

LGBTQ+ Behavioral Health Resources & Actions for Allies

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LGBT National Help Center

SAGE National LGBT Elder Hotline

Trans Lifeline

The Trevor Project — Saving Young LGBTQ Lives

TOOLS TO FIND MENTAL HEALTH SUPPORT

10 Tips for Finding LGBT-Affirming Services

National Resource Center on LGBT Aging, 2017

How To Find an LGBTQ+ Therapist: Queer Therapy Can Save LGBT People's Lives

Donahue, 2019

LGBTQ Psychotherapists of Color (QTOC)

Pride Counseling

QTPOC Mental Health Practitioner Directory - National Queer and Trans Therapists of Color Network

Questions to Help QTBIPOC Find Affirming Mental Health Providers

Human Rights Campaign & Mental Health America

Referral Directory - Association of Sexuality Educators, Counselors and Therapists

World Professional Association for Transgender Health (WPATH)

ADDITIONAL RESOURCES & COMMUNITIES

Employer Search: Where Do Employers Stand in the Movement for LGBTQ Equality?

Human Rights Campaign

It Gets Better

Q Chat Space: A Community for LGBTQ+ Teens

The Queer and Transgender Resilience Workbook: Skills for Navigating Sexual Orientation and Gender Expression

Anneliese A. Singh

Rest For Resistance

QTPOC Mental Health

TrevorSpace - Community for LGBTQ Young People

Two Spirit and LGBTQ Health

Northwest Portland Area Indian Health Board

Understanding Anxiety and Depression for LGBTQ People

Brenner / Anxiety & Depression Association of America, 2020

Learning About LGBTQ+ People and Issues

LGBTQ+ IDENTITIES & EXPERIENCES

The 2019 National School Climate Survey: The Experiences of Lesbian, Gay, Bisexual, Transgender, and Queer Youth in Our Nation's Schools

Kosciw, Clark, Truong, & Zongrone, 2020

Gender Unicorn

Trans Student Educational Resources

Psych Hub Communication Guide: Inclusive Language & Imagery for Mental Health Content

Asper & St. Amant / Psych Hub, 2022

Transgender and Non-Binary People FAQ

Human Rights Campaign

Two-Spirit Identity in a Time of Gender Fluidity

Robinson, 2019

Understanding the Intersex Community

Human Rights Campaign & InterACT

A Workplace Divided: Understanding the Climate for LGBTQ Workers

Human Rights Campaign

LGBTQ+ MENTAL HEALTH & THE IMPACT OF DISCRIMINATION

AFSP-Funded LGBTQ Research Studies and Publications

American Foundation for Suicide Prevention

The Buffering Role of Social Support on the Associations Among Discrimination, Mental Health, and Suicidality in a Transgender Sample

Trujillo, Perrin, Sutter, Tabaac, & Benotsch, 2017

Bullying: LGBT Youth

Mental Health America

Discrimination and Mental Health Among Lesbian, Gay, and Bisexual Adults in the United States

Bostwick, Boyd, Hughes, & West, 2014

Examining Mechanisms and Moderators of the Relationship Between Discriminatory Health Care Encounters and Attempted Suicide Among U.S. Transgender Help-Seekers

Romanelli, Lu, & Lindsey, 2018

The Impact of Discrimination on the Mental Health of Trans*Female Youth and the Protective Effect of Parental Support

Wilson, Chen, Arayasirikul, Raymond, & McFarland, 2016

Lesbian, Gay, Bisexual, and Transgender Health Disparities: Executive Summary of a Policy Position Paper From the American College of Physicians

Daniel & Butkus, 2015

LGBTQ+ Communities and Mental Health

Mental Health America

LGBTQ+ Mental Health: Insights from MHA Screening

Mental Health America

LGBTQI

National Alliance on Mental Illness

Mental Health Disparities: LGBTQ

American Psychiatric Association, 2017

Mental Health Facts on Bisexual Populations

American Psychiatric Association, 2020

Mental Health Facts on Questioning/Queer Populations

American Psychiatric Association, 2019

Mental Health Facts for Gay Populations

American Psychiatric Association, 2018

Mental Health in Lesbian, Gay, Bisexual, and Transgender (LGBT) Youth

Russell & Fish, 2016

Minority Stress and Physical Health Among Sexual Minorities

Lick, Durso, & Johnson, 2013

Motivations for Sexual Identity Concealment and Their Associations with Mental Health among Bisexual, Pansexual, Queer, and Fluid (Bi+) Individuals

Feinstein, Hall, Dyar, & Davila, 2020

Multifactorial Discrimination as a Fundamental Cause of Mental Health Inequities

Khan, Ilcisin, & Saxton, 2017

National Survey on LGBTQ Youth Mental Health 2020

The Trevor Project

Nobody's Normal: How Culture Created the Stigma of Mental Illness

by Roy Richard Grinker

Prejudice, Social Stress, and Mental Health in Lesbian, Gay, and Bisexual Populations: Conceptual Issues and Research Evidence

Meyer, 2003

Risk and Protective Factors for Mental Health Morbidity in a Community Sample of Female-to-male Trans-masculine Adults

McDowell, Hughto, & Reisner, 2019

Sport and Transgender People: A Systematic Review of the Literature Relating to Sport Participation and Competitive Sport Policies

Jones, Arcelus, Bouman, & Haycraft, 2017

Suicide Thoughts and Attempts Among Transgender Adults: Findings from the 2015 U.S. Transgender Survey

Herman, Brown, & Haas, 2019

Taking Action to Support LGBTQ+ People

BEING AN ALLY

50 Bills 50 States

The Trevor Project

Be an Ally - Support Trans Equality

Human Rights Campaign

LGBTQ Issue by Issue Resources: Grassroots and State-Level Advocacy on LGBTQ+ Issues

American Psychological Association

Supporting the Transgender People in Your Life: A Guide to Being a Good Ally

National Center for Transgender Equality, 2016

Talk Saves Lives

American Foundation for Suicide Prevention

RESOURCES FOR HEALTH PROVIDERS & ADVOCATES

APA Resolution on Gender Identity Change Efforts

American Psychological Association, 2021

The Association of LGBTQ+ Psychiatrists (AGLP)

Best Practice Highlights for Working with LGBTQ Patients

Cabaj / American Psychiatric Association

[Best Practices for Mental Health Facilities Working With LGBT Clients](#)

American Psychological Association, 2011

[Breaking Barriers to Quality Mental Health Care for LGBTQ Youth](#)

The Trevor Project, 2020

[Creating Equal Access to Quality Health Care for Transgender Patients: Transgender-Affirming Hospital Policies](#)

Lambda Legal, Human Rights Campaign, Hogan Lovells, & New York City Bar, 2016

[Ending Conversion Therapy: Supporting and Affirming LGBTQ Youth](#)

SAMHSA, 2015

[Guidelines for Psychological Practice with Lesbian, Gay and Bisexual Clients](#)

American Psychological Association, 2012

[Guidelines for Psychological Practice with Sexual Minority Persons](#)

APA Task Force on Psychological Practice with Sexual Minority Persons, 2021

[Guidelines for Psychological Practice With Transgender and Gender Nonconforming People](#)

American Psychological Association, 2015

[Implementing Trauma-Focused Cognitive Behavioral Therapy for LGBTQ Youth and their Caregivers](#)

Cohen, Mannarino, Wilson, & Zinny, 2018

[Inclusive Services for LGBT Older Adults: A Practical Guide to Creating Welcoming Agencies](#)

National Resource Center on LGBT Aging, 2012

[Intersex-Affirming Hospital Policy Guide: Providing Ethical and Compassionate Health Care to Intersex Patients](#)

InterACT & Lambda Legal, 2018

[LGBTQ Asylum Seekers: How Clinicians Can Help](#)

American Psychological Association

[A Practitioner's Resource Guide: Helping Families to Support Their LGBT Children](#)

Substance Abuse and Mental Health Services Administration, 2014

[A Provider's Introduction to Substance Abuse Treatment for Lesbian, Gay, Bisexual, and Transgender Individuals](#)

Substance Abuse and Mental Health Services Administration, 2012

[Psychological and Neuropsychological Assessment with Transgender and Gender Nonbinary Adults](#)

APA Committee on Sexual Orientation and Gender Diversity, 2020

[Queering Your Therapy Practice, Queer Theory, Narrative Therapy, and Imagining New Identities](#)

By Julie Tilsen

[QTPOC Practitioner Development](#)

National Queer and Trans Therapists of Color Network

Recommendations for Promoting the Health and Well-Being of Lesbian, Gay, Bisexual, and Transgender Adolescents: A Position Paper of the Society for Adolescent Health and Medicine
Society for Adolescent Health and Medicine, 2013

Recommended ACA Resources for Assisting LGBTQ+ Clients
American Counseling Association

Society for Sexual, Affectional, Intersex, and Gender Expansive Identities – Counselors and Related Professionals Serving Sexual, Affectional, Intersex, and Gender Expansive Communities

Supporting & Caring for Transgender Children
Human Rights Campaign, American Academy of Pediatrics (AAP), & American College of Osteopathic Pediatricians (ACOP), 2016

Top Health Issues for LGBT Populations: Information & Resource Kit
Substance Abuse and Mental Health Services Administration, 2012

Trauma-Informed and Affirmative Mental Health Practices With LGBTQ+Clients
Jill S. Levenson, Shelley L. Craig, and Ashley Austin, 2021

Transgender and Gender-Diverse Health: A Work in Progress
American Psychological Association, 2021

RESOURCES FOR WORKPLACES

Advocating for LGBTQ Equality in Your Workplace
Human Rights Campaign

Equality Index 2021: Rating Workplaces on Lesbian, Gay, Bisexual, Transgender and Queer Equality
Human Rights Campaign, 2021

RESOURCES FOR PARENTS

10 Considerations for Finding a Gender Competent Therapist for Your Child
American Psychological Association, 2020

Transgender Children & Youth: Understanding the Basics
Human Rights Campaign

RESOURCES FOR EDUCATORS

APA Resolution on Supporting Sexual/Gender Diverse Children and Adolescents in Schools
American Psychological Association, 2020

Gay, Lesbian and Straight Education Network

Just the Facts About Sexual Orientation and Youth: A Primer for Principals, Educators, and School Personnel / Sólo los hechos sobre la orientación sexual y la juventud: Una guía para directores de escuelas, educadores y

personal escolar

Just the Facts Coalition, 2008

Queer Youth Advice for Educators: How to Respect and Protect Your Lesbian, Gay, Bisexual, and Transgender Students

Young, 2011

Safe Schools Coalition

Welcoming Schools

RESOURCES FOR THE MEDIA

Talking About Suicide & LGBT Populations / Cómo hablar sobre el suicidio y las poblaciones LGBT

Movement Advancement Project, Johnson Family Foundation, & American Foundation for Suicide Prevention, 2017

BIPOC Mental Health Resources & Anti-Racist Actions for Allies

To suggest additional materials and resources, please reach out to info@psychhub.com

Find a comprehensive library of free mental health videos that may help to further educate on topics of mental health, substance use, and suicide prevention at www.psychhub.com