

# Supportive LGBTQ+ Mental Health Resources:

## A Student Guide

### HERE ARE FIVE STRATEGIES TO PREPARE FOR THE UPCOMING SCHOOL YEAR:

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#### Reach Out for Support

You are not alone, and there are many affirming adults here to help you navigate your feelings, anxieties, frustration, and more in this moment.

- \* [The Trevor Project](#) - 24/7 crisis counseling & resources
- \* [Trevor Lifeline](#) - Chat with a crisis counselor at 1-866-488-7386
- \* [Trevor Chat](#) - 24/7 crisis counseling via online chat feature
- \* [TrevorText](#) - Chat with a crisis counselor by texting START to 678-678
- \* [LGBT National Help Center - Youth Talkline](#) (Under 25): 1-800-246-7743
- \* [LGBT National Help Center - 1-on-1 Support Chat](#)
- \* [Rainbow Youth Project](#) - A crisis line specifically for LGBTQ youth in crisis: 317-643-4888

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#### Find Your Community of LGBTQ+ & Allied Peers

Build up your chosen family with friends your age that support your identity and affirm who you are. This can include joining your school's GSA, finding a local LGBTQ+ youth group, and/or finding affirming spaces online.

- \* [CenterLink's Database of Local LGBTQ+ Centers & Programs](#) - find a local LGBTQ+ center or program for support and community
- \* [TrevorSpace](#) - LGBTQ+ affirming online community for 13-24 year olds
- \* [Q Chat Space](#) - online moderated chat for LGBTQ+ youth ages 13-19

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#### Identify Trusted Adults in Your School & Community

Find teachers and school staff who affirm your identity and make you feel safe. Identify adults in your family, your faith community, and in your neighborhood who affirm who you are and make you feel loved and supported. Look for LGBTQ+ affirming symbols in classrooms, libraries, and community centers to find places that support our community.

- \* [National Center for Missing & Exploited Children - Who is a "Trusted Adult?"](#)
- \* ["Why You Need a Trusted Adult & How to Find One" video from One Trusted Adult](#)

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#### Explore Affirming Resources & Media

Find books, videos, movies, and other media that uplift LGBTQ+ people and tell our stories. It's important to find joy and happiness in our community at this moment.

- \* [HRC's Welcoming Schools Booklists](#)
- \* [imi Guide](#) - resources for LGBTQ+ youth by LGBTQ+ youth
- \* [It Gets Better](#) - LGBTQ+ affirming videos and resources

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#### Report Bullying, Harassment, and Violence

Emotions are running high, and you may become the target of harassment or violence, or these experiences may increase. Be sure to tell your parents or a trusted adult at school or in your community if you're being harassed or bullied.