



RESOURCES for the LGBTQ+ COMMUNITY

At Hey Sam, we know that mental health doesn't look the same for everyone, especially if you're dealing with challenges related to identity or discrimination. We strive to always be there for anyone who's struggling, but if you need additional support, here are some mental health resources created for and by the LGBTQ+ community:

Helplines

Hey Sam: Text 439-726

LGBT National Hotline: Call 1-888-843-4564

LGBT National Youth Talkline: Call 1-800-246-7743

The Trevor Project: Text 'START' to 678-678
or call 1-866-488-7386

Trans Lifeline: Call 1-877-565-8860

Therapy Directories & Funding

American Association of Sexuality Educators,
Counselors and Therapists

LGBTQ Health Care Directory

National Queer and Trans Therapists
of Color Network

Local Organizations & Providers

BAGLY (Boston Alliance of Gay, Lesbian, and
Transgender Youth): Creates safe spaces for LGBTQ+
youth through social, educational, and health-related
programs and services

Fenway Health: Provides comprehensive health care
services, including mental health care, to the LGBTQ+
youth at its Sidney Borum, Jr. Health Center in Boston

GLASS (GLBTQ+ Adolescent Social Services): Provides
medical care, mental health counseling, and case
management to LGBTQ+ youth in the Greater Boston and
Greater Framingham areas

Greater Boston PFLAG (Parents, Families, and Friends of
Lesbians and Gays): Offers community and one-to-one
support for parents, caregivers, and families of LGBTQ+
people. PFLAG is a community partner of Samaritans.

Out MetroWest: Provides free programs that connect
LGBTQ+ youth with peers and LGBTQ+ adult role models

The Theater Offensive: Arts organization that explore
LGBTQ+ issues and experiences. Their True Colors: OUT
Youth Theater program is for ages 13-25.

National Organizations

Born This Way Foundation: Supports LGBTQ+ youth mental
wellness through education and programs and connects
young people with resources and support

GLSEN (Gay, Lesbian, and Straight Education Network):
Education organization working to end discrimination,
harassment, and bullying based on sexual and gender
identity

The Network/La Red: Survivor-led social justice
organization that works to end domestic violence in
LGBTQ+ communities



Support for young people, by young people.
TEXT: 439-726 | **VISIT:** textheysam.org
Hey Sam is a program of Samaritans, Inc.