



LGBTQ+ Community Resources

COVID-19 Trans/Queer Relief Form

<https://docs.google.com/forms/d/e/>

Trans Specific Resources

Point of Pride

Navigating COVID-19 and Chest Binding: Tips for respiratory health for Trans and Non-Binary people who bind their chest

<https://www.instagram.com/p/B9u3L6mJg8x/>

National Center for Transgender Equality

The Coronavirus: What Trans People Need to Know: Creating a Plan of action for Trans people

<https://transequality.org/covid19>

The LGBTQ+ Center- Long Beach

The Center is a nonprofit in Long Beach that serves the LGBTQ+ community. Though their main offices are currently closed, they can be reached via their main phone line at 562-434-4455 from 10:00 am-7:00 pm Monday through Friday. After hours, or if their phone staff is unable to answer your call, you can use their virtual attendant to connect with the department you would like to reach. You can also email them at info@centerlb.org or send a direct message on social media.

The following programs and services are currently available to provide resources, assistance, and/or digital programming:

- Domestic Violence Services
- Health Services and Education
- Legal Services
- Mental Health Services
- Senior Services
- Trans Health Services
- Youth & Family Services

<https://myemail.constantcontact.com/Update-on-Center-Services.html?soid>

The Trevor Project

A support network specializing in crisis intervention and suicide prevention

Text START to 678678 for the 24-hour text line or call 1-866-488-7386



SAGE

LGBTQ+ Elder Hotline for stress or anxiety: SAGE, an advocacy & services group for LGBTQ+ Elders, has a national 24/7 hotline for elders if they are feeling stress or anxiety

Phone: 1-877-360-LGBTQ+ / 1-877-360-5428

Website: <https://www.sageusa.org/coronavirus/>

Teenline

Teens helping teens. Non-emergency local hotline for advice, listening ears, or just someone to talk to. Call 1-310-855-4673 from 6pm-10pm or text TEEN to 839863

GLBT National Youth Talkline

Provides phone, online private one-to-one chat and email peer support, as well as information and local resources for cities and towns across the US

1-800-246-7743

Queer Healing Oasis

Queer Anxiety Virtual Support: Queer Healing Oasis is offering an anxiety virtual support non-clinical space to share & cope

For more info email marcos.emdr@gmail.com or call 818-233-1079, more info here:

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