

## **Therapy, Medication and Health Care Services in the USA**

### **Pride Counseling**

An online subscription service for LBTQ+ affirmative therapy from licensed mental health providers. This service is available in. Pride Counseling is a division of Better Help. I was a therapist on Pride Counseling and Better Help before starting private practice and I recommend them.

<https://www.pridecounseling.com>

### **Cerebral**

An online subscription service for mental health medication and/or weekly therapy from licensed providers. Cerebral accepts a few major insurances in most states in USA

<https://getcerebral.com>

### **Asylum Connect**

This is an excellent resource in which you can search for verified LGBTQ and immigrant friendly services in your area, whether you are in the USA, Canada, or Mexico. Services include mental health services, legal services, medical services, housing, translation, transportation, food banks, and even sports and entertainment.

<https://catalog.asylumconnect.org/>

### **Fenway Health**

Located in Boston, MA, USA, Fenway Health provides complete services to LGBTQ+ people, including mental health therapy, medication, primary care, hormone therapy, gynecology, and addiction services. Most services are in person and most insurances are accepted.

<https://fenwayhealth.org/>

## **Hotline Services in the USA**

### **Trevor Project**

Hotline, text, and chat services for For LGBTQ+ youth. Also a good resource center for LGBTQ+ youth, families, and allies.

24/7 phone hotline: 1-866-488-7386

24/7 text hotline: text START to 678-678

24/7 online chat: <https://www.thetrevorproject.org/get-help-now/>

### **Crisis Text Line**

Connects texters with trained volunteer Crisis Counselors to help resolve times of crisis. This service tries to match texters with Crisis Counselors who have shared lived experience.

Text 'LGBTQ' to 741 741

[www.crisistextline.org](http://www.crisistextline.org)

**SAMHSHA American national mental health and addiction hotline**

Hotline for individuals and families

1-800-662-HELP (4357)

<https://www.samhsa.gov/find-help/national-helpline>