| **Category** | **Description** | **Phone Number** | **Weblink** |
| --- | --- | --- | --- |
| Thrive Lifeline | 24/7 text-based crisis line for underrepresented individuals | 313-662-8209 | - |
| Trans Lifeline | Peer support and crisis hotline for the trans community | 877-565-8860 | - |
| Black Line | 24/7 crisis hotline for Black, LGBTQ+, and Black Femme individuals | 800-604-5841 | - |
| LGBTQ+ National Line | Confidential space for all ages and identities | 888-843-4564 | - |
| The SQSH | Support & resource referrals for the LGBTQIA+ community | 844-785-7774 | - |
| Project LETS | 24/7 text line for urgent support with psychiatric issues | 401-400-2905 | - |
| A Call For Change Help Line | Anonymous helpline for individuals at risk of abusive behavior | 877-898-3411 | - |
| Alternatives To Suicide Group | Peer support groups on various topics | - | [MHA Of Wisconsin](https://www.mhawisconsin.org/alt2su), [Wildflower Alliance](https://wildfloweralliance.org/online-support-groups/), [Yarrow Collective](https://www.yarrowcollective.org/peer-support-groups) |
| Fireside Project | Support line for psychedelic experiences | 623-473-7433 | - |
| David Romprey | 24/7 peer support for life challenges | 800-698-2392 | - |
| Peer Support Space | Peer-led organization offering virtual support groups | - | [Peer Support Space](https://linktr.ee/peersupportspace) |
| Kiva Centers | Peer-led organization for self-healing and well-being | - | [Kiva Centers](https://kivagroups.card.co/) |
| Online Community for Depression & Bipolar Disorders | Resources and virtual support groups | 800-273-8255 | [DBS Alliance](https://www.dbsalliance.org/) |
| Peer Respite Centers | Non-clinical crisis support and short-term inpatient care | - | [Peer Respite Centers](https://thriv.life/PeerRespite) |
| Dandelion Hill System | Abolition-centered, non-carceral care providers | - | [Abolition Centered Care](https://thriv.life/AbolCareDB) |
| Don't Call The Police | Alternatives to calling police or 911 | - | [Don't Call Police](https://thriv.life/DontCall) |
| 211 | Comprehensive source of locally curated social services | 211 | [211](https://www.211.org/) |
| Abortion Finder | Directory of abortion service providers | - | [Abortion Finder](https://www.abortionfinder.org/) |
| ASK (Advocates For Spectrum Knowledge) | Resources for autistics by autistics | - | [ASK Resource Center](https://www.askautism.org/resource-center) |
| After Silence | Online support for victims of sexual violence | - | [Break The Silence](https://www.aftersilence.org/) |
| Inter Connect | Support group for intersex individuals | - | [AIS-DID Support](http://aisdsd.org/) |
| Alter Nation | Facebook group for DID community | - | [Power To The Plurals](https://www.facebook.com/groups/powertotheplurals/) |
| Trans Resource Hub | Support groups and gender-affirming resources | - | [Trans Resource Hub](https://www.atrh.org/) |
| Amputee Coalition | Support and resources for individuals with limb differences | - | [Amputee Coalition](https://www.amputee-coalition.org/) |
| Infinite Mind | Support for survivors with trauma-based dissociation | - | [AIM On DID](https://www.aninfinitemind.com/) |
| AVP NYC | Support for LGBTQ+ and HIV-affected communities | 212-714-1141 | [AVP NYC](https://avp.org/get-help/call-our-hotline/) |
| ADAA | Online mental health resources | - | [ADAA](https://adaa.org/living-with-anxiety/ask-and-learn/resources) |
| Arocalypse | Forum for aromanticism | - | [Romanticism Spectrum](https://www.arocalypse.com/) |
| Asexual VEN | Resources on asexuality | - | [Asexual VEN](https://asexuality.org/) |
| Asexuality Archive | Resources for asexuality | - | [Asexuality Archive](http://www.asexualityarchive.com/) |
| AZNPeers | Peer-based counseling network | - | [AZNPeers](http://asianpeercounseling.org/index.html) |
| AMHC | Database of Asian therapists in the US | - | [AMHC](https://www.asianmhc.org/) |
| ASL Core | Library of discipline-specific signs in ASL | - | [ASL](http://aslcore.org/) |
| AANE | Support for autistic individuals | - | [AANE](https://www.aane.org/) |
| Autistic People Of Color Fund | Direct support and mutual aid for autistic people of color | - | [Autistic People Of Color](https://autismandrace.com/autistic-people-of-color-fund/) |
| ASAN (Autistic Self-Advocacy Network) | Organization run by and for autistic people | - | [ASAN](https://autisticadvocacy.org/) |
| Autistic Women & Nonbinary Network | Support and resources for autistic women and non-binary individuals | - | [AWN](https://awnnetwork.org/) |
| Autistics Unmasked | Resource guide for adults wondering if they are autistic | - | [Am I Autistic](https://autisticsunmasked.org/am-i-autistic/) |
| Autism Society | Resources for autistic individuals and their families | - | [Autism Society](https://autismsociety.org/resources-by-topic/) |
| Ableist Talk | Reference handout for linguistic microaggressions and ableism | - | [Ableist Talk](https://web.augsburg.edu/english/writinglab/Avoiding_Ableist_Language.pdf) |
| Stonewall Foundation | Grant for LGBTQIA+ individuals who lost family support | - | [Stonewall Foundation](https://www.stonewallfoundation.org/grants) |
| Before You Go | Guide for trans autistic people going to doctors or hospitals | - | [Know Before You Go](https://awnnetwork.org/wp-content/uploads/2020/10/Final-Version-Before-You-Go-Know-Your-Rights-Booklet.pdf) |
| Beyond My Battle | Free, virtual support groups for patients and caregivers | - | [Support Groups](https://www.beyondmybattle.org/newsupportgroups) |
| Beyond OCD | Online database for OCD resources and treatments | - | [Beyond OCD](http://beyondocd.org/) |
| [Bi.org](http://bi.org) | Website for connecting bi people and providing resources | - | [Bi 101](https://bi.org/en) |
| BIPOC Eating Disorder Database | Database of BIPOC eating disorder providers | - | [List Of Providers](https://docs.google.com/spreadsheets/d/1oo4zMUkDlaZM63nSYqZVlFglj0XC9izfl30ybPtxJsQ/edit#gid=0) |
| Birth Control On The Gender Spectrum | Guide on gender-inclusive birth control methods | - | [Birth Control](https://www.reproductiveaccess.org/wp-content/uploads/2018/06/bc-across-gender-spectrum.pdf) |
| BEAM | Resources for the mental health of Black communities | - | [BEAM](https://beam.community/) |
| Black Trans Advocacy Coalition | Support and advocacy for Black trans people | 855-624-7715 | [BTAC](https://blacktrans.org/) |
| Black Girl Health Foundation | Health and education resources for Black women and girls | - | [Black Girls Health](https://blackgirlhealthfoundation.org/) |
| Black Lives Matter Meditations | Audio-based meditations for healing racial trauma | - | [Anti-Racist Meditations](https://www.drcandicenicole.com/2016/07/black-lives-matter-meditation) |
| Black Trans Men, Inc. | Top surgery grants and support for Black trans men | - | [Black Trans Men](https://blacktransmen.org/) |
| Bisexual Resource Center | Resources and support for the bi+ community | - | [Bi+ Community Resources](https://biresource.org/) |
| Body Dysmorphic Disorder Foundation | Resources for people with BDD | - | [BDDF Resources](https://bddfoundation.org/) |
| Boris Lawrence Henson Foundation | Changing perception of mental illness in African American community | - | [BLHF Perception](https://borislhensonfoundation.org/) |
| Boys Town | Free resources and counseling service for youth and parents | 800-448-3000 | [Boys Town](https://www.boystown.org/child-family-services/crisis#hotline) |
| BPD Video Community | Online support groups for people with BPD | - | [BPD Video Community](https://www.bpdvideo.com/borderline-personality-disorder-online/communities) |
| STEM Research Programs | Support for underrepresented students in STEM | - | [STEM Research Programs](https://stemdiv.ucsc.edu/research-opportunities/camp/) |
| Call BlackLine | 24/7 hotline for crisis support and interactions with law enforcement | 800-604-5841 | [Call BlackLine](https://www.callblackline.com/frequently-asked-questions) |
| Call For Change Helpline | National helpline for individuals at risk of abusive behavior | 877-898-3411 | Change Help |
| Caregiver Action Network | Resources for caregivers of individuals with chronic illnesses | 855-227-3640 | [Caregiver Action Network](https://www.caregiveraction.org/) |
| Public Neurodiversity Support Center | Support for neurodivergent individuals and allies | - | [Support Center](https://coda.io/@mykola-bilokonsky/public-neurodiversity-support-center) |
| The Neuro-Verse | Online community for neurodivergent individuals | - | [The Neuro-Verse](https://www.neuromancersmagazine.com/discord) |
| DID Discord Servers | Peer support community for individuals with DID | - | [DID Discord Servers](https://discord.me/servers/tag/dissociative-identity-disorder) |
| Network/La Red | Support for LGBTQIA+ communities facing partner abuse | 800-832-1901 | [Stop Anti-Hate Network](http://www.tnlr.org/en/) |
| Love Is Respect | Hotline for young adult relationship violence | 866-331-9474 | [Love Is Respect](https://www.loveisrespect.org/) |
| Survival Guide | Guide for therapeutic options for transgender and non-binary survivors | - | [Survival Guide](https://forge-forward.org/wp-content/uploads/2020/08/Lets-Talk-Therapist-Guide.pdf) |
| [Isurvive.org](http://isurvive.org) | Online community for adult childhood abuse survivors | - | [Survivor Support Community](https://isurvive.org/) |
| Hiki App | Dating and friendship app for autistic people | - | [Hiki App](https://www.hikiapp.com/) |
| Dem Bois Grant | Grants for transgender people of color for surgery | - | [Dem Bois Grant](https://www.dembois.org/apply-for-a-grant) |
| ADHD Specialists | Clearinghouse for information on ADHD | - | [ADHD Specialists](https://chadd.org/) |
| Club FTM | Website for trans guys and non-binary people to research transitioning | - | [Register Here](https://clubftm.com/register/) |
| COLAGE | Support for LGBTQ+ caregivers | - | [Just For Us](https://colage.org/our-story/) |
| LGBTQ+ Students | Resources and scholarships for LGBTQ+ students | - | [LGBTQ+ Students](https://www.affordablecollegesonline.org/lgbtq-college-student-guide/) |
| Trevor Project Handbook | Book for exploring identity and coming out | - | [Coming Out: Handbook For LGBTQ+](https://www.thetrevorproject.org/wp-content/uploads/2019/10/Coming-Out-Handbook.pdf) |
| LGBTQ+ Resource Professionals | Resources and support for the LGBTQ+ community in higher education | - | [LGBTQ+ Resource Professionals](https://www.lgbtcampus.org/) |
| SPARX-T Project | Quick guide for coping with gender dysphoria | - | [Coping With Gender Dysphoria](https://www.telethonkids.org.au/globalassets/media/documents/brain--behaviour/sparx-t/coping-with-gender-dysphoria.pdf) |
| Cost Plus Drug Company | Online pharmacy offering medications at the lowest prices | - | [Cheap Meds](https://costplusdrugs.com/) |
| Covenant House | Housing services and shelters for youth | - | [Housing Help](https://www.covenanthouse.org/homeless-shelters) |
| Crime Survivors Network | National network of crime survivors | - | [Crime Survivors Network](https://cssj.org/) |
| Crisis Text Line | Global, confidential crisis intervention text line | Text "HOME" to 741-741 | [Crisis Text Line](https://www.crisistextline.org/) |
| Cyber Civil Rights Initiative | Legal information and resources for victims of online abuse | 844-878-2274 | [CCRI Get Help](https://cybercivilrights.org/) |
| Daily Strength | Online community of support groups | - | [Support Groups](https://www.dailystrength.org/) |
| Demi-Sexuality Resource & Activism Center | Online resource database for demi-sexual and asexual communities | - | [Resource Center](https://demisexuality.org/) |
| Disabled American Veterans, Inc. | Employment resources and disaster relief for veterans | - | [Keeping The Veteran Promise](https://www.dav.org/) |
| The Dissociative Initiative | Online hub for information on dissociation and virtual support groups | - | [The M.A.D Hub](https://di.org.au/useful-links/) |
| Support For Eating Disorders | Non-clinical resource for those with eating disorders and their families | - | [Support For Eating Disorders](https://eatingdisorderfoundation.org/get-help/support-groups/sign-up/) |
| Eating Disorder Hope | Resources and support for those with eating disorders | - | [Support For ED](https://www.eatingdisorderhope.com/) |
| Embrace Autism | Educational site for exploring adult autism diagnosis | - | [Get Embraced](https://embrace-autism.com/) |
| Equaldex | Online database and resource center for LGBTQ+ rights | - | [LGBTQ+ Equality](https://www.equaldex.com/) |
| EXaholics | 12-step program for getting through breakups | - | [The 12-Steps Of EXaholics](https://exaholics.com/462-2/) |
| Familia: Trans Queer Liberation Movement | Liberation of trans, queer, and gender non-conforming LatinX people | - | [Liberate Love](https://familiatqlm.org/mission_vision/) |
| Family Acceptance Project | Helping families understand and accept their LGBTQ+ children | - | [Family Support Model](https://familyproject.sfsu.edu/) |
| FEDUP Collective | Resource center and support groups for transgender people with eating disorders | - | [Find Support](https://fedupcollective.org/resources) |
| Finch | App with an emotional support companion | - | [Your New Best Friend](https://finchcare.com/) |
| Find Help | Online database for free or reduced cost services | - | [Find Help](https://www.findhelp.org/) |
| Brave Space Alliance | Support group for non-binary and gender queer individuals | - | [Brave Space Alliance](https://www.facebook.com/events/186367546531084/257213232779848/?event_time_id=186367553197750) |
| Forge Forward | Online resource guide for trans communities | - | [Start Here And Forge Forward](https://forge-forward.org/resources/trans-communities-2/) |
| For The Gworls | Fundraisers to help Black transgender people pay their rent and medical bills | - | [Let's Party Dolls](https://www.forthegworls.com/) |
| Free Dental Care | Online database of resources for free and sliding scale dental care | - | [Find Care](https://www.freedentalcare.us/) |
| Disabled Docs | Mentorship program for individuals with disabilities wanting to become physicians | - | [Disabled Docs](https://www.freedentalcare.us/) |
| Genderbands | HRT and surgery grant program for trans people | - | [Live Authentically](https://www.genderbands.org/) |
| GenderMeowster | Discord community for non-binary and trans+ folks | - | [GenderMeowster](https://discord.com/invite/TUUQ8DD) |
| Gender Inclusive | Resources for parents and caretakers about gender diversity | - | [Gender Inclusive](https://www.genderspectrum.org/) |
| Glimmer | Safe and empowering online community for womxn and LGBTQIA+ communities | - | [Affirm. Empower. Glimmer](https://www.weglimmer.com/) |
| GRASP | Resources and support for the Autism community | - | [GRASP - Enrich Lives](https://grasp.org/) |
| Grieve-Gather-Grow | Online community providing support for those grieving | - | [Grieve-Gather-Grow](https://www.griefincommon.com/) |
| GriefShare | Database for finding in-person support groups for grief | - | [Find A Group](https://www.griefshare.org/) |
| Guide To Allyship | Open-source guide for being an ally to any community | - | [Be An Ally](https://guidetoallyship.com/) |
| HealGrief | Online social support network for those grieving | - | [Don't Grieve Alone](https://healgrief.org/) |
| HRSA | Grants, loans, and scholarships for healthcare careers | - | [HRSA](https://www.hrsa.gov/) |
| Hearing Voices Network | Support for individuals who hear voices or see visions | - | [You're Not Alone](https://www.hearingvoicesusa.org/) |
| USA Gov Benefits | Information about government programs for temporary assistance | - | [Government Benefits](https://www.usa.gov/help-with-utility-bills) |
| USA Gov Tax Assistance | Information for free assistance for tax return preparation | - | [Tax Assistance](https://www.usa.gov/help-with-taxes) |
| IAPMD | Support for women and AFAB individuals with PMDD and PME | - | [IAPMD](https://iapmd.org/) |
| Right To Be | Global movement to end harassment | - | [Right To Be](https://righttobe.org/) |
| HRC Scholarships | Scholarships for LGBTQ+ students | - | [Education For All](https://www.hrc.org/resources/scholarships) |
| Folx Health | Microgrants for HRT for trans, non-binary, or intersex individuals | - | [Care Fund](https://www.folxhealth.com/hrt-care-fund) |
| I Need An A | Safe abortion access in the US | - | [Safe A](https://www.ineedana.com/) |
| ILGA World | Federation providing resources and advocacy for the LGBTQ+ community | - | [Solidarity & Ceremony](https://www.indigenousmutualaid.org/) |
| Advocates For Intersex | Programs and advocacy for the intersex community | - | [Adocates For Intersex](https://interactadvocates.org/) |
| IBPF Support | Foundation for awareness and support for Bipolar Disorder | - | [IBPF Support](https://ibpf.org/) |
| Jim Collins Foundation | Funding for gender-affirming surgeries | - | [Committed To Empower](https://jimcollinsfoundation.org/) |
| Liberating Jasper | Virtual therapy and support groups for queer and BIPOC people | - | [Be Authentic](https://www.liberatingjasper.com/who-we-are-2) |
| Living With Change | Virtual support community for transgender teens | - | [LWC C.A.R.E.S](https://livingwithchange.org/) |
| Living With DID | Private support group for those with DID | - | [Free To Be DID](https://www.facebook.com/groups/LivingWithDID/) |
| Loosid | App for community-building among sober people | - | [Empower Love](https://loosidapp.com/) |
| Loveland Foundation | Resources for mental well-being of Black girls and women | - | [Support Sober](https://thelovelandfoundation.org/about/) |
| Miscarriage & Abortion Hotline | 24/7 hotline for those dealing with miscarriage or abortion | 833-246-2632 | [Dedicated Support](https://mahotline.org/about-miscarriage-abortion-hotline) |
| Medisafe | App for pill-time reminders and drug interaction warnings | - | [More Time Living](https://medisafeapp.com/) |
| Mental Health First Aid | Training programs for helping someone in a mental-health crisis | - | [Mental Health CPR](https://www.mentalhealthfirstaid.org/take-a-course/) |
| Mourning Hope | Organization providing free resources for managing grief | - | [Don't Grieve Alone](https://www.mourninghope.org/) |
| Multiplied By One | Online support groups for C-PTSD and DID disorders | - | [We Understand](https://multipliedbyone.org/online-support-groups/) |
| NACME | Resources and scholarships for minority students in STEM | - | [NACME: Elevate-Empower-Excel](https://www.nacme.org/) |
| NAMI | Education, advocacy, and support for those dealing with mental illness | 800-950-6264 | [NAMI Cares](https://www.nami.org/home) |
| Alliance For Eating Disorders | Peer-support groups and resources for eating disorders | - | [ANAD Support](https://anad.org/get-help/about-our-support-groups/) |
| National Domestic Violence Hotline | 24/7 hotline for domestic violence support | 800-799-7233 | [Here For You](https://www.thehotline.org/) |
| National Sexual Assault Hotline | 24-hour resource for survivors of sexual assault | 800-656-4673 | [RAINN Cares](https://www.rainn.org/) |
| National Suicide Prevention Lifeline | 24/7 hotline for crisis support | 800-273-8255 | [988 Life](https://988lifeline.org/) |
| Neurodiversity Hub | Support for neurodivergent students in higher education | - | [Enter The Neuro Hub](https://www.neurodiversityhub.org/resources) |
| Never Use Alone | Hotline for individuals taking drugs to prevent overdose | 800-484 3731 | [No Judgement. Just Love](https://neverusealone.com/resources/) |
| Out To Innovate | Scholarships and mentor programs for LGBTQ+ in STEM | - | [Supporting Pain](https://www.outtoinnovate.org/scholarships) |
| The Pain Community | Community, education, and advocacy for people living with chronic pain | - | [STEM For LGBTQ+](https://paincommunity.org/) |
| PFLAG | Support, education, and advocacy for LGBTQ+ people and their loved ones | - | [Empowered Love](https://pflag.org/about-us/) |
| Planned Parenthood | Reproductive health care and HRT for trans people | - | [We're Here With You](https://www.plannedparenthood.org/) |
| Point Of Pride | Resources and financial assistance for gender-affirming services | - | [We See You](https://www.pointofpride.org/about) |
| PRPSN | Virtual support groups for various discussions and activities | - | [PRPSN Together](https://prpsn.org/aboutus-peer-support-network.html) |
| QTBIPOC Eating Disorder Support | Support for QTBIPOC individuals with eating disorders | - | [Heal In Community](https://www.facebook.com/groups/qtbipoc.ed.support) |
| Queer Doc | Directory of sliding scale access to HRT and mental health services | - | [We Affirm](https://queerdoc.com/) |
| Racism Survivors Support Line | Support line for those experiencing racism | 503-575-3764 | - |
| Chronic Pain Advocacy | Community, education, and advocacy for people with chronic pain | - | [Innovate, Educate](https://www.outtoinnovate.org/scholarships) |
| Black Community Support Group | Virtual support group for those experiencing racial trauma | - | [Healing Should Be Free](https://www.melittlemefoundation.org/services) |
| Rainbow Railroad | Helping LGBTQIA+ individuals escape state-sponsored violence | - | [You're Safe Here](https://www.rainbowrailroad.org/about) |
| Random Acts Of Kindness | Resources for promoting kindness | - | [Kind Is The Norm](https://www.randomactsofkindness.org/) |
| Recovery Outreach Community Center | Free virtual support groups on mental health topics | - | [A Safe Place](https://www.roccsalem.org/online-groups-2) |
| Repro Legal Helpline | Free legal service for accessing abortion in restricted states | 844-868-2812 | [No Matter Where, We Can Help](https://www.reprolegalhelpline.org/contact-the-helpline/) |
| Rocking Recovery | Free virtual support groups for people in recovery | - | [You're Rocking Recovery](http://rockingrecovery.org/zoom-meetings/) |
| Sage USA | Hotline for older people in the LGBTQ+ community | 800-985-5990 | [Disaster Help](https://www.sageusa.org/hearme/) |
| SAMHSA Disaster Distress Helpline | Hotline for people in distress from disasters | 877-360-5428 | [You're Heard](https://www.samhsa.gov/find-help/disaster-distress-helpline) |
| SAMHSA National Helpline | Hotline for information on mental health and substance use disorders | 800-662-4357 | [Find Help](https://www.samhsa.gov/find-help/national-helpline) |
| Schizophrenia Action Alliance | Support groups for individuals with schizophrenia | - | [Action Alliance Support Groups](https://sczaction.org/peer-support-groups/) |
| SOARS | Information and resources about self-injury | - | [SOARS](https://sioutreach.org/) |
| Stairway To STEM | Resources for autistic students in STEM | - | [Success Starts Here](https://www.stairwaytostem.org/) |
| Still Bi | Campaign for acceptance and awareness of bisexuals | - | [We Are Still](https://stillbi.org/) |
| StrongHearts Native Helpline | Helpline for American Indians and Alaska Natives dealing with violence | - | [Different & Warriors](https://strongheartshelpline.org/) |
| Stimpunks | Mutual aid for the disabled and neurodivergent communities | 844-762-8483 | [We Support You](https://stimpunks.org/about/) |
| Students With Psychosis | Community building and resources for psychosis representation | - | [Join The Movement](https://sws.ngo/) |
| DID & Safe | Private support group for those with DID | - | [DID & Safe](https://www.facebook.com/groups/690847047597182/) |
| Sylvia Rivera Law Project | Legal aid for transgender, intersex, or gender non-conforming individuals | - | [Free To Be You](https://srlp.org/) |
| Teen Lifeline | Crisis line for teens | 800-248-8336 | [You're Not Alone](https://teenlifeline.org/) |
| Tender Fruits Collective | Peer support groups and discord server for marginalized communities | - | [We Are](https://tenderfruitscollective.com/services/) |
| Alters/Parts Support Group | Private support group for young alters/parts within a system | - | [Free To Be DID](https://www.facebook.com/groups/1589552751293505/) |
| LGBT Hotline | National center providing support and resources for LGBTQ+ individuals | 888-843-4564 | [We're Family Here](https://lgbthotline.org/) |
| The Dinner Party | Online community for young adults in the grief community | 888-843-4564 | [We're Family Here](https://www.thedinnerparty.org/) |
| The Okra Project | Providing meals and resources to the Black trans community | - | [Health, Prosperity, Community](https://www.theokraproject.com/) |
| The Orchard Discord | Discord server for queer and questioning communities | - | [We're Allies](https://discord.com/invite/theorchard) |
| The Steve Fund | Supporting the mental health of young POC | - | [The Tribe](https://stevefund.org/) |
| Therapy Tribe | Free online support community for mental health | - | [The Tribe](https://support.therapytribe.com/) |
| TWLOHA | Support and resources for individuals on a healing journey | - | [Hope](https://twloha.com/) |
| Trans Community Center Discord | Community for trans individuals with text and voice chats | - | [TCC & Me](https://discord.com/invite/transcc) |
| Trans Needles | Providing free HRT needle supplies and harm reduction supplies | - | [Be Yourself](https://transneedles.org/supplies) |
| Trans Lifeline Microgrants | Microgrants for legal name and gender marker changes | - | [You're Worth It](https://translifeline.org/microgrants/) |
| Trans Safe Space | Online information hub for the transgender community | - | [You're Safe Here](https://www.facebook.com/TransSafeSpace.network/) |
| Trans Safety Emergency Fund | Support and emergency funding for non-cisgender individuals | - | [TSEF Get Help](https://transsafety.fund/get-help/) |
| Trans Speak Discord | Support server for trans individuals | - | [Trans Speak](https://discord.com/invite/transpeak) |
| TransFamily Support Services | Guidance and support for trans youth and their families | - | [We're Family Now](https://transfamilysos.org/) |
| Transgender Legal Defense & Education Fund | Pro bono legal name change services for the trans community | - | [Working For Your Rights](https://transgenderlegal.org/) |
| TransParent USA | Support for parents of trans youth | - | [Empower Love](https://transparentusa.org/) |
| Trevor Project | Crisis hotline for the LGBTQ+ community | 866-488-7386 | [You Deserve It](https://www.thetrevorproject.org/) |
| TrevorSpace | Peer support community for LGBTQ+ individuals ages 13-24 | - | [Your Friends Are Here](https://www.trevorspace.org/) |
| Women For Sobriety | Peer-support society for women overcoming substance use disorders | - | [Yes She Can](https://womenforsobriety.org/) |
| Mindspring | No-cost mental health education and advocacy programs | - | [Find Hope](https://www.mindspringhealth.org/about-us/who-we-are) |
| Give An Hour | Support for people impacted by human-made trauma | - | [Mental Health For Life](https://giveanhour.org/approach/) |
| Weird Sensitive Creatures | Blog community for the neurodivergent community | - | [Unmask – Authentic](https://weirdsensitivecreatures.com/) |
| Sound Mind Live | Community-building using music | - | [Triumph Over Trauma](https://www.soundmindlive.org/) |
| Headstrong Project | Confidential mental health treatment for military heroes | - | [Amplifying Support](https://theheadstrongproject.org/) |
| Here Tomorrow | Peer support and resources for mental health | - | [It's Okay To Ask For Help](https://heretomorrow.org/) |
| Stronger Together Support Group | Virtual support group for mental wellness | - | [Stronger Together](https://strongeruwellness.com/stronger-together-support-group/register-stronger-together/) |