

LGBTQ Mental Health Resources

LGBTQ (Lesbian, Gay, Bi-Sexual, Transgender, Queer) people are 2 times more likely than the general population to have mental health conditions. This includes depression, anxiety, substance misuse, and suicidal thoughts.

24 Hours and 7 Days a Week Hotlines

Trevor Project Hotline: (866) 488-7386 <https://www.thetrevorproject.org/>

Local Support

Center on Halsted (773) 472-6469 extension 460

<https://www.centeronhalsted.org/>

Provides behavioral health care to the LGBTQ community. Specialized services: Behavioral health therapy, therapy groups

behavioralhealth@centeronhalsted.org



Howard Brown Health (773) 388-1600

<https://howardbrown.org/>

Provides counseling to the LGBTQ community. Specialized services: Individual, relationship, and group therapies



The Family Institute (847) 733-4300

<https://www.family-institute.org/>

Provides counseling to the LGBTQ community. Specialized services: Individual, couple, and family counseling

<https://www.family-institute.org/request-appointment>



THE FAMILY
INSTITUTE
at Northwestern University

New Light Therapy (312) 698-6933
<https://www.jpachicago.org/new-light>

Provides counseling to the LGBTQ community for ages 3+. Specialized services: Individual, couple, and family counseling



Pivot Collaborative (312) 515-2221
<https://pivotcollaborative.com>

Provides counseling to the LGBTQ community for ages 6+. Specialized services: Individual, group, couple, and family counseling

