



RESOURCES FOR



**LGBTQIA+**

# **STUDENTS OF COLOR**

<https://www.thetrevorproject.org/resources/black-and-lgbtq-approaching-intersectional-conversations/>

Outline for Black identified folx on how to have difficult conversations with non-Black folx about your identities

<https://afropunk.com/2017/10/8-mental-health-self-care-resources-queer-trans-poc/>

"8 Mental health and self-care resources for Queer & Trans POC"

<https://www.lgbtqpsychotherapistsofcolor.com/>

LGBTQ Psychotherapists of Color (QTOC)

<https://restforresistance.com/archive>

An online zine-style blog that contains personal stories from BIPOC LGBTQIA+ discussing struggle, triumph, tragedy, and healing

<https://therainbowot.com/2020/02/29/lgbtqia-resources-post-1/>

A comprehensive resource for BIPOC LGBTQIA+ individuals

<https://www.nqtcn.com/>

National Queer and Trans Therapist of Color Network

<https://www.beam.community/tool-kits-education>

Provides journal prompts for wellness

<https://www.thetrevorproject.org/2020/06/01/supporting-black-lgbtq-youth-mental-health/>

Discusses common emotions that BIPOC LGBTQIA+ might experience and how to engage in self-care

## ***National Hotlines for LGBTQIA+ Individuals:***

**The Gay, Lesbian, Bisexual and Transgender National Hotline: (888) 843-4564**

**The GLBT National Youth Talkline (serving youth through age 25): (800) 246-7743**

**The Trevor Project: (866) 488-7386**

**Trans Lifeline: (877) 565-8860**

**Pride Institute: (800) 547-7433**