LGBTQIA+ Resources
Call 911 in emergencies!

HOTLINES AND CHATS

National Suicide Prevention Lifeline
(800)-273-8255
Available in Spanish
Available 24/7

Trevor Project Hotline
(866)-488-7386
Text “START” to 678678.
Phone Available 24/7
Text available Monday through Fridays 12pm - 7pm (PST)

Trans Lifeline
(877)-565-8860
Support for transgender people by transgender people
Available 7am-1pm (PST)

Gay, Lesbian, Bisexual and Transgender National Hotline
(888) 843-4564
Provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources
Available Monday thru Friday 1pm to 9pm, and Saturday from 9am to 2pm (PST)

Crisis Text Line
Text “TALK” to 741741
Text with a trained counselor.
Available 24/7

US Domestic Abuse Hotline
(800) 799-7233 (English and Spanish)
(800) 787-3224 (TTY)
Offers compassionate support, crisis intervention information and referral services in over 170 languages.

Rape Abuse and Incest National Network (RAINN)
(800) 656-HOPE
(800) 810-7440 (TTY)
INFORMATION

The Trevor Support Center
www.thetrevorproject.org/resources/trevor-support-center/
A place where LGBTQ youth and their allies can find answers to frequently asked questions, and explore resources related to sexual orientation, gender identity and more

PFLAG
ww.pflag.org/needsupport
Offers information, resources as well as peer-to-peer confidential dialogue to share your concerns and ask all your questions in a supportive environment for both LGBTQIA+ individuals and allies.

Trans Lifeline
www.translifeline.org/resources
Resources for transgender people needing to change their legal documents. Shows information and laws for each state

Planned Parenthood
www.plannedparenthood.org/learn/stds-hiv-safer-sex
Provides information on safe sex practices and relationships.

Pride Institute
www.pride-institute.com
One of the nation’s first and leading provider of residential and outpatient treatment programs devoted to treating addiction and the mental health needs of the lesbian, gay, bisexual and transgender community.

The Body (HIV/AIDS Resource)
www.thebody.com
Place for information about HIV/AIDS and support for those with it

GLBT NEAR ME
www.glbtnearme.org
A database for various resources for LGBTQIA+ community

Rainbow Umbrella
Activities based program in Ventura that provides support for LGBTQIA+ youth ages 13-23
RU meets every Friday from 5:30-7:30 PM.
Community Resources Center
2471 Portola Rd
Ventura, CA 93003