



Lesbian, Gay, Bisexual, Transgender, Queer, + (LGBTQ+)

Mental Health Resources

Sections

1. Crisis/Help Lines.....	1
2. Boston LGBTQ+ Mental Health Resources.....	2
3. Culturally Responsive LGBTQ+ Mental Health Resources	3
4. LGBTQ+ Youth Mental Health Resources	5
5. Parents/Caregivers of LGBTQ+ Individuals Resources	7

1. Crisis/Help Lines

- **The Trevor Project:** a non-profit suicide prevention organization that provides 24/7 crisis support services, research, and advocacy for LGBTQ+ young people.
 - Website: <https://www.thetrevorproject.org/get-help/>
 - Call 1-866-488-7386 or Text “Start” to 678-678 24/7
 - Audience: LGBTQ+ Youth
- **Massachusetts Behavioral Health Help Line:** free, confidential service that can connect you to clinical help. No insurance is needed. Real-time interpretation in 200+ languages.
 - Website: <https://www.masshelpline.com/>
 - Call or Text 833-773-2445 24/7
 - Audience: All
- **Boston Emergency Services Team Crisis Line:** phone line staffed by professionally trained clinicians who triage calls, provide support, and make appropriate referrals via phone, in-person evaluations, and telehealth. You will always speak to a live clinician on the phone.
 - Website: <https://www.bmc.org/cbhc>
 - Call 1-800-981-4357 24/7
 - Audience: All



- **Suicide & Crisis Lifeline:** free, confidential service for yourself or a loved one.
 - Website: <https://988lifeline.org/>
 - Call or text 988 24/7
 - Audience: All
- **Trans Lifeline:** provides trans peer support for our community that's been divested from police since day one. Run by and for trans people.
 - Website: <https://translifeline.org/>
 - Call (change) Monday through Friday: 10 AM – 6 PM Pacific; 11 AM – 7 PM Mountain; 12 PM – 8 PM Central; 1 PM – 9 PM Eastern
 - Audience: Trans People

2. Boston LGBTQ+ Mental Health Resources

- **Greater Boston Parents, Families, and Friends of Lesbians and Gays (GBPFLAG):** PFLAG is a nationwide organization of parents, family, friends, and LGBTQ+ youth that offers help on the topic of sexual and gender identity. The organization seeks to change attitudes and create an environment of understanding so that LGBTQ+ family members and friends can live in a world that is safe and inclusive. There is a Greater Boston chapter providing support to LGBTQ+ youth and their families.
 - Services include peer support helpline, support groups for community members with LGBTQ+ people in their lives, 1-to-1 Program matching people with a community who has supported a child with a similar identity
 - Website: <http://www.gbpflag.org/>
 - Peer Support Helpline: 866-312-5007
 - Audience: LGBTQ+ youth, their families, and communities
- **Boston Area Trans Support:** peer-run group for trans and non-binary adults in the Boston area. Working together for over twelve years, we strive to create an inclusive community, provide peer support, and ensure a safe space for trans and non-binary people.
 - Website: <https://www.massbats.org/>
 - Meetings: weekly in Cambridge and Dorchester (location provided after you [Join Us](#))
 - Audience: Trans 18+, non-binary 18+, Boston Area



- **Boston LesBiGay Urban Foundation:** Fosters a more inclusive environment for LGBTQ+ community in the Greater Boston area with programming focused on empowerment, celebration, and advocacy. Their youth programming includes a [youth mentorship program](#) and [youth workshops and trainings](#).
 - Website: <https://www.lesbigayurbanfoundation.org/>
 - Audience: All LGBTQ+
- **Metro Boston Recovery Learning Community Hope Center:** The Hope Center is a Peer-Run Recovery Learning Center dedicated to providing a safe, private, and trauma-informed space where all are welcome to find support and build community. The Hope Center currently offers both in-person and online/call-in peer support, education, and activity groups on Tuesdays, Wednesdays, and Thursdays.
 - Website: <https://www.mbrlc.org/hope-center>
 - Meetings: in-person and Zoom LGBTQ+ Affinity Groups from 3pm-3:45pm every Tuesday
 - Audience: anyone on the LGBTQ+ spectrum and anyone questioning their identity or orientation
 - Phone: [617-454-4621](tel:617-454-4621)
 - Address: 25 Staniford St, Boston, MA 02114, USA
- **Boston Area Friendly Therapy Resources:** Intended to empower Gender and Sexual Minorities to make better informed decisions about our mental health care and mitigate some of the difficulties of accessing providers who are knowledgeable about our identities and communities.
 - Website: <https://www.friendlytherapy.info/>

3. Culturally Responsive LGBTQ+ Mental Health Resources

- **Fe Familia Igualdad (Faith Family Equality):** Fe Familia Igualdad from The Latinx Roundtable promotes the understanding, acceptance, and affirmation of Latinx LGBTQ+ and their families. This resource provides Latinx LGBTQ+ people with tools to understand, accept, and affirm themselves with their families, churches, and communities while providing Latino religious communities with the tools to welcome and include Latinx LGBTQ+ people.



- Website: <https://fefamiliaigualdad.org/>
- **Keshet:** for LGBTQ+ Jews and families with youth-specific programming. Offers online, weekly spaces for LGBTQ+ youth and allies as well as supportive peer-led spaces.
 - Website: <https://www.keshetonline.org/>
 - Audience: Jewish LGBTQ+ Faith Community
- **DESI LGBTQ+ Helpline:** for South Asian LGBTQ+ youth - Thursday/Sunday night 8-10PM.
 - Website: <https://www.deqh.org/>
 - Audience: South Asian LGBTQ+ Youth
- **MASALA – Massachusetts:** The Massachusetts Area South Asian LAMBDA Association (MASALA) is a Massachusetts area South-Asian LGBTQ organization. MASALA offers, through social and political activities, a supportive, empowering, and non-judgmental environment, where queer South Asians can meet, make connections, and proudly promote awareness and acceptance of their sexuality in society. They also actively work against all forms of oppression based on race, gender, class, and other identities.
 - Website: <https://www.facebook.com/bostonmasala/>
 - Audience: South Asian LGBTQ+
- **Queer South Asian Collective** - Open to LGBTQIA+ folks in the greater Boston area who can trace their heritage to South Asia or the South Asian diaspora, including all descendants of indentureship histories. We aim to create spaces where folks can find community; share knowledge, skills, and experiences; and organize with each other as well as other marginalized communities towards collective liberation. We represent a broad variety of heritages, including and not limited to, Afghanistan, Bangladesh, Bhutan, Ethiopia, Fiji, Guyana, India, Jamaica, Kenya, Libya, Malaysia, Maldives, Mauritius, Nepal, Pakistan, Singapore, South Africa, Sri Lanka, Suriname, Tanzania, and Trinidad and Tobago.
 - Website: <https://www.instagram.com/gbqsac>
 - Audience: South Asian LGBTQ+



- **Congregation Am Tikva:** As mainstream congregations have become welcoming to the Jewish LGBTQ community, Am Tikva has changed. We are no longer the only place where folks can be both openly queer and openly Jewish. Nonetheless, Am Tikva continues. While we do not have regular Shabbat services, we do have holiday parties, and most importantly, we continue to observe the High Holidays together with our offering of evening services.
 - Website: <https://www.amtikva.org/>
 - Audience: Jewish LGBTQ+ Faith Community
- **Metropolitan Community Church Boston:** A church of the Lesbian, Gay, Bisexual and Transgender Community; Open to all.
 - Website: <https://visitmccchurch.com/our-churches/mcc-churches-in-the-united-states/mcc-churches-ma/mcc-boston/>
 - Address: 131 Cambridge St, Boston, Massachusetts
 - Audience: Christian LGBTQ+ Faith Community, All
- **Native American Lifeline:** promotes health and social resiliency within urban American Indian communities. Native American LifeLines applies principles of trauma-informed care to provide culturally centered mental health care, dental care, outreach, and referral services
 - Website: <https://nativeamericanlifelines.org/>
 - Audience: Native American, Mid-Atlantic and Northeast US
- **QTBIPOC (Queer and Trans Black, Indigenous, People of Color) Support Space:** Fireweed Collective Support Groups are unstructured spaces where folks can connect to and offer mutual aid with others who share similar life experiences and struggles. Groups run for a month. They meet once a week online for one hour.
 - Website: <https://fireweedcollective.org/support-groups/>
 - Meetings: Mondays at 5PM

4. LGBTQ+ Youth Mental Health Resources

- **GLASS (GLBTQ+ Adolescent Social Services):** provides a continuum of services to LGBTQ+ youth of color and their allies in the Greater Boston area.



Also provide education and consultation to other providers and community organizations.

- Website: <https://jri.org/services/health-and-housing/health/boston-glass>
- Audience: LGBTQ+ Youth
- Address: 555 Amory Street, Suite 3, Boston MA 02130

- **The Trevor Project:** a non-profit suicide prevention organization that provides 24/7 crisis support services, research, and advocacy for LGBTQ+ young people.
 - Website: <https://www.thetrevorproject.org/get-help/>
 - Call 1-866-488-7386 or Text “Start” to 678-678 24/7
 - Audience: LGBTQ+ Youth, National

- **Hey Sam Text Line:** is a peer-to-peer texting service for people up to 24 years old
 - Website: <https://samaritanshope.org/our-services/hey-sam/>
 - Text 439-726 9AM-12AM EST
 - Audience: All Youth

- **Boston Alliance of Gay, Lesbian, Bisexual, Transgender Youth (BAGLY)**
 - Website: <https://www.bagly.org/>
 - Youth-led, adult- supported organization that supports LGBTQ+ youth through services including social support, supported referrals, harm and risk-reduction resources, and testing. Includes online therapy sessions for Massachusetts resident youth.
 - Audience: LGBTQ+ youth ages 25 and under for mental health services and a drop-in space. Specific spaces created for BIPOC and gender diverse groups.

- **Sidney Borum, Jr. Health Center:** The Sidney Borum, Jr. Health Center, affectionately known as the Borum, is a program of Fenway Health that provides safe, non-judgmental care for young people ages 12–29 who may not feel comfortable going anywhere else. No one is turned away – we’ll do whatever it takes to help you.
 - Website: <https://fenwayhealth.org/info/locations/the-borum/>



- Audience: LGBTQ+, Youth, Greater Boston
- Address: 5th floor at 1340 Boylston Street
- **SAYFTEE:** serves people of diverse sexual orientation, gender identity, gender expression, and those who love them. SAYFTEE provides a nurturing environment for youth to discover the most authentic version of themselves. SAYFTEE's goal is to provide a safe place for connection to help strengthen families and communities.
 - Website: <https://www.sayftee.com/>
 - Audience: LGBTQI+ children, adolescents, and adults.
 - Note on Cost: Services may be covered in full or in part by health insurance. Most SAYFTEE clinicians are a preferred provider with many health plans, including: AllWays Partners, Blue Cross Blue Shield, Boston University Student Health Plan (Aetna), Harvard Pilgrim, Health Plans, Inc., Optum/United, UMR, and Tufts Public Plans (MassHealth)

5. Parents/Caregivers of LGBTQ+ Individuals Resources

- **Greater Boston PFLAG:** Offers support groups and resources for LGBTQ+ individuals and their families including community-focused support groups, a parent/caregiver connection line, and parent and caregiver focused support groups.
 - Website: <https://www.gbpflag.org/services>
- **Handhold:** website run by the Massachusetts Department of Mental Health in partnership with the Massachusetts Office of the Child Advocate. Handhold provides resources for parents of school-aged children in Massachusetts, as selected by mental health experts.
 - Website: <https://handholdma.org/>
- **GLBT Health Access Project:** Provides training, technical assistance and materials to agencies across the state (and, due to past success, across the nation) to help service providers learn more about the health care needs of GLBT populations and create welcoming environments for staff and clients.
 - Website: <http://glbthealth.org/trainings.html>