



**St. Clair County**

**Community Mental Health**

www.scccmh.org

*Providing Opportunities for Health, Wellness, & Connection*



# Pride Month Resource List

---

## Web links:

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

[GLAAD](#)

[LGBT National Help Center | lgbthotline.org](#)

[PFLAG](#)

[LGBTQ+ Communities and Mental Health | Mental Health America](#)

[LGBTQ+ | NAMI](#)

[Lesbian, Gay, Bisexual and Transgender Health | American Psychological Association](#)

## Guides and Information for Allies:

[Guide to Being an Ally to LGBTQ+ People | Straight for Equality](#)

[Guide to Being an Ally to Trans and Nonbinary People | Straight for Equality](#)

[Leading With Love... Actions for Allies | Straight for Equality](#)

[Being an Ally to Transgender and Nonbinary Youth Guide | The Trevor Project](#)

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

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

## Data and Research:

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

[The Trevor Project 2025 U.S. National Survey on the Mental Health of LGBTQ+ Young People](#)



  


### **Youth Information:**

[How to Support LGBTQ Young People with Disabilities](#)

[Facts About Suicide Among LGBTQ+ Young People](#)

[Online Safety for LGBTQ+ Young People | The Trevor Project](#)

[The Impact of Supportive Parent Actions on LGBTQ+ Youth](#)

[LGBTQ Kids Mental Health Challenges | Child Mind Institute](#)

### **Language Guides:**

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

[Quick Tips for Understanding Pronouns | learn.wellbeing4la.org](#) 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 | thementalhealthcoalition.org](#)

[LGBTQ Mental Health Resource Guide | thenanproject.org](#)

[SAGE | Resources for LGBTQ+ Older Adults](#)

### **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](#)

