

This guide shares mental health resources for LGBTQ+ New Yorkers, their families, and allies, with programs offering affirming, culturally responsive care to address the unique factors impacting LGBTQ+ mental health.

New York City



Ackerman Institute

<https://genderandfamilyproject.org/>

(212) 879-4900 ext. 370

Supports gender-expansive children, transgender adolescents, and their families with inclusive therapy, community support, and intake screens.

Ali Forney Center

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

(212) 222-3427

Offers drop-in, crisis shelter, medical, mental health, and housing services to homeless LGBTQ+ youth ages 16–25.

Brooklyn Community Pride Center

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

(347) 889-7719

Offers peer support, programming, virtual events, and resource access for Brooklyn's LGBTQ+ community.

Callen Lorde Community Health Center

<https://callen-lorde.org/our-services/>

(347) 889-7719

Provides inclusive primary care, behavioral health, HIV services, and more across NYC, regardless of ability to pay.

DBGM (Depressed Gay Black Men)

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

DBGM centers the mental health of LGBTQIA+ Black people and the African Diaspora, offering peer groups, referrals, and resources.

NYC Health + Hospitals (Pride Health Centers)

<https://www.nychealthandhospitals.org/services/lgbtq-health-care-services/>

(718) 963-8068

NYC's public hospital system providing city-wide LGBTQ+-affirming care—including primary, mental health, and gender-affirming services.

Hetrick-Martin Institute (HMI)

<https://hmi.org/>

(212) 674-2400

Provides a safe, affirming space for LGBTQ youth ages 13–24 and their families, with free counseling from licensed social workers and a psychiatrist for ages 13–25.

The LGBT Center

<https://gaycenter.org/health/#mental-health>

(212) 620-7310

Offers advocacy, wellness, arts, mental health services, support groups, and LGBTQ-affirming referrals—open daily.

Rainbow Heights Club

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

(718) 852-2584

A peer support and advocacy hub for LGBTQ+ individuals living with serious mental illness in Brooklyn, offering groups and daily meals.

Realization Center

<https://realizationcenternyc.com/>

(212) 627-9600

A long-established outpatient treatment center providing LGBTQ-affirming partial hospitalization, intensive outpatient, group therapy, and recovery support.

Virtual + National



Call Blackline

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

(800) 604-5841

A peer support and crisis hotline prioritizing Black, Brown, and Indigenous LGBTQ+ communities. Provides confidential support and an affirming space to talk or process trauma.

Desi LGBTQ+ Helpline

<https://www.deqh.org>

(908) 367-3374

Free, confidential peer line by South Asian LGBTQ/TGNB+ volunteers, offering support with identity, family, culture, and faith. Available Thu & Sun, 8–10 PM ET, or anytime online.

INARA Warmline

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

(717) 864-6272

A free, confidential, trauma-informed peer support line operated by and for queer/trans Muslim individuals. Offers secure anonymity and avoids involving emergency services.

Keshet

<https://www.keshetonline.org>

(617) 524-9227

Keshet builds affirming Jewish spaces that support the mental health and wellbeing of LGBTQ+ people and their families.

LGBT National Help Center

<https://lgbthotline.org>

(888) 843-4564

Offers free, confidential peer support by trained LGBTQIA+ community members through hotlines, chat, email, and resource databases—providing safe, affirming spaces with supportive listening and referrals.

Rainbow Youth Project

<https://rainbowyouthproject.org>

(317) 643-4888

Provides free, ongoing mental health counseling and support for LGBTQ youth nationwide. Services are virtual and available at no cost.

SAGE National LGBT Elder Hotline

<https://sageusa.org>

(877) 360-5428

Free, confidential support for LGBTQ+ older adults, families, and caregivers, with peer volunteers offering support and referrals.

Trans Lifeline

<https://translifeline.org/>

(877)-565-8860

Peer support hotline run by and for trans people, offering confidential support for those in crisis or questioning. Call Trans Lifeline 24/7; operators guaranteed 10am–4am EST.

Thrive Lifeline

<https://thrivelifeline.org>

A trans-led non-carceral peer support network for LGBTQIA+ communities. While the text line is offline for upgrades, support is available via Discord (13+ and 18+), peer groups, and free coping guides.

The Trevor Project

<https://www.thetrevorproject.org/get-help-now/>

(866) 488-7386

24/7 crisis intervention and suicide prevention for LGBTQ youth ages 16–25 via TrevorLifeline, TrevorChat, and TrevorText (text ‘Start’ to 678678).

StrongHearts Native Helpline

<https://strongheartshelpline.org/>

(844) 762-8483

Confidential support for Native LGBTQ+ survivors of violence, offering advocacy, crisis intervention, safety planning, and culturally informed referrals.

Pride Institute

<https://pride-institute.com>

(952) 934-7554

Inclusive chemical dependency and mental health referral service tailored to the LGBTQ+ community. Offers support for addiction recovery and emotional wellness.

National Runaway Safeline

<https://www.1800runaway.org/>

(800) 786-2929

Confidential, LGBTQ+-friendly crisis line offering runaway and homeless youth counseling, safety planning, shelter/referral support, and ongoing guidance.

True Colors United

<https://truecolorsunited.org/ject.org>

(212) 461-4401

Supports LGBTQ+ and BIPOC youth facing homelessness through advocacy, training, and resources to ensure inclusive, affirming care.

