



LGBTQ+ Behavioral Health Resources & Actions for Allies

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[LGBT National Help Center](#)

[SAGE National LGBT Elder Hotline](#)

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[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](#)

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[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](#)

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[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](#)

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Mental Health America

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LGBTQI

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American Psychiatric Association, 2017

Mental Health Facts on Bisexual Populations

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

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Minority Stress and Physical Health Among Sexual Minorities

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

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Multifactorial Discrimination as a Fundamental Cause of Mental Health Inequities

Khan, Ilcisin, & Saxton, 2017

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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

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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

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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](#)

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[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](#)

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

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

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

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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](#)

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[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

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[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](#)

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[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](#)

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[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