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](http://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](http://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](http://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](http://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](http://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](http://lgbtqwell.org)
Serves: Adults

**Get More Information**

**LGBTQ Resources**
Access a list if resources compiled by Santa Clara County’s Behavioral Health Services.

[sccbhsd.org/lgbtq](http://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](http://itgetsbetter.org)
Serves: Teens

**LGBT National Help Center**
Serving LGBTQ by providing free and confidential peer-support and local resources.

[LGBThotline.org](http://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](http://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](http://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