

Suicide Prevention Resources for the LGBTQ+ Community

Get Services

Gaylesta, The Psychotherapist Association for Gender and Sexual Diversity

Referral service for providers with a range of training and experience specializing in the LGBT community.

gaylesta.org
Serves: All

Outlet, Adolescent Counseling Services

Outlet empowers LGBTQ+ through support services, leadership training, community education and advocacy.

(650) 424-0852 x105
590 W. El Camino Real
Mountain View
projectoutlet.org
Serves: Ages 13-18

LGBTQ Youth Space

Youth Space is a community drop-in center and mental health program for LGBTQ+ and ally youth and young adults who live in Santa Clara County.

(408) 343-7940
452 S. 1st Street
San Jose
youthspace.org
Serves: Ages 13-25

Billy DeFrank Lesbian & Gay Community Center

Provides community, leadership, advocacy, services and support to the Silicon Valley's LGBTQ People and their Allies.

(408) 293-3040
938 The Alameda
San Jose
defrankcenter.org
Serves: Adults

Bill Wilson Center's LGBTQ Outreach Program

Our program works directly with youth to connect them to housing, education, and mental health resources within Bill Wilson Center.

(408) 925-0233
693 S. 2nd Street
San Jose
billwilsoncenter.org/services/all/lgbtq-outreach.html
Serves: Youth

LGBTQ Wellness

Supports the mental health of LGBTQ community members and allies by providing outreach, education and advocacy services.

(408) 343-7944
452 S. 1st Street
San Jose
lgbtqwell.org
Serves: Adults

Get More Information

LGBTQ Resources

Access a list of resources compiled by Santa Clara County's Behavioral Health Services.

sccbhsd.org/lgbtq
Serves: Youth & Adults

It Gets Better

The It Gets Better Project is a campaign that shares stories to show young LGBT people the happiness and potential their lives can reach.

itgetsbetter.org
Serves: Teens

LGBT National Help Center

Serving LGBTQ by providing free and confidential peer-support and local resources.

LGBThotline.org
Serves: Youth & Adults

National Resource Center on LGBT Aging

The National Resource Center on LGBT Aging is the country's first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults.

lgbtagingcenter.org
Serves: Older Adults

Parents, Families, and Friends of Lesbian and Gays (PFLAG)

The local chapter of PFLAG provides support groups, resources, scholarships, and houses a speaker's bureau.

pflagsanjose.org
Serves: Youth & Adults



Suicide Prevention Resources for the LGBTQ+ Community

Family Acceptance Project (FAP)

The Family Acceptance Project (FAP) helps diverse families support their LGBTQ children to prevent serious health risks.

familyproject.sfsu.edu/publications

Serves: Parents

Office of LGBTQ Affairs

To provide leadership and support for the well-being and longevity of LGBTQ communities in Santa Clara County through coordinated, integrated approaches.

sccgov.org/lgbtq

Serves: LGBTQ Community & Service Providers

Talk to Someone

Crisis Text Line

Crisis Text Line is free, 24/7 support for those in crisis. Text from anywhere in the US to access a trained Crisis Counselor.

Text LGBTQ to 741741

Serves: Youth & Adults

LGBT National Senior Hotline

Peer-counseling, information and local resources for senior callers.

1 (888) 234-7243

Monday-Friday 1pm to 9pm, Saturday 9am to 2pm

Serves: Older Adults

The Trevor Project

The only accredited, nationwide, around-the-clock crisis and suicide prevention helpline for LGBTQ youth.

Hotline: 1 (866) 488-7386

Monday-Friday, 12pm-7pm

Text Line: Text TREVOR to 1 (202) 304-1200

Chat Line: TheTrevorProject.org

Chat 7 days a week, 12pm-7pm

Trevor Space

Online chat forums for LGBTQ young people.

Trevorspace.org

Serves: Ages 13-24

LGBTQ+ Friendly Shelter

Life Moves-New Haven Inn

A referral-only inclusive shelter in downtown San Jose with focused support for individuals who identify as LGBTQ+.

(650) 533-9299

lifemoves.org/santa-clara-county

Serves: Homeless Adults

Trans-Specific Resources

Trans Lifeline

Our peer support hotline is run by and for trans people. Volunteers may be available during off hours.

1 (877) 565-8860

7 days a week, 7am-1am

Serves: Transgender Youth & Adults

they2ze

This interactive mobile app includes an extensive database of community-vetted health and life resources, best practices, and connections to ensure that all trans-spectrum youth have access to inclusive services and care.

Download on iTunes and Google Play

Serves: Transgender Youth

VHC Downtown Gender Health Center

This health center specializes in the care of transgender, non-binary and gender-diverse individuals.

(408) 977-4411

777 E. Santa Clara Street

San Jose

Serves: Transgender Ages 15+

VHHP Gender Clinic

A safe space for trans and gender expansive people experiencing homelessness in Santa Clara County.

(408) 272-6050

2101 Alexian Drive, Suite D

San Jose

Trans Family Support Group of Santa Clara County

We're a group of parents with teens and young adults who are transgender or gender fluid. We help other parents and family members gain the support and education needed in a safe, loving and respectful environment.

(408) 505-7791

santaclaratransfam@gmail.com

2nd Saturday of the month, 3-5 pm

santaclaratransfamilysupport.net

Serves: Parents

Callen-Lorde Safer Binding and Tucking Brochures

Learn the do's and don'ts of binding and tucking in our helpful brochure series.

callen-lorde.org/transhealth

