

Mental Health Resources for the LGBTQ+ Community

Nearly 20 percent of the adult U.S. population lives with mental illness, and LGBTQ individuals are nearly three times more likely than others to be in that group. We compiled this list of resources for you to keep on hand or to share with a friend.

- The **National Alliance on Mental Illness HelpLine** at (800) 950-NAMI (6264) is available to help you learn about symptoms and treatment options and find support groups and services.
- The [LGBT National Help Center](#) has hotlines and online chat for people of all ages as well as special hotlines for youth and elderly LGBTQ populations.
- If you or someone you know is having thoughts of suicide, free and confidential support is available 24/7 from the **National Suicide Prevention Lifeline**. The number is (800) 273-8255.
- The **It Gets Better Project** offers understanding, assurance, and inspiration through its stories and helps LGBTQ youth find housing, legal, medical, mental health, and other types of support through its [directory](#).
- **The Trevor Project**, which has an [online support network](#) for LGBTQ youth. It also has a free, confidential suicide hotline for LGBTQ youth: TrevorLifeline is available 24/7 at (866) 488-7386. The text messaging version is available by texting “Trevor” to (202) 304-1200, and there’s also an [online chat version](#); these two options are available every day between 3-10 p.m. EST (12-7 p.m. PST).
- The [Gay and Lesbian Medical Association’s directory](#) is a great resource to find an inclusive healthcare professional in your area.
- The **Gaylesta (the Psychotherapist Association for Gender and Sexual Diversity)** also has two directories: one of [providers who focus on LGBTQ mental health](#) and another for [therapy groups](#).

All ACA plans include [coverage for mental health and substance use disorders](#), including preventive services such as depression screenings. Getting professional mental healthcare is equally important, and finding a mental health professional you trust is step number one.