

LGBTQIA+ Community Resources & Self-Help Support Groups

LGBTQ Hotlines

[LGBT Hotline](#)

[Online Peer Support Chat](#)

[Coming Our Support Hotline](#)

[Youth Talkline](#)

PFLAG is the nation's largest LGBTQ+ family and ally organization, with over 400 local chapters dedicated to creating safe communities for LGBTQ+ individuals and families. PFLAG LA has monthly meetings with some that focus on gender identity.

[PFLAG](#)

[PFLAG Los Angeles](#)

Transgender Lifeline & Support Groups

[Trans Lifeline](#) (877) 565-8860 provides peer support for the transgender community and is run by and for trans people.

[Stand with Trans](#)

Suicide Prevention

[National Suicide Prevention Lifeline for LGBTQ+ Community](#) (800) 273-8255

This page offers information and resources for LGBTQ+ individuals who are struggling with suicidal feelings or mental health crises.

Youth TAY Resources & Support Groups

[Trevor Project Lifeline](#) (800) 788-7386

The Trevor Lifeline provides support to LGBTQ youths and allies in crisis or in need of a safe and judgment-free place to talk.

[Colors Youth](#)

This non-profit organization provides free and unlimited mental health services for LGBTQ-identified youths ages 25 and younger.

[It Gets Better Project](#)

The It Gets Better Project inspires people across the globe to share their stories and remind the next generation of LGBTQ+ youth that hope is out there, and it will get better

[Rainbow Labs](#)

Rainbow Labs offers LGBTQ+ youth mentorship programs so youth can find their community, peers, and safe spaces earlier on while gaining a sense of empowerment.

Elder Hotline:

[SAGE National LGBT Elder Hotline](#) (877) 360-LGBT (5428) The SAGE Hotline connect LGBT older people and their caregivers with friendly responders who are ready to listen.

[Senior Hotline](#)

HIV Support Groups

[7 Best HIV Support Groups](#)

www.chirpla.org/sites/chirpla.org/files/u500/HIV%20Support%20Group%20_0.pdf

Underserved Communities

[Black LGBTQIA Resorces & Support Groups](#)

[Latin X LGBTQ Resources & Support](#)

[AAPA Asian & Pacific Islanders Resources & Support Groups](#)

[JQSA \(Jewish Queer Straight Alliance\)](#)

[LGBTQIA focused ACA meetings](#) Adult Children of Alcoholic/Dysfunctional Families (ACA)

[Sex And Love Addicts Anonymous \(SLAA\)](#) Select Lesbian/Gay/Bisexual/Transgende

[Gay and Sober / Addiction related LGBTQIA+ meetings](#)

Community Centers

[LGBT National Help Center](#)

A national resource that provides LGBTQ+ community with free & confidential support and referral resources via phone, text, and chat.

[Los Angeles LGBT Center](#) This center offers a broad range of health & social services, cultural education, and leadership development resources for the LGBTQ+ community in the Greater Los Angeles area.

Health, Mental Health & Services

[National Alliance on Mental Illness \(NAMI\) LGBTQI Page](#)

This page highlights the unique mental health needs of the LGBTQ+ community

[211 LA's LGBTQ+ Page](#)

This page includes information on free and low-cost health, human, and social services for LGBTQ+ individuals and families in LA County.

[Trevor Project](#) Provides resources and support for all LGBTQIA Communities

LGBTQIA+ Organizations on Social Media:

[Mentally LGBTQ](#)

[LGBTQIA Survivor Task Force](#)

[LGBTQ Wellness](#)

[LGBTQ 12 Step](#)

[Rainbow Recovery](#)

Additional sources provided by Mental Health America:

[Intersex Identities & Mental Health](#)

[Neuroqueer Identities & Mental Health](#)

[Transmasculine Mental Health](#)

[How do I feel comfortable in my body?](#)

[What do I say if I'm misgendered?](#)

[Am I poly?](#)

Significant dates:

March 31 International Transgender Day of Visibility

April 17 Day of Silence to protest bullying of LGBTQ+ students

April 26 Lesbian Visibility Day

May 17 International Day against Homophobia and Transphobia

May 22 Harvey Milk Day

June is Pride Month, but Pride events can occur throughout the year.

June 28 Stonewall Riots Anniversary. - Also known as Pride Day

July 14 Non-Binary Awareness Week

September 22 Celebrate Bisexuality Day

October LGBTQ+ History month

October 11 National Coming Out Day

November 20 Transgender Day of Remembrance

December 1 World AIDS Day