



**Insight Out Therapy  
& Wellness, LLC**  
BIG ON WELLNESS

## **BIPOC and LGBTQ+ Crisis and Mental Health Resources**

**National Suicide Prevention and Crisis Hotline:** Call or text 988

**BlackLine:** Call or text 1-800-604-5841 or download the BlackLine App

**TransLifeline:** 877-565-8860

**Desi LGBTQ+ Helpline:** 908-367-3374 (8PM-10PM EST Thursdays and Sundays ONLY)

**INARA Warmline (operated by members of the Muslim Alliance for Sexual and Gender Diversity):** 717-864-6272 (5PM-11PM CST Fridays and Saturdays ONLY)

**StrongHearts Helpline (culturally-responsive support to Native American and Alaska Natives):** Call or Text 1-844-762-8483

**The Steve Fund (dedicated to serving the mental health and emotional well-being of young people of color):** Text "STEVE" to 741741

**The TrevorLifeline:** Call 1-866-488-7386 or Text "START" to 678-678

**Racial Equity Support Line:** Call 503-575-3764 (10 AM to 7PM PST)

**The Yaran:** Iranian Peer Counseling Help-line: 818-332-7999

**Korean Crisis Line:** 877-727-4747 (4:30pm-12:30am PST)

**SAGE National LGBTQ+ Elder Hotline:** 877-360-5428

**Boys Town National Hotline/Your Life Your Voice (Teens and Young Adults):** Call 800-448-3000 Text "VOICE" to 20121

**National Alliance for Hispanic Health:** 866-783-2645

**THRIVE Lifeline:** Text 313-662-8209

**Wildflower Alliance Peer Support Line:** 888-407-4515

**Insight Out Therapy & Wellness, LLC**  
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(217)-292-6432 | [Hello@insightouttw.com](mailto:Hello@insightouttw.com)



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**Project LETS:** Text 401-400-2905 (10 AM- 4PM EST Monday-Saturday)

**National Network for Immigrant and Refugee Rights:** 510-465-1984

## **Websites**

AAPI

Asian American Psychological Association

Asian American Racism & Mental Health Resources

Asian Mental Health Collective

The Asian Mental Health Project

Asians Do Therapy

Chinese-American Family Alliance for Mental Health

GAPIMNY: Empowering Queer and Trans Asian Pacific Islanders

National Asian American Pacific Islander Mental Health Association

National Queer Asian Pacific Islander Association

South Asian Mental Health Alliance

South Asian Mental Health Initiative & Network

Black and African American

Black Mental Health Alliance

Black Mental Health Matters

Black Mental Wellness

Black Women's Health Imperative

Brother, You're on My Mind

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Center for Black Women's Wellness

Dear Black Women

Eustress: An organization that promotes conversations about mental health in the  
Black community

NAMI Sharing Hope: Mental Wellness in the Black Community

Ourselves Black

Sista Afya: A community-based mental wellness organization for Black women  
Latinx and Hispanic

American Society of Hispanic Psychiatry

MANA: A National Latina Organization

National Alliance for Hispanic Health

The Focus on You

Our guide to Mental Health Resources for the Latinx Community

Native and Indigenous

Circles of Care

The Federal Health Program for American Indians and Alaska Natives

Native American Counseling and Healing Collective

One Sky Center

Indian Leadership for Indian Health: Two-Spirit and LGBTQ Health

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