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Where can I get mental health support?

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If you are having suicidal thoughts, need emergency mental health support, or are worried about someone else, call or text [988](#) to connect with a trained crisis counselor 24/7 at the [Suicide and Crisis Lifeline](#).

Or visit the [Lifeline](#) to chat online with a crisis counselor and find additional resources.

Teen Crisis Line

[The Trevor Project](#) provides free, 24/7 crisis support for LGBTQ youth by phone, text, or live-chat. It is 100% confidential.

If you are thinking about suicide or harming yourself — get immediate support.

- Text "Start" to [678-678](#)
- Call [1-866-488-7386](#)
- [Live chat](#)

If you're not ready to talk, the Trevor Project has [resources to help you explore mental health](#).

Additional Resources

- [Babs Siperstein PROUD Center \(Somerset County\)](#): Robert Wood Johnson University Hospital offers specialized primary care services as well as support groups and referrals for specialty services for the LGBTQIA+ community at the Babs Siperstein PROUD Center.
- [HiTOPS](#): HiTOPS provides inclusive, youth-informed sex education and LGBTQIA+ support for young people throughout New Jersey including youth support groups, parent support groups, free gender affirming clothing, and more.
- [Hudson Pride Center](#): Hudson Pride delivers a wide array of services, programs, and events to meet the on-going health and social support needs of the LGBTQIA+ community. Services include mental health screenings, counseling, youth support groups, and more.
- [Institute for Personal Growth](#): An outpatient clinic with offices in Jersey City, Highland Park, and Freehold, providing specialized psychotherapy support for transgender and gender non-conforming individuals.
- [Kaleidoscope](#): Kaleidoscope supports LGBTQIA+ youth, young adults, and their families through individual coaching, support groups, parent supports, mental health services, and more.
- [LGBT National Youth Talkline](#): The National Youth Talkline offers free, confidential peer support for LGBTQIA+ individuals 25 and younger. Young callers have a safe and anonymous space where they can talk about a range of issues like coming out, gender or sexual identity, relationships, bullying, isolation, anxiety, suicide, family, safe sex, and more. To reach the Youth Talkline, call [1-800-246-7743](#) or email help@LGBThotline.org
- [The Pride Center of New Jersey](#) (Highland Park): A community center offering a safe and welcoming space for the LGBTQIA+ community. The Center also provides support groups for transgender and gender non-conforming individuals as well as youth programs.
- [QSpot LGBT Community Center](#) (Asbury Park): QSpot fosters the health, well-being, and pride of New Jersey's LGBT and allied community by providing resources, referrals, education, and outreach.
- [Rutgers University Behavioral Health Care](#) (UBHC): UBHC is the only behavioral health system that is part of a medical school, so it offers a broad range of services with a staff trained in the most effective, most current treatments. UBHC has many special programs for all age groups and backgrounds.
- [THRIVE](#): THRIVE Lifeline is a trans-led and operated crisis text line staffed by an all volunteer group of certified suicide interventionists whose identities are marginalized, and who are students, career professionals, and retirees. If you are 18 and older, to start your conversation, text "THRIVE" to [\(313\) 662-8209](#) from anywhere, 24/7.

- [Trans LifeLine](#): Trans Lifeline is a non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community. To reach out, call [\(877\) 565-8860](#).
- [Youth and Family Pride Center \(Mercer County\)](#): The Youth and Family Pride Center provides an array of services for youth identifying as LGBTQIA+ as well as support for families of LGBTQIA+ youth. Their experienced staff take referrals from schools and other social service providers working with youth who are struggling with mental health challenges, bullying, acceptance, and in need of support.

NOTE: We encourage you to look into the organizations on this list to see which is best for your unique needs as individual experiences may differ. If possible, speak with your friends or a trusted source for a referral when choosing a provider or mental health resource. This list is not an endorsement by the State of New Jersey.

Source: <https://www.nj.gov/dcf/adolescent/lgbtqi/>

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