

LGBTQIAA+ RESOURCES

If you are unable to locate LGBTQIAA+ Resources for your country or location, please see the full list of Mental Health resources on missedie.com/codepurple or reach out to member of the team for assistance.

- **United States-** 911 is the national emergency number for the US.
 - **The Trevor Project** Text “START” to **678-678** Call: **1-866-488-7386** **Online Chat** also available. <https://www.thetrevorproject.org/resources/article/resources-for-mental-health-support/>
LGBTQIAA+ Specific, trained crisis counselors. Available 24/7, 365 days a year, from anywhere in the US. Confidential & free.
 - **Trans Lifeline** Call **877-565-8860** Provides trans peer support for the Transgender community. Peer to Peer support is also available.
 - **LGBT National Youth Talkline** Call **1-800-246-7743** Provides telephone & online private one to one chat, as well as email support. Offers information on local resources available around the United States. Available M-F 1PM-9PM PST (4PM-MID EST) and Saturday from 9AM-2PM PST (NOON-5PM EST). Email-help@LGBThotline.org Visit www.glbthotline.org/talkline.html
 - **GLBT National Hotline** Call **1-888-843-4564**
- **Canada-** 911 is the national emergency number for Canada.
 - www.qmunity.ca or **604-684-5307** Information, education, support groups, advocacy and referrals for lesbians, gay, transgender, bisexual and questioning youth, adults, and older adults and allies. Facebook & Twitter: Qmunity
 - **Prideline BC-** **1-800-566-1170** toll-free in BC or **604-684-6869** in the Lower Mainland. Offers Peer support, information and referrals for anyone in BC. Available weeknights from 7pm-10pm.
 - **PFLAG Canada-** www.pflagcanada.ca Facebook: PFLAG CANADA. Offers information and support for parents, families, friends, co-workers, and others. PFLAG chapters are located across BC and Canada. Find contact information on the PFLAG Canada website.
 - **Mental Matters-** mentalmatters@yahoo.ca Vancouver-based support group for LGBT people with mental health issues. The group meets twice a month, email for more information.
 - **LGBTQ Youth Line-** **1-800-268-9688** or text **647-694-4275**
 - **ConnexOntario** **1-866-531-2600**
- **United Kingdom-** 999 & 112 is the national emergency number in the United Kingdom.
 - **Stonewall- Tel: 020 7593 1850** For help and advice on everything LGBTQ- related from coming out to criminal law and partnership and parenting rights.

- **Switchboard- Tel: 0300 330 0630** LGBTQ mental health telephone helpline in the UK that provides an information, support, and referral service for LGBTQ= people and anyone considering issues around their sexuality and/or gender identity.
- **London Friend- Tel: 020 7833 1674** For those in and around London, London Friend aims to improve the health and mental wellbeing of LGBT people. Services offered include counselling, social & support groups, and telephone advice.
- **MindLine Trans+ Tel: 0300 123 3393** A confidential mental health support helpline for LGBT+ people who identify as trans, agender, gender fluid, non-binary, and is also there to support family and friends, and to point people in the direction of other services and resources.
- **LGBT Foundation- Tel: 0345 3 30 30 30** A national charity delivering advice, support and information to LGBTQ communities. Services and activities include a range of support groups, counselling, helpline, email and pop-in service, befriending scheme, sexual health program, substance-misuse project, organizational training, and a range of guides and resources.
- **Australia-** 000 is the national emergency number for Australia.
 - <https://www.lgbtiqhealth.org.au/> Supporting healthy lesbian, gay, bisexual, trans/transgender, intersex, queer and other sexuality, gender, and bodily diverse people and communities throughout Australia and the world, free from stigma and discrimination.
 - **Emergency Help Services- Kids Helpline: 1800 55 1800 Lifeline: 13 11 14**
 - **Australian Capital Territory**
 - **Meridian: Call (02) 6257 2855 (9am-4pm M-F)** Provides face to face counselling and access to social groups in the ACT for people of diverse sexuality and gender.
 - **Twenty10 incorporating GLCS NSW (& ACT) Metro support: (02) 8594 9555 (10am-6pm M-F) Regional support free call: 1800 65 2010 (10am-6pm M-F) Email: info@twenty10.org.au** Provides a range of support services and social spaces for people of diverse genders, sexualities and sexes. Services are aimed specifically at people under 26.
 - **A Gender Agenda Phone: (02) 6162 1924** Information website & online community for gender diverse people in the ACT. Information on support groups that you can connect with is also available via their website.
 - **New South Wales**
 - **Twenty10 incorporating GLCS NSW Metro support: (02) 8594 9555 (10am-6pm M-F) Regional support free call: 1800 65 2010 (10am-6pm M-F) Email: info@twenty10.org.au** Provides a range of support services and social spaces for people of diverse genders, sexualities and sexes. Services are aimed specifically at people under 26.

- **The Gender Centre Inc.** Phone: **(02) 9519 7599** Regional NSW: **(02) 9569 2366** Email: reception@gendercentre.org.au Provides information and support to trans and gender-diverse people in NSW.
 - **ACON** Phone: **1800 063 060** NSW based organization specializing in HIV prevention, HIV support, and LGBTIQ health. Services include state-wide counselling, care coordination, substance support, peer education, and health promotion.
 - **Northern Territory**
 - **Northern Territory AIDS and Hepatitis Council (NTHAC)** Phone **(08) 8944 7777** Email: info@ntahc.org.au The NTAHC is the main point of contact for people for people in the Northern Territory who have questions about sexuality or gender, and can put you in contact with local services that provide support.
 - **Queensland**
 - **Diverse Voices** Phone **1800 184 527** (3pm-midnight, 7 days a week) A non-profit organisation with a focus on the wellbeing of the lesbian, gay, bisexual, transgender, queer, and intersex (LGBTQI) communities through the operation of teleweb counselling services.
 - **The Queensland AIDS Council** Phone **(07) 3017 1777** Outside Brisbane **1800 177 434** A non-profit organisation that provides support services. Information and counselling for sex and gender-diverse people in Queensland.
 - **Open Doors Youth Service** Phone **(07) 3257 7660** Email opendoors@opendoors.net.au A drop-in centre and support service for young people who identify as sex, gender or sexuality diverse.
 - **QSpace** Phone **0437 013 710** (Wednesday & Thursday) Email: r.rive@wmq.org.au QSpace is drop-in space for LGBTQIA+ young people. It's run by the Expanded Horizons Program and provides an opportunity to socialise, skill share and explore the community.
 - **South Australia**
 - **BFriend** Phone **(08) 8202 5190** Phone, email, and face to face support for sexuality and gender diverse people. They also have a structured mentorship program.
 - **Rainbow Directory SA** Phone **(08) 8168 8776** or **1800 636 368** Email: info@catalystfoundation.com.au or rainbowdirectorysa@catalystfoundation.com.au The Rainbow Directory SA lists services, organisations, groups and activities that are South Australia-based and for, or inclusive of, LGBTQIA+ communities.
 - **SHINESA** Phone: **1300 794 584** Offers a Sexual Health line and clinical services (including doctors and counsellors) for people who are intersex, gender diverse and of all sexualities. They also offer a Gender Wellbeing

Service for people who are transgender, gender diverse and gender questioning.

○ **Tasmania**

- **Switchboard** Phone: **1800 184 527** (3pm-midnight, 7 days a week) Email: admin@switchboard.org.au Anonymous, free telephone counselling, information and referrals for the LGBTQIA+ communities of Victoria and Tasmania.
- **Working It Out** Tasmania's gender and sexuality support and education service provides direct support, including free and confidential counselling, support groups, education programs and workplace training.
 - WIO North:
Phone: **(03) 6334 4013**
Email: north@workingitout.org.au
 - WIO Northwest:
Phone: **(03) 6432 3643**
Email: northwest@workingitout.org.au
 - WIO South:
Phone: **(03) 6231 1200**
Email: south@workingitout.org.au

○ **Victoria**

- **Switchboard** Phone: **1800 184 527** (3pm-midnight, 7 days a week) Email: admin@switchboard.org.au Anonymous, free telephone counselling, information and referrals for the LGBTQIA+ communities of Victoria and Tasmania.
- **Zoe Belle Gender Centre (ZBGC)** An online service supporting the health and wellbeing of Victoria's sexuality and gender-diverse community, with information available to anyone in Australia. The ZBGC also provides an online Q&A service for people seeking answers to their questions about sexuality and gender diversity.

○ **Western Australia**

- **Living Proud** Phone: **1800 184 527** (7pm-10pm M-F) Available to anyone to talk about sexuality and gender, no matter what they identify as. Their phone counsellors can also refer you to gender- and sexuality-friendly doctors, psychologists, counsellors or lawyers, and other community groups that you might wish to connect with. They also run community workshops and inclusivity training.
- **The Freedom Centre** Phone: **(08) 9228 0354** Email: info@freedom.org.au Provides safe social spaces, peer support, information and referral for young gay, lesbian, bisexual, trans, intersex, queer and questioning young people under age 26.

- **Western Australian AIDS Council** Phone **(08) 9482 0000** Country Callers **1800 671 130** Email: waac@waaid.com Offers counselling to people living with or affected by HIV and their friends and family, the broader LGBTIQIA+ community and youth counselling for the LGBTIQIA+ community.