

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](#))