



**St. Clair County
Community Mental Health**

Providing Opportunities for Health, Wellness, & Connection

www.scccmh.org



Pride Month Resource List

Web links:

[LGBTQ+ Mental Health Resources | The Trevor Project](#)

[GLAAD](#)

[Home - LGBT National Help Center \(lgbthotline.org\)](#)

[Homepage - PFLAG](#)

[Pride and Mental Health | Mental Health America \(mhanational.org\)](#)

Guides and Information for Allies:

[2020-Straight-Ally-Guide-Revised.pdf \(straightforequality.org\)](#)

[2020-Trans-Ally-Guide-Revised.pdf \(straightforequality.org\)](#)

[2023-10-things.pdf \(straightforequality.org\)](#)

[Being an Ally to Transgender and Nonbinary Youth Guide \(thetrevorproject.org\)](#)

[Being an LGBTQ+ Ally - HRC Digital Reports](#)

[Being an Ally to LGBT People | Youth Engaged 4 Change](#)

[The Straight for Equality Ally Spectrum - Straight for Equality](#)

Data and Research:

[LGBTQ+ Mental Health.pdf \(mhanational.org\)](#)

[LGBTQ+ Communities and Mental Health | Mental Health America \(mhanational.org\)](#)

[The Trevor Project: 2024 U.S. National Survey on the Mental Health of LGBTQ+ Young People](#)






Youth Information:

[LGBTQIA2S-Parents-Families-Communities-Focus-Guide.pdf \(sprc.org\)](#)

Language Guides:

[The Learning Center \(wellbeing4la.org\) - Glossary of Terms](#)

[attAvYsU5wkaf2261.pdf \(d3kdbh1wduemv1.cloudfront.net\)](#) Tips About Pronouns (Printable)

[LGBTQ+ Inclusive Language Guide Infographic.pdf \(adaa.org\)](#) (Printable)

[What's This? Personal Pronouns - Straight for Equality](#)

[PFLAG National Glossary - PFLAG - Glossary of Terms](#)

Resource Lists:

[Mental-Health_LGBTQ-Final.pdf \(thementalhealthcoalition.org\)](#)

[TNP-LGBTQ-Mental-Health-Resource-Guide_ENG.pdf \(thenanproject.org\)](#)

[SAGE SHIP Marriage Medicare Medicaid Final R1.pdf \(lgbtagingcenter.org\)](#)

Hotlines:

SAGE LGBT Elder Hotline: 1-877-360-5428

LGBT National Hotline: 1-888-843-4564

Trans Lifeline: 1-877-565-8860

TrevorLifeline (for youth): 1-866-488-7386

National Suicide and Crisis Lifeline (call or text): 988

Crisis Text Line: 741741

Local Resources:

[Find a Chapter - PFLAG](#)

[Blue Water Allies | LGBTQ center in Port Huron | Michigan](#)

[Affirmations - LGBTQ+ Community Center \(goaffirmations.org\)](#)

[Ruth Ellis Center](#)

[LGBT Detroit](#)

