Mayor's Office of ThriveNYC

# Mental Health Resources for New Yorkers in the LGBTQI+ Community

This guide includes mental health information and resources available to support New Yorkers in the LGBTQI+ community, their families, and allies. The organizations and programs included in this guide provide culturally responsive and affirming care, as well as other services, that can help LGBTQI+ New Yorkers deal with unique factors that affect their mental health.

***During the COVID-19 pandemic, many service providers have transitioned to providing services online or via phone. This guide includes information on how services are being provided during the pandemic, where known. We encourage you to directly contact the organizations below to confirm the latest services hours, cost, and modes of delivery.***


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## Talk & connect

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### *Peer and support groups:*

Connecting with peers who have similar lived experiences can help you cope with your mental health challenges. Support groups with someone who has gone through what you are going through can often help you understand what you are experiencing and feel supported. The following are some organizations that offer peer and support group services for LGBTQI+ New Yorkers:

- **Free online groups for pre-teens, teens, parents, caregivers, other family members and adults** from **Gender Spectrum**. These groups offer an opportunity to connect with others, share experiences, and feel the comfort of a supportive community.
- **Free confidential peer support for youth and adults** from the national hotlines provided by **LGBT's National Help Center**. Call 800-246-7743 for the LGBT National Youth Hotline, 888-234-7243 for the LGBT National Senior Hotline or 888-843-4564 for the LGBT National Hotline.
- **Free individual and group peer support over the phone and virtually** from **CAMBA's Young Men's Health Project**. To learn more, visit CAMBA's Young Men's Health Project page or call (917) 626-8665.
- **Free online recovery support meetings for women and gender nonconforming individuals who are sober or interested in sobriety** from the **Tempest's Bridge Club**.
- **A comprehensive listing of LGBTQ resources, categorized by organization type, areas of service, community type and borough** can be found in New York City Comptroller's LGBTQ Guide. You can find mental health services and peer support group services within the search filter.

### *Apps that support mental health and resiliency:*

**It can also be helpful to download an app that can support mental health, as well as share coping tips, information of selfcare, and other resources.**

- **Spectrum** is a queer community app that works to arm queer people who are isolated, closeted or at-risk with the tools to manage their mental health, find resources and information, and connect with a community.
- **Liberate** is a subscription-based meditation app specifically for the Black, Indigenous and People of Color (BIPOC) community. Meditations through the app are led by BIPOC meditation teachers, some of whom identify as members of the LGBTQI+ community.
- **The NYC Well website** offers a list of recommended apps that are offering free mental health support for the duration of the COVID-19 pandemic. For more information please click **here**.

## Ask for help

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If your experience of stress, anxiety, uncertainty, sadness or grief becomes overwhelming, it may help to connect with a clinician. The following organizations specialize in providing professional mental health services to the LGBTQI+ community. Additionally, **this resource from Mental Health America** offers tips to help you find an LGBTQI+ friendly therapist.

### *Counseling & therapy:*

- **Therapy for same sex healthcare and couples** from **The Ackerman Institute for the Family**. Services are provided by mental health professionals and therapists who are people of diverse racial, ethnic, cultural, sexual orientations, and gender identities. Therapy services have transitioned to telletherapy during the COVID-19 pandemic. Fees are on a sliding scale. For services, please call their intake department at 212-879-4900, ext. 122.
- **Free culturally competent mental health services for Caribbean LGBTQ+ people** in New York City from **the Caribbean Equality Project**. Services are currently being provided virtually. To schedule an appointment, call 347-709-3179.
- **Free individual counseling and tele-health services to assist individuals to better understand and accept their gender identity** from **TransNewYork**. To schedule an in-person or telehealth appointment, call 917-789-7490.
- **Trauma-focused therapy for all justice-involved women, including trans and cis women, as well as all non-binary and gender-nonconforming individuals** from the **Women's Prison Association in partnership with the New York City Department of Homeless Services**.
- **Substance use treatment and recovery support specifically for the LGBTQ community** from **The Lesbian, Gay, Bisexual and Transgender Community Center, which is part of the** New York State Office of Alcohol and Substance Abuse Services (OASAS). Call 646-556-9300 for more information.

### *Crisis counseling & suicide prevention:*

- **You can** find 24/7 support via phone, text, or online instant messaging by contacting **TrevorLifeline/Chat/Text**.
- **Get crisis support for trans and questioning callers** with **TransLifeLine**. Call 877-565-8860.
- **NYC Well** provides free, confidential mental health and substance misuse services including brief counseling, peer support, crisis counseling, and referrals to ongoing mental healthcare. Trained counselors can provide you with support 24 hours a day, 7 days a week, in over 200 languages, regardless of immigration status.
  CALL: 1-888-NYC-Well (692-9355),
  TEXT: "Well" to 65173,
  CHAT ONLINE at nyc.gov/nycwell.

## Specialized support

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### *Gender-affirming care:*

The following providers offer transgender care that combines appropriate transgender behavioral health services with physical health and social services that are gender affirming to support the overall health and mental well-being of individuals. These services can include trans competent mental health services, monitoring hormone therapy, and providing gender affirming letters.

- For **Transgender Health** and **Behavioral Health** services in an affirming environment where patients can engage in an ongoing relationship with a primary care provider and a mental health provider to address their full spectrum of health and wellness needs, contact Callen-Lorde. Call 212-271-7200 to learn more. In addition, Callen-Lorde's TransAtlas provides an online interactive map and directory, which includes health and support services for people of Transgender, Non-Binary and Intersex identities.
- **Comprehensive trans-affirming medical and behavioral healthcare and other services including primary care and hormone therapy** from **The Gerald J. Friedman Transgender Wellness Center**. Call 212-434-3556 for more information.
- **Mental health support and gender affirming care for LGBTQ+ individuals** are available through **NYC Health + Hospitals' Pride Health Centers**. Call 212-925-5000 and press 3 after the language prompt to speak with a nurse and ask about services.
- **Transgender-specific and other behavioral health supports**, like individual counseling, support groups, psychiatric evaluations and ongoing prescriptions are available to support you and your family are provided by **Mount Sinai's The Center for Transgender Medicine and Surgery (CTMS)**. Call 212-604-1730 to learn more.

### *Social isolation support for aging LGBTQI+ New Yorkers:*

Many aging New Yorkers live alone, and during COVID-19 have found themselves suddenly isolated and lonely. According to the **Centers for Disease Control and Prevention**, loneliness is a risk factor for depression, anxiety and even suicide. The following are resources that expand social connections and mitigate loneliness in aging LGBTQI+ New Yorkers:

- Free calls to LGBTQI+ aging New Yorkers from community members and allies to expand their social connection at this time of crisis is being provided by **SAGEConnect**. To receive services fill out a form by clicking **here**.
- Free regular visits by a volunteer specializing in serving LGBTQI+ homebound aging New Yorkers of color are offered by **GRIOT Circle** in partnership with the NYC Department for the Aging. These visits are conducted remotely during the COVID-19 pandemic. To learn more call 718-246-2775 ext.21.

### *Support for LGBTQI+ youth experiencing homelessness:*

- **Mental health, housing and other needed support services for LGBTQ youths aged 16-24** to escape the streets and begin healthy independent lives are offered by **The All Forney Center**. For assistance, you can call 212-206-0574.
- **Mental health, housing and many other support services to LGBTQ youth aged 12-24** are provided by **The Door**. Their counseling services are currently being offered virtually. To schedule a counseling appointment, you can call 212-941-9090 ext. 3452 or email MHintakes@door.org (Habla Español).
- **Mental health and other support services for LGBTQ+ youth** from **The Metropolitan Community Church New York Charities**. For more information about Youth Services and the Mental Health Services Program call (212) 629-7440 ext. 226.

### *Support for LGBTQI+ immigrants and asylees:*

- **Mental health and other support services for LTBTQ+ asylees and asylee-seekers who have suffered trauma and torture** from the **Program for Survivors of Torture**, a special program of NYC Health + Hospitals. For services, you can call 212-262-8127.
- **Free mental health and peer support services for lesbian and gay Russian-speaking individuals and families** who are fleeing Russia and Ukraine to escape discrimination and violence from the **Jewish Community House (JCH) of Bensonhurst**. Call 718-943-6326 or 718-331-6800 ext. 190 for services.
- **Free mental health counseling and peer support for recent LGBTQ immigrants and asylum seekers from the African Diaspora** from the **African Services Committee**. They offer a safe and supportive space to address the particular vulnerabilities experienced by LGBTQI recent immigrants. To receive services, call 212-222-3882 ext. 2148.

## Find help

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- A complete list of mental health providers that offer affirming counseling and therapy to LGBTQI+ New Yorkers is available on the NYC Well's service directory. This directory and their online interactive map allow you to search for providers by neighborhood, specialty and insurance type.
- A comprehensive list of organizations and service providers that serve LGBTQ Youth can be found in the **New York City Unity Project LGBTQ COVID-19 Resource Guide**, which includes information about mental health services available during COVID-19.
- An online interactive map and directory of LGBTQ Health services for gender affirming care, counseling, primary care, and sexual health can be found in the **NYC Health Map**.
- You can find a behavioral health professional who is inclusive of the LGBTQI+ community and provides competent care using **GLMA's Provider Directory**.

## Resources for allies

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**Research** indicates that family acceptance can support mental health and wellbeing in young adults who identify as LGBTQ+. The following are resources that provide information about ways families and allies can support LGBTQ+ children and youth.

- **Educational materials and resources for families with LGBT children and youth** from **the Family Acceptance Project**. This program also provides access to new research on helping families support their LGBT children. Resources are provided in English, Spanish, and Chinese.
- **Information, training and support for parents and families** from **the Gender Spectrum Education and Training**. This organization works to create gender-sensitive and inclusive spaces for children and teens.

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