

LGBTQI+ MENTAL HEALTH AWARENESS

LGBTQI+ Resources

National Organizations and Resources

- **Human Rights Campaign** - www.hrc.org
- **National Center for Transgender Equality** - www.transequality.org
- **Campus Pride** - www.campuspride.org
- **Transgender Law Center** - transgenderlawcenter.org
- **The Trevor Project** - www.thetrevorproject.org

PFLAG - www.pflag.org

Founded in 1973 after the simple act of a mother publicly supporting her gay son. PFLAG is the nation's first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents, friends and families. PFLAG is committed to creating a world where diversity is celebrated and all people are respected, valued and affirmed.

LGBT National Hotline - 888-843-4564

The LGBT National Hotline is staffed by highly trained volunteers who identify somewhere on the LGBTQI+ spectrum, from all ages, walks of life and from all over the United States. They provide a safe space that is anonymous and confidential. To learn more visit: www.glbthotline.org

Monday - Friday from 1PM to 9PM PST

Saturday from 9am to 2pm PST

Confronting mental health challenges with an LGBTQI-inclusive mental health provider can lead to better outcomes. Support is available through the Postal Service Employee Assistance Program. Our EAP professionals are ready to assist you in your efforts to live healthier. Reach out or visit EAP4YOU.com for more information, tools and resources for the LGBTQI+ community and those that support members.

Trans Lifeline

www.translifeline.org
877-565-8860

Pride Institute

www.pride-institute.com
(800)-547-7433

SAMHSA - Behavioral Health Treatment Finder

1-800-662-HELP
www.findtreatment.samhsa.gov