



## Niagara Pride, Inc.

138 East Ave – Suite #798  
Lockport, NY 14095

140 Rainbow Blvd  
Niagara Falls, NY 14303

Info@NiagaraPride.org  
(716) 298-7656  
www.niagarapride.org

## LGBTQ+ Crisis Services - Local and National Resources

### WNY LGBTQ+ Resources

- Niagara Pride, Inc. – [www.niagarapride.org](http://www.niagarapride.org)
- GLYS – [www.glyswny.org](http://www.glyswny.org)
- PFLAG Buffalo/Niagara – [www.pflagbuffalo.org](http://www.pflagbuffalo.org)
- Pride Center of WNY – [www.pridecenterwny.org](http://www.pridecenterwny.org)

### Niagara County and WNY Behavioral Health Resources

- Mental Health Association of Niagara County
  - [www.MHANC.com](http://www.MHANC.com)
  - (716) 433-5432
  - Crisis Text Line – text “MHA” to 741741
- Niagara County Crisis Services Hotline (24/7)
  - (716) 285-3515
- Veterans Crisis Line
  - 1-800-273-8255 Press 1
- Pinnacle Community Services
  - (716) 285-6984
  - Domestic Violence Hotline (local) – (716) 299-0909
  - Runaway Youth Hotline (local) – (716) 285-7125
- Niagara County Department of Mental Health
  - [www.niagaracounty.com](http://www.niagaracounty.com)
  - Lockport – (716) 439-7400
  - Niagara Falls – (716) 278-1940

### Resources Related to Mass Violence

- [National Mass Violence Victimization Resource Center](https://nmvvc.org/media/3zep3qmh/colorado-springs-clubq-response-november-2022.pdf) released a resource document to support victims of this tragedy. <https://nmvvc.org/media/3zep3qmh/colorado-springs-clubq-response-november-2022.pdf>
- <https://www.nctsn.org/resources/coping-after-mass-violence>
- <https://www.nctsn.org/resources/psychological-impact-mass-violence>

### National LGBTQ+ Crisis Hotlines

- [988 Crisis Lifeline](https://988lifeline.org) is available 24/7 for anyone needing crisis support by **call or text to 988 or chat online at 988lifeline.org**. For individuals needing LGBTQ+ specific support, **call 988 and press 3** to be directed to specially trained counselors. Trained counselors will listen, provide support, and connect individuals to resources if necessary.

- [The Trevor Project](#) provides young people with crisis intervention and suicide prevention phone service available 24 hours a day, 7 days a week.
  - TrevorLifeline
    - 1-866-488-7386
  - TrevorChat
    - Confidential online instant messaging with a Trevor counselor, available 24/7.
    - Access through a computer.
  - TrevorText
    - Text START to 678-678
    - Confidential text messaging with a Trevor counselor, available 24/7.
    - Standard messaging rates may apply.
- [SAGE LGBT Elder Hotline](#) is for LGBTQ+ elders and caretakers to talk with supportive responders. Crisis response is available 24/7 by calling 1-877-360-LGBT (5428).
- [Trans Lifeline](#) is a 24/7 confidential hotline available in the U.S. and Canada staffed by transgender people for transgender people by calling 1-877-565-8860 (United States) and 1-877-330-6366 (Canada).

### Non-LGBTQ-specific crisis hotlines

- [Crisis Text Line](#) serves anyone, in any type of crisis, providing access to free, 24/7 support via text. Text TALK to 741-741
- [The National Disaster Distress Helpline](#) is a 24/7, national hotline, dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call or text 1-800-985-5990 to connect with a trained crisis counselor.

### LGBTQ Support Services – Online Therapy Supports

- [Finding LGBTQ-Friendly Therapy](#) - Information from Mental Health America (MHA) on how to find LGBTQ friendly therapy.
- [TrevorSpace](#) - An online international peer-to-peer community for LGBTQ young people and their friends.

### National LGBTQ organizations

- [The Center of Excellence on LGBTQ+ Behavioral Health Equity](#)
- [The National SOGIE Center](#)
- [Center for American Progress](#)
- [Family Acceptance Project](#) — [Posters to Build Healthy Futures](#)
- [GLAAD](#)
- [GLSEN](#)
- [Human Rights Campaign](#)
- [National LGBTQ Task Force](#)
- [PFLAG](#)
- [Services & Advocacy for LGBT Elders \(SAGE\)](#)
- [The Trevor Project](#)
- [Transgender Law Center](#)
- [The Williams Institute](#)