According to the Human Rights Campaign (https://www.hrc.org/blog/hrc-releases-research-brief-on-lgbtq-community-during-covid-19-crisis), the LGBTQ+ community face especially difficult economic and medical hardships during this global pandemic. This group tends to have higher rates of smoking and asthma-related conditions, which are extremely problematic when faced with respiratory illnesses such as COVID-19. The LGBTQ+ community also tend to work in the restaurant industry at a higher rate, which leads to increased financial instability.

Here is a list of national resources for the LGBTQ+ community, outlined by the National Center for Transgender Equality (https://transequality.org/covid19):

MENTAL HEALTH SUPPORT

Crisis Hotlines:

- For trans people of all ages, Trans Lifeline (click here) provides a peer support hotline and microgrants for trans people in need. You can call their hotline at 877-565-8860.
- For LGBTQ youth, Trevor Project (click here) provides access to counselors by phone call (1-866-488-7386), online chat, or text (text START to 678678). They also provide an online community for LGBTQ youth ages 13-24 (click here)
- LGBT National Help Center Hotlines and Talklines, including ones for youth and seniors 50+ (click here)
- National Suicide Prevention Lifeline: (800)273-8255 or chat online (click here)
- National Domestic Violence Hotline: 1-800-799-7233 (click here)
- Stronghearts Native Helpline: 1-844-762-8483 (click here)
- For older LGBTQ adults, SAGE (click here) runs a National LGBT Elder Hotline that provides crisis response and helps connect people with community resources. You can call their hotline at 877-360-LGBT and request to speak to someone in either English or Spanish.
- Disaster Distress Helpline: 1-800-659-2955 (click here)

Social Support:

- Fenway Health (click here) runs an LGBT Helpline and a Peer Listening Line, which people can call from across the country. Call 888.340.4528 for adults 25+. Call 800.399.PEER for those under age 25.
- CenterLink’s directory of LGBT community centers. Note: do not walk in to a community center if you are sick or have been exposed. Call them and ask if there are virtual support groups.
- Online Resources for the LGBTQ community amid COVID-19 (click here)
- 20 Ways to Support the Queer Community During Coronavirus (click here)
- Q Chat Space for LGBTQ+ teens ages 13 to 19 (click here)
- Alcoholics Anonymous Online LGBT Support Groups (click here)
- In the Rooms – Global Recovery Community (click here)