

# Tailored Mental Health Resources

## LGBTQIA+ Teen Resources

- Trevor Project - 1-866-488-7386 | Text "START" to 678678 | <https://www.thetrevorproject.org>  
24/7 crisis and support line for LGBTQIA+ youth ages 13-24.
- Q Chat Space - <https://www.qchatspace.org>  
Live-chat support groups for LGBTQ+ teens, facilitated by trained staff.
- Gender Spectrum - <https://www.genderspectrum.org>  
Online programs and resources for gender-diverse youth and their families.
- GLSEN - <https://www.glsen.org>  
Resources for LGBTQ+ teens focused on education, advocacy, and support in schools.

## Resources for Trauma Survivors

- RAINN (Rape, Abuse & Incest National Network) - 1-800-656-HOPE (4673) | <https://www.rainn.org>  
24/7 confidential support for survivors of sexual violence.
- The Body Keeps the Score Resource List - <https://www.besselvanderkolk.com/resources>  
Curated trauma therapy resources and readings.
- Trauma Recovery Center (UCLA) - <https://medschool.ucla.edu/trauma-recovery>  
Free and low-cost trauma services in Southern California.
- Sidran Institute - <https://www.sidran.org>  
Education and resources for PTSD and dissociation.

## Resources for Caregivers

- Family Caregiver Alliance - <https://www.caregiver.org>  
Education, support, and resources for people caring for loved ones with health conditions.
- AARP Caregiving Resource Center - <https://www.aarp.org/caregiving>  
Practical tips and support for older adult caregivers.
- Alzheimer's Association - 1-800-272-3900 | <https://www.alz.org>  
Support groups, helplines, and care navigation for families affected by dementia.
- Caregiver Action Network - <https://www.caregiveraction.org>  
Peer support, educational tools, and advocacy for caregivers nationwide.