

## Connection Resources

Befrienders.org

International network of crisis and suicide support lines

Emotionsmatterbpd.org

Resources and peer support groups for people who have borderline personality disorder.

loveisrespect.org

chat/text/phone hotline with resources and support for healthy relationships and intimate partner violence

Sam-app.org/uk

Anxiety

free phone app with support community and games / multimedia for challenging unhelpful thoughts

Sageusa.org

advocacy and services for lgbtq+ elders  
including a hotline and additional support options

Support.therapytribe.com

free peer to peer support groups across a variety of topics

Teenline.org

Support and resources for teenagers, including the ability to connect with another teen to talk about what's been going on

Wildfloweralliance.org

Several options for connecting with others, including zoom meeting spaces, a peer support line, and a community Discord server

## Additional Resources

Findhelp.org

A US-based resource organized by zip code to find local support across various areas, including housing, food, transportation, and more.

gaychurch.org

list of LGBTQIA+ affirming churches in the United States

Mywellbeing.com

A quiz to Help choose the right therapy  
resource of therapists

[Opencounseling.com](https://www.opencounseling.com)

Find free or affordable therapy near you

[Openpathcollective.org](https://www.openpathcollective.org)

therapist matching resources with a sliding scale for costs

30 to \$70 per session without insurance

[Queergrace.com](https://www.queergrace.com)

An Encyclopedia of information and ideas about life and faith of LGBTQIA+ and Christian faith support groups, and supportive churches

[Therapyden.com](https://www.therapyden.com)

Therapist directories with multiple filters, including lgbtq+ competency and insurance information  
[inclusive therapists.com](https://www.inclusivetherapists.com)

[Transgenderteensurvivalguide.com](https://www.transgenderteensurvivalguide.com)

Resources for transgender folks of any age, with information and suggestions for presentation, dysphoria, and more.