

# 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. 1<sup>st</sup> Street  
San Jose  
[lgbtqwell.org](http://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](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



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## 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*

