

Mental Health Resources for the LGBTQIA+ Community

Crisis Support

24/7 Trevor Lifeline

Call 1-866-488-7386 or
text 678678

Offers support for LGBTQIA+ youth age 25 and under via call, text, or web chat.

LGBT National Hotline

Call 888-843-4564

Provides peer support and connection to local resources.
Monday - Friday 1 PM - 9 PM,
Saturday 9 AM - 2 PM

24/7 Trans Lifeline

Call 877-565-8860

A peer support phone service run by trans folks for trans and questioning peers.

Mental Health and Healthcare

Outside In

1132 SW 13th Ave
503-535-3860

Provides judgment-free medical, addiction, and mental health care for the LGBTQIA+ community and other underserved groups.

Brave Space

3620 SE Powell Blvd
503-486-8936

Offers counseling, support groups, and assessment for gender-affirming medical care.

Prism Health

2236 SE Belmont St
503-445-7699

Offers primary care, gender-affirming care, and mental health care for the LGBTQIA+ community.

Community

Q Center

4115 N Mississippi Ave
503-234-7837

Offers support groups, community events, and resource navigation.

SMYRC

1220 SW Columbia St
503-872-9664

Offers mental health support, basic needs, and community events for LGBTQIA+ youth.



Looking for additional resources? Check out our online Mental Health Resource Directory at namimultnomah.org/mental-health-resources, or call our HelpLine at 503-228-5692.