

MENTAL HEALTH RESOURCES

Since we are now scattered in different places geographically, and almost all mental health resources have moved online, we aimed to generate a list of online sources that are accessible from any location or are organizations with chapters distributed throughout the nation.

[National Suicide Prevention Line](#) 800-272-TALK (8255)

- [Lifeline Chat](#) online chat available 24/7

[The Trevor Project:](#)

- Trevor Lifeline: Crisis Intervention and Suicide Prevention 24/7: 1-866-488-7386
- [Trevor Chat](#): confidential online instant messaging with a Trevor Council 24/7
- Trevor Counselor confidential text messaging with a Trevor Counselor 24/7 by texting START to 678678
- [Trevor Space](#): an affirming LGBTQ community for young people

[Howard Brown Heath COVID 19 Response](#)

[Disaster Distress Helpline](#)

- *Call 1-800-985-5990 or text TalkWithUs to 66746.*
- The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.

[Crisis Text Line](#)

- Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.

[Dial 2-1-1](#)

- If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help. Run by the United Way.

[Telehealth through Loyola's Wellness Center](#)

[Caregiver Help Desk](#)

[Find a P-flag Chapter Near You](#)

- Many **PFLAG** chapters are meeting virtually or providing 1:1 virtual support as requested for parents/guardians or LGBTQ youth. Go to pflag.org/find to look up the PFLAG chapter in your area and reach out by phone, email, or on social media to learn more about their virtual support options.

[True Colors United COVID 19 Response](#)

- SOURCES: Direct Online Phone Support Services for LGBTQ Youth:
<https://www.hrc.org/resources/direct-online-and-phone-support-services-for-lgbtq-youth>