

Mental Health Resources Guide

Crisis Lifelines

Trans Lifeline

Hotline: 877-565-8860

Trans Lifeline is a grassroots hotline and non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

<https://translifeline.org/>

988 Suicide & Crisis Lifeline

The Lifeline provides 24/7, free and confidential support. No matter what problems you're dealing with, whether or not you're thinking about suicide, if you need someone to lean on for emotional support, call the Lifeline. People call to talk about lots of things: substance abuse, economic worries, relationships, sexual identity, healing from abuse, depression, mental & physical illness, and loneliness, to name a few. Call or text.

<https://988lifeline.org/talk-to-someone-now/>

<https://988lifeline.org/help-yourself/lgbtq/>

Mental Health Support

How to find LGBTQ-friendly mental health support in Philadelphia

The Philadelphia Inquirer: Published Apr 23, 2021

<https://www.inquirer.com/philly-tips/lgbtq-mental-health-resources-philadelphia-20210423.html>

Psychology Today

Detailed listings of therapists in the USA. You can adjust filters to include insurance, location, mental health issues of interest and specialties of the provider.

<https://www.psychologytoday.com/us/therapists>

COMHAR LGBTQIA+ program

The LGBTQIA+ program for behavioral health is currently accepting new patients.

<https://comhar.org/specialized-services-pacts/>

Call **215-569-8414** to be scheduled for an intake within 1-2 weeks

- ▽ Accepts Community Behavioral Health: PA Medicaid Plans; call to verify that your insurance is accepted

Einstein PRIDE Behavioral Health Services

For psychiatric services and medication management with a nurse practitioner.

<https://www.einstein.edu/formbuilder/forms.aspx?formid=27360&sid=1>

- ▽ It is important to be as specific as possible when describing your goals
- ▽ Accepts PA Medicaid ONLY (with some exceptions/call to confirm that your insurance is accepted)

Mazzoni Center Therapy and Recovery

<https://www.mazzonicenter.org/supportive-services/therapy-and-recovery>

- ▽ Accepts PA Medicaid and commercial insurance. Call to confirm that your insurance is accepted.

Call **215-563-0652**

1348 Bainbridge Street, Philadelphia, PA 19147

Philadelphia Institute for Individual, Relational, & Sex Therapy

Individual, relational and sex therapy

Call **267-519-0241**

<https://phiirst.com/>

Locations is Philadelphia and Media, PA

Positive Therapy

<https://www.positivetherapy.biz/>

Positive Therapy offers affordable and affirming mental health services at a reasonable cost for the LGBTQIA Community and its Allies. Secure, safe, and professional online sessions available.

Thriveworks

LGBTQ+ Therapy Individual and Relationship Therapy

∇ Accepts certain insurance plans. Call to confirm if your insurance is accepted.

<https://thriveworks.com/philadelphia-counseling/lgbtq-counseling/>

Call **215-798-5367** and when prompted press 2

1800 John F Kennedy Boulevard Suite 1404, Philadelphia, PA 19103

Walnut Psychotherapy Center

<https://www.walnutpsychotherapycenter.com/>

LGBTQ+ affirming practice in Philadelphia. Provides mental health care for queer and trans people.

Call **215-563-7863** or email info@walnutpsychotherapycenter.com

1700 Sansom St., Philadelphia, PA 19103

Substance Use Treatment & Support

SAMHSA's National Helpline

SAMHSA's National Helpline, **1-800-662-HELP (4357)** (also known as the Treatment Referral Routing Service), or **TTY: 1-800-487-4889** is a **confidential, free, 24-hour-a-day, 365-day-a-year**, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

<https://www.samhsa.gov/find-help/national-helpline>

Find Treatment .GOV

Millions of Americans have mental and substance use disorders. Find treatment here.

Welcome to FindTreatment.gov, the confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.

<https://findtreatment.gov/>

Insurance Resources

Out2Enroll

Resources to help transgender people select and enroll in insurance

<https://out2enroll.org>

Pennsylvania Medicaid Apply for Benefits

<https://www.dhs.pa.gov/Services/Assistance/Pages/Apply-for-Benefits.aspx>