecentersd.org](mailto:ltuiletufuga@thecentersd.org).

***Center for Community Solutions***

San Diego, CA

Hotline: 888-385-4657

<https://www.ccssd.org/>

Services: Center for Community Solutions offers services for survivors/victims of intimate partner violence, including advocacy, counseling, and legal services as well as emergency shelter. Call the 24/7 hotline to get connected with services.

***The LGBTQ Center Long Beach***

Long Beach, CA

562-434-4455

<https://www.centerlb.org/services/intimate-partner-violence/>

Services: Provides LGBTQ-specific, inclusive, and affirming support to individuals affected by domestic violence. Our team can conduct an intake with community members and we can work with you to determine the best fit for resources.

***Valley Crisis Center***

Merced, CA

209-722-4357

<https://valleycrisiscenter.org/printable-media/>

Services: Valley Crisis Center provides a confidential 24/7 confidential crisis hotline. Advocates can provide crisis counseling, information and referrals through this line.

***The Los Angeles LGBT Center's STOP Violence Program***

Los Angeles, CA

323-860-5806

<https://lalgbtcenter.org/>

Services: Provides a wide range of trauma-informed, LGBTQ+ specific services for individuals and families who are impacted by domestic violence/intimate partner abuse and other forms of abuse, violence, and crimes. They cover advocacy, crisis intervention, emergency assistance, case management, individual and group counseling.

***Trans Wellness Center (TWC)***

Los Angeles, CA

323-993-2900

<https://mytranswellness.org/mental-health/>

Services: Offers comprehensive mental health services for trans people, including therapy, support groups, and peer counseling. This center is dedicated to creating a safe and supportive environment for all individuals.

***CUAV - Community United Against Violence***

San Francisco, CA

415-777-5500

<https://www.cuav.org/about>

Services: CUAV supports the healing and leadership of those impacted by abuse and mobilizes the broader communities to replace cycles of trauma with cycles of safety and liberation.

***Asian Women's Shelter - Queer Asian Women & Transgender Support Program***

San Francisco County, CA

Hotline: 877-751-0880

<https://www.sfaws.org/programs>

Services: Within the Queer Asian Women & Transgender Support (QAWTS) Program, the Asian Women's Shelter addresses intimate partner violence in the API LGBTQ community by providing comprehensive services for queer and transgender survivors of violence.

## Colorado

***SafeHouse Denver***

Denver, CO

303-318-9989

<https://safehouse-denver.org/about/overview.html>

Services: SafeHouse Denver intervenes in domestic violence with services that empower adults, children and youth to live free from domestic abuse. They prevent domestic violence through education efforts that foster and support a broad movement for violence-free communities.

***Denver Health's LGBTQ+ Health Services***

Denver, CO

303-436-4949

<https://www.denverhealth.org/services/lgbtq-services/behavioral-health>

Services: Offers specialized care for trans individuals, including mental health services that are affirming and tailored to the needs of the community.

**TESSA**

Colorado Springs, CO

719-633-3819

<https://www.tessacs.org/get-help/>

Services: TESSA's exceptional staff can help you, and your children, in a number of ways including: Safe Shelter, case management, counseling connections to community resources.

**Connecticut*****The Network***

Enfield, CT

860-763-4542

<https://thenetworkct.org/lgbtqia/>

Services: The Network provides a 24/7 hotline with advocates ready to take your call. Advocates can offer resources and information or simply listen if you want to talk. All calls are confidential. Serving the towns of East Windsor, Enfield, Somers, Stafford, Suffield and Windsor Locks.

***United Services, Inc.***

Dayville, CT

Hotline: 888-774-2900

<https://www.unitedservicesct.org/>

Services: United Services provides the only domestic violence shelters and services in Northeastern Connecticut. Our Domestic Violence Program offers a wide array of services designed to respond to the needs of domestic violence victims.

**Delaware*****Delaware HOPE Line***

833-946-7333

Services: Free 24/7 coaching and support as well as connection to mental health, addiction, and crisis services.

***Domestic Abuse Project***

Delaware County

610-565-4590

<https://dapdc.org/>

Services: Offers crisis intervention, safety planning, referrals, and information on accessing DAP services. The number listed above is a 24/7 hotline.

***CAMP Rehoboth***

Rehoboth, DE

302-227-5620,

<https://www.camprehoboth.org/camp-programs/health-and-wellness/>

Service: This LGBTQ+ community center offers various services, including health and wellness programs, that can be supportive for transgender individuals seeking mental health resources.

## Florida

### ***Quigley***

Green Cove, FL

904-284-0061

<https://www.quigleyhouse.org/lgbtq-violence>

Services: Temporary emergency shelter. They provide a safe environment for men, women and children of any age, race, socio-economic background, religion, culture and any other barrier that might make starting over difficult. They state no one should have to suffer at the hands of an abuser and any person can be abused.

### ***Care Resources***

Miami, FL

305-576-1234

<https://careresource.org/services/behavioral-health/>

Services: Care Resources offers services for people who are gay, lesbian, bisexual, or transgender. They have therapists who are well trained and highly experienced in the issues that are unique to our communities.

## Georgia

### ***First City Pride Center***

Statewide

<https://static1.squarespace.com/>

Services: A curated list of LGBTQ+ friendly behavioral health providers in Georgia.

### ***PADV***

Atlanta, GA

404-873-1766

<https://padv.org/>

Services: They provide a 24-hour Crisis Line, emergency shelters, legal advocacy, supportive housing projects, dating violence prevention programs, and community support groups.

## Hawaii

### ***Domestic Violence Action Center***

Honolulu, HI

800-609-6200

<https://domesticviolenceactioncenter.org/crisis-support/>

Services: The Domestic Violence Action Center (DVAC) provides immediate service and support to individuals who are in crisis as a result of intimate partner violence. Crisis support services are free of charge and their Helpline operates Monday through Friday from 8:30 am until 4:30pm.

### ***Hawaii CARES (Crisis Line of Hawaii)***

Statewide

1-800-753-6879

<https://hicares.hawaii.gov>

Services: Offers crisis intervention, mental health and substance use support, and referral services 24/7. You can also text "ALOHA" to 741741.

## Idaho

### ***Idaho Department of Health and Welfare - Behavioral Health Services***

Statewide

1-800-926-2588

<https://healthandwelfare.idaho.gov/services-programs/behavioral-health>

Services: Offers mental health services for individuals and families, including crisis intervention, therapy, and case management. They also provide links to community resources and support groups.

## Illinois

### ***Illinois Department of Human Services***

Statewide

1-800-843-6154

<https://www.dhs.state.il.us/page.aspx?item=43695>

Services: Offers mental health resources in Illinois. Includes a list of non-emergency mental health providers.

### ***The Center on Halstead's Anti-Violence Project***

Chicago, Illinois

773-472-6469

<https://www.centeronhalsted.org/AVP.html>

Services: Offers trauma-focused therapy, case management, and advocacy for LGBTQ relationship violence.

## Indiana

### ***Damien Center***

Indianapolis, IN

317-632-0123

<https://damien.org/clinic/counseling>

Services: Offers comprehensive gender-affirming care, including mental health services, hormone replacement therapy, and support groups tailored for transgender and gender-diverse individuals.

## Iowa

### ***Iowa Coalition Against Domestic Violence***

Des Moines, Iowa

800-770-1650

<https://hhs.iowa.gov/programs/mental-health>

Services: Victim service call center offering 24/7 support for those experiencing domestic violence.

### ***One Iowa***

Des Moines, Iowa

515-288-4019

<https://oneiowa.org/providers/mental-health/>

Services: Offers a list of LGBTQ affirming mental health providers in Iowa.

## Kansas

### ***The Kansas Crisis Helpline***

Statewide

888-363-2287

<https://safehope.net/resources/>

Services: The Kansas Crisis Helpline is a toll-free, 24-hour statewide hotline developed to link victims of domestic violence and sexual assault to crisis programs across Kansas.

## Kentucky

### ***The Lexington Pride Center***

Lexington, KY

859-253-3233

<https://www.lexpridecenter.org/community-resource-list>

Services: A community generated resources list of affirming service providers in Central Kentucky.

### ***The Center for Women & Families***

Louisville, KY

1-844-237-2331

<https://www.thecenteronline.org/get-help/lgbtq/>

Services: Kentuckiana's Rape Crisis and Domestic Violence Center offers a 24/7 hotline as well as support groups for survivors of sexual assault and intimate partner violence.

## Louisiana

### ***Crescent Care***

New Orleans, LA

504-821-2601

<https://www.crescentcare.org/service/behavioral-health/>

Services: They offer an expanded range of health and wellness services for anyone and everyone seeking healthcare services in Greater New Orleans and Southeastern Louisiana.

## Maine

### ***The Maine Coalition to End Domestic Violence (MCEDV)***

Statewide

866-834-4357

<https://www.mcedv.org/get-help/>

Services: In addition to a hotline (listed above), MCEDV offers a list of organizations supporting survivors of relationship violence in Maine.

### ***Maine Queer Health***

Statewide

<https://mainequerhealth.org/mental-health-care/>

Services: Offers a list of LGBTQ+ friendly mental health providers in Maine.



## Maryland

### ***Chase Brexton Health Care***

Baltimore, Columbia, Easton, & Glen Burnie, MD

410-837-2050

<https://chasebrexton.org/>

Services: Provides comprehensive LGBTQIA+ services, including mental health support specifically for transgender individuals, with multiple locations across Maryland and both in-person and telehealth services.

## Massachusetts

### ***Fenway Health***

Boston, MA

617-927-6250

<https://fenwayhealth.org/>

Services: Their Violence Recovery Program (VRP) provides counseling, support groups, advocacy, and referrals to survivors of domestic violence, sexual violence, and hate violence for LGBTQIA+ individuals.

### ***Healing Abuse, Working for Change (HAWC)***

Salem, MA

Hotline: 800-547-1649

<https://hawcdv.org/get-help-now/resources/>

Services: In addition to a 24/7 hotline, HAWC provides resources for anyone experiencing partner violence.

## Michigan

### ***Equality Michigan***

Kalamazoo, MI

313-537-7000

<https://equalitymi.org/get-support/>

Services: No matter where you live in Michigan, they can connect those experiencing intimate partner violence with services.

### ***LGBTQ Detroit***

Detroit, Michigan

313-397-2127 ext. 101

<https://www.lgbtdetroit.org/mentalhealth>

Services: They offer mental health services with free referrals for victims of crime, in-house therapy, faith based support, health care, housing and psycho-social support. This is a confidential service open to LGBT+ adults, or loved ones, who have experienced violent crime.

### ***Stand With Trans***

Farmington, MI

248-907-4853

<https://standwithtrans.org/mental-health-therapy-services/>

Services: They offer individualized and compassionate mental health care to those who need it most. Their team of experienced professionals provides a range of services tailored to meet your unique needs, including individual therapy with specialties such as anxiety, depression, PTSD and trauma related issues.

## Minnesota

### ***Minnesota LGBTQ+ Therapists' Network***

Statewide

<https://www.lgbttherapists.org/>

Services: A grassroots group of LGBTQIA+ mental health professionals. Find an affirming LGBTQIA+ provider in Minnesota using their network database.

### ***Minnesota Transgender Health Coalition***

Minneapolis, MN

612-823-1152

<https://www.mntransgenderhealth.org/>

Services: Committed to improving quality health care access for trans and gender non-conforming people, including offering support groups.

### ***OutFront Minnesota's Anti-Violence Program***

Saint Paul, MN

800-800-0350

<https://www.outfront.org/anti-violence-program>

Services: Available Monday through Friday between 9AM-5PM or email [AVP@outfront.org](mailto:AVP@outfront.org) for support around relationship violence in LGBTQ relationships.

## Mississippi

### ***The Spectrum Center***

Hattiesburg, MS

<https://tschburg.org>

Services: Resources & referrals to LGBTQIA+ friendly and affirming businesses, healthcare providers, recreational programs, and more provide the community with the confidence to seek the support they need, whether it be medical or otherwise, at safe and welcoming vendors.

## Missouri

### ***Missouri Department of Mental Health Services and Supports***

Statewide

<https://dmh.mo.gov/>

Services: Statewide connection to community mental health centers, crisis assistance, and more.

### ***ST. Louis Queer Support & Healing***

St. Louis, MO

314-380-7774, 844-785-7774

<https://www.thesqsh.org/>

Services: Queer-led collective dedicated to facilitating healing spaces and building community capacity for queer St. Louisans to thrive. Their Peer Support Line is open Friday through Monday, 1:00-7:00 PM CT.

## Montana

### ***The Montana Department of Public Health and Human Services (DPHHS)***

Statewide

<https://dphhs.mt.gov/BHDD/mentalhealthservices/index>

Services: Offers various mental health services, including crisis intervention, outpatient services, and inpatient care. They provide resources for adults, children, and adolescents, and can help connect individuals to local providers statewide.

## Nebraska

### ***Omaha For Us***

Omaha, NE

531-466-1839

<https://www.omahaforum.org/>

Services: Offers LGBT affirming mental health services including counseling and support groups.

## Nevada

### ***Nevada Behavioral and Mental Health Services***

Statewide

<https://www.nevada211.org/mental-health-services/>

Services: Statewide connection to community mental health centers, crisis assistance, and more.

### ***The Center (The LGBTQIA+ Community Center of Southern Nevada)***

Las Vegas, NV

(702) 733-9800

<https://thecenterlv.org>

Services: Provides mental health services including counseling and support groups specifically for the trans community.

## New Hampshire

### ***New Hampshire Department of Health and Human Services - Mental Health Services***

Statewide

[www.dhhs.nh.gov/programs-services/mental-health](http://www.dhhs.nh.gov/programs-services/mental-health)

Services: Provides resources and services for individuals experiencing mental health challenges. They offer access to community mental health centers, crisis services, and other support programs across the state.

## New Mexico

### ***New Mexico Crisis and Access Line (NMCAL)***

Statewide

1-855-662-7474

[www.nmcrisisline.com](http://www.nmcrisisline.com)

Services: NMCAL is a free, confidential mental health support line available 24/7 for anyone in New Mexico experiencing a mental health crisis or needing someone to talk to.

***Transgender Resource Center of New Mexico (TGRCNM)***

Albuquerque, NM

(505) 200-9086

<https://tgrcnm.org>

Services: Offers a range of services including mental health support, counseling, and peer-led support groups for trans individuals.

**New Jersey****QSpot LGBTQ Community Center**

Asbury Park, NJ

732-455-3373

<https://qspot.org/about/contact/>

Services: They hold meetings about the dynamics of Domestic and Sexual Violence in the LGBTQ+ community, means of protection and resources that are available in Monmouth County.

**The Princeton Center for MindBody Healing**

Princeton, NJ

609-375-8727

<https://princetonmindbody.com/our-services>

Services: Their therapists are trained to work both bottom up (with the body and senses) as well as top down (talking) to resolve one time or chronic trauma. Trauma is not a life sentence; They focus on your resiliencies and strengths to move from trauma reaction to post-traumatic growth.

**New York*****NYC 988***

Statewide

Call or Text 988

<https://nyc988.cityofnewyork.us/en/>

Services: A free and confidential mental health support service that provides access to crisis counseling, peer support, and referrals to mental health and substance use services. 24/7 helpline via phone, text, or chat.

***New York State Office of Mental Health (OMH)***

Statewide

1-800-597-8481

<https://omh.ny.gov/omhweb/bootstrap/consumers-families.html>

Services: OMH oversees a large public mental health system that provides services across the state. Services, crisis services, inpatient and outpatient care, support for children, adults, and families.

***The Ali Forney Center***

New York, NY

(212) 206-0574 Ext 100

<https://www.aliforneycenter.org/>

Services: A 24-hour program, The Ali Forney Center never closes its doors. The 18-bed housing program is located in a safe Brooklyn neighborhood, and provides stabilizing housing for AFC transfeminine and transmasculine clients ages 16-20 for up to 18 months. Stop by our Drop-In Center at 307 West 38th Street, 3rd Floor New York, NY 10018

**NYC Well**

Statewide

1-888-NYC-Well (692-9355) or TEXT: "Well" to 65173

<https://mentalhealth.cityofnewyork.us>

Services: provides free, confidential mental health and substance misuse services including brief counseling, peer support, crisis counseling, and referrals to ongoing mental healthcare. Trained counselors can provide you with support 24 hours a day, 7 days a week, in over 200 languages, regardless of immigration status.

**North Carolina****Durham Crisis Response Center**

Durham, NC

919-403-6562

<https://www.lgbtqcenterofdurham.org/crisis/>

Services: DCRC works with the community to end domestic and sexual violence through advocacy, education, support and prevention. DCRC provides a confidential 24-hour crisis line, hospital and court accompaniment, support groups, and individual counseling.

**North Carolina Department of Health and Human Services Adult Mental Health Services**

Statewide

<https://www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-abuse/adult-mental-health-services>

Services: Statewide connection to community mental health centers, crisis assistance, and more.

**LGBT Center of Raleigh**

Raleigh, NC

(919) 832-4484

<https://www.lgbtcenterofraleigh.com>

Services: Offers mental health referral services, peer-led groups, and transgender services. The center also provides support for youth, older adults, and those facing discrimination.

**North Dakota****North Dakota Department of Human Services - Behavioral Health Division**

Statewide

701-328-8920

<https://www.hhs.nd.gov/behavioral-health/mental-health>

Services: Provides resources and support for mental health and substance use disorder services across the state. They offer information on crisis services, counseling, and treatment options.

**Ohio****Ohio Department of Mental Health and Addiction Services**

Statewide

<https://mha.ohio.gov/>

Services: Statewide connection to community mental health centers, crisis assistance, and more.

***National Alliance on Mental Illness - Ohio***

Statewide

<https://namiohio.org/programs/>

Services: Provides mental health support groups across the state.

***The LGBT Center of Greater Cleveland***

Cleveland, OH

(216) 651-5428

<https://lgbtcleveland.org/>

Services: Provides mental health services, support groups, and referrals to LGBTQ-affirming therapists.

## Oklahoma

***Mental Health Association Oklahoma***

Tulsa & Oklahoma City, OK

<https://mhaok.org/>

Services: Offers support around housing, mental health education, support groups, counseling referrals and mental health screening, suicide prevention, peer-to-peer recovery services, employment readiness, community health and wellness initiatives and criminal justice advocacy.

***Oklahomans for Equality***

Tulsa, OK

918-743-4297

<https://okeq.org/eha/>

Services: Offers a range of mental health services and support for the LGBTQ+ community through the Dennis R. Neill Equality Center in Tulsa. They provide counseling services, peer support groups, and other resources tailored to the needs of LGBTQ+ individuals.

***Diversity Center of Oklahoma, Inc.***

Oklahoma City, OK

405-604-5217

<https://www.diversitycenterofoklahoma.org/diversity-behavioral-health.html>

Services: Provides behavioral health and counseling services for the LGBTQIA+ community.

## Oregon

***Oregon Health Authority (OHA) – Behavioral Health Services:***

Statewide

503-945-5763

<https://www.oregon.gov/oha/HSD/AMH/Pages/Mental-Health.aspx>

Service: Statewide mental health and addiction services, including crisis services, treatment programs, and resources for both adults and children.

***Quest Center for Integrative Health***

Portland, OR

<https://quest-center.org/services/individual-therapy>

Services: Offers mental health services specifically tailored to the LGBTQ+ community, providing a welcoming and culturally competent environment for therapy and support

***Crestview Recovery***

Portland, OR

<https://www.crestviewrecovery.com/programs/lgbtq/>

Services: Offers addiction treatment specifically tailored to the LGBTQ+ community, including both sober living and an outpatient treatment program

**Pennsylvania*****Commonwealth of Pennsylvania Mental Health Resources***

Statewide

<https://www.pa.gov/guides/mental-health/#ResourcesforEveryone>

Services: Statewide connection to government services.

***Pennsylvania Mental Health Services Guide***

Statewide

<https://blog.opencounseling.com/public-mental-health-pa/>

Services: A guide for navigating state-sponsored therapy services provided in Pennsylvania.

**Rhode Island*****Behavioral Health Services***

Statewide

<https://bhddh.ri.gov/mental-health>

Services: Provides access to mental health and substance use treatment services. They work in collaboration with various state and local agencies to ensure residents have access to necessary mental health resources.

**San Juan Municipio, Puerto Rico*****Puerto Rico Mental Health Services***

Statewide

<https://blog.opencounseling.com/public-mental-health-pr/>

Services: A guide for navigating state-sponsored therapy services provided in Puerto Rico.

**South Carolina*****Harriet Hancock Center***

Columbia, SC

[harriethancockcenter.org/trans-support-resource-guide](http://harriethancockcenter.org/trans-support-resource-guide)

Services: This center offers various support services for the LGBTQ+ community, including mental health resources, peer support groups, and a safe space for community members.

***South Carolina Department of Mental Health Programs***

Statewide

<https://scdmh.net/dmh-components/community-mental-health-services/programs/>

Services: Statewide connection to community mental health centers, crisis assistance, and more.

***National Alliance on Mental Illness - South Carolina***

Statewide

<https://namisc.org/resources/local-and-national-resources/>

Services: Resource guides for mental health services by state regions.

**South Dakota*****South Dakota Department of Social Services - Behavioral Health Services***

Statewide

<https://sdbehavioralhealth.gov/mental-health#mental-health-support>

Services: Offers mental health and substance abuse services, including crisis intervention and counseling.

**Tennessee*****Department of Mental Health & Substance Abuse Services***

Statewide

<https://www.tn.gov/behavioral-health/mental-health-services/adults.html>

Services: Statewide connection to community mental health centers, crisis assistance, and more.

***OutMemphis***

Memphis, TX

[https://www.outmemphis.org/health-wellness/wellness-groups/#mental\\_health](https://www.outmemphis.org/health-wellness/wellness-groups/#mental_health)

Services: This center offers a wide range of services, including mental health support, for LGBTQ+ individuals.

**Texas*****Texas Health and Human Services***

Statewide

<https://www.hhs.texas.gov/services/mental-health-substance-use>

Services: Statewide connection to community mental health centers, crisis assistance, and more.

***MentalHealth TX***

Statewide

<https://mentalhealthtx.org/>

Services: Resource hub that can help you find a mental health provider. Also offers connection to local crisis lines and resources.

***The Montrose Center's Anti-Violence Program***

Houston, TX

713-529-3211

<https://montrosecenter.org/services/anti-violence/>

Services: LGBTQ+ Texas residents can call 713-529-3211 for crisis counseling and intervention 24 hours/day, 7 days/week. This program also offers advocacy, counseling, and emergency shelter services for LGBTQ survivors of domestic violence, sexual assault and trafficking.



***National Alliance on Mental Illness - Texas***

Statewide

<https://namitexas.org/resources/state-resources/>

Services: Resource guides for mental health services by state regions.

## Utah

***Utah Pride Center***

Salt Lake City, UT

<https://utahpridecenter.org/>

Services: They provide a range of mental health support specifically tailored to the LGBTQ+ community. Their services include individual therapy, group therapy, and support groups. The center's mental health professionals are trained to address issues that LGBTQ+ individuals may face, including identity, coming out, relationships, and coping with discrimination.

## Vermont

***Vermont Department of Mental Health (DMH)***

Statewide

<https://mentalhealth.vermont.gov/>

Services: Provides information and services for mental health needs across the state. They offer support for individuals dealing with mental health issues and connect them with appropriate resources.

## Virginia

***Virginia The LGBTQ+ Partner Abuse and Sexual Assault Helpline***

Statewide

Text 804-793-9999, Toll Free Call 1-866-356-6998

<https://vsdvalliance.org/get-help-ayuda/hotlines/>

Services: Focused on anti-violence in the queer community. This is a space for survivors and people impacted by violence, like friends, family, professionals, and the general public, to connect about LGBTQ+ centered resources. It's free, confidential. 24 hours a day. 7 days a week. 365 days a year.

## Washington

***Washington State Health Care Authority***

Statewide

<https://www.hca.wa.gov/>

Services: Statewide connection to community mental health centers, crisis assistance, and more.

***Washington Health Alliance***

Statewide

<https://wahealthalliance.org/lgbtq-resources-2/>

Services: Mental health resource list for Washington state.

***The Northwest Network***

Seattle, WA

206-568-7777

<https://www.nwnetwork.org/>

Services: Offers advocacy, counseling, and safety planning to support LGBTQ survivors of relationship violence. To get connected with services, call or email [info@nwnetwork.org](mailto:info@nwnetwork.org).

**Washington, DC*****DC Victim Service Hotline***

Statewide

844-443-5732

<https://ovsjg.dc.gov/va>

Services: The DC Victim Hotline is available 24/7 by telephone, text, or online chat. The hotline provides comprehensive information, resources and referrals in the District of Columbia.

***DC SAFE***

Statewide

<https://www.dcsafe.org/speaktoanadvocate>

Services: DC SAFE is a 24/7 crisis intervention agency in DC. All services are free and confidential. To speak with an advocate, call the DC Victim Services Hotline (above).

***The Violence Prevention and Response Team (VPART)***

Statewide

202-682-2245

<https://thedccenter.org/vpart/>

Services: VPART is a collaborative network made up of community organizations (including the DC LGBTQ+ Community Center), public safety agencies, and other government agencies committed to addressing, mitigating, and eradicating crime, especially hate-bias incidents within DC's LGBTQIA+ community.

**West Virginia*****Dr. Rainbow***

Charleston, WV

304-344-8053

<https://www.drrainbow.org/>

Services: A guide to LGBTQ-affirming service providers in West Virginia, sourced from the community.

**Wisconsin*****The Center: 7 Rivers LGBTQ Connection***

La Crosse, WI

608-784-0452

<https://www.7riverslgbtq.org/inhouse-therapy>

Services: They offer no-cost mental health sessions to the LGBTQ+ community.

***The LGBT Center - Diverse and Resilient***

Racine, WI

(414) 856-LGBT (5428)

<https://www.diverseandresilient.org/work/anti-violence/>

Services: The LGBT Center of SE Wisconsin provides mental health resources, including crisis services and affirming therapists specialized in LGBTQ care.

## Wyoming

***Wyoming Equality***

Cheyenne, WY

307-222-8178

<https://www.wyomingequality.org/how-we-can-support-you>

Services: Primarily an advocacy organization, the Wyoming Equality Healthcare Access Project can help you find an affirming service provider. Contact Kota Babcock ([kota@wyomingequality.org](mailto:kota@wyomingequality.org)) for patient assistance.

