

How To Find a 2SLGBTQIA+ Affirming Therapist

Our 2SLGBTQIA+ community is strong, diverse, and supportive. We're proud to be part of it! We all have different mental health needs. That includes help with identity exploration, gender transition, relationships, navigating trauma, and more.

You deserve a mental health care provider who treats you with respect and who understands how to provide 2SLGBTQIA+ affirming care.

Take a look at this resource to identify where you are right now on the spectrum of mental health and the support you need. If you feel like you are ready to seek professional support, here are ways you can ensure you are finding a 2SLGBTQIA+ affirming therapist.

To find the right mental health care provider, here are some Qs to ask:

- What experience do you have working with 2SLGBTQIA+ people?
- What expertise do you have working with my issues?
- How will you affirm my sexual and/or gender identity?
- Are you culturally informed about my intersecting identities — like race, ethnicity, and/or income level?
- If I want you to, will you work with my general practitioner, social worker, or my other care professionals?

takeaction4mh.com/resources/what-might-work-for-you-mental-health-support-options/



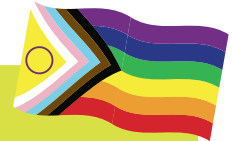
How To Find a 2SLGBTQIA+

Affirming Therapist

1. Find out what your insurance covers. If you need insurance, see if you're eligible for Medi-Cal, which covers mental health services. There are also community-based clinics that may offer free or sliding-scale treatment.
2. Search online for 2SLGBTQIA+ friendly therapists—they can be in your community, or remote.
3. Ask friends for recommendations.
4. Found a potential therapist? Confirm that they accept your insurance.



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).



Other Resources

- Download our free **Be True and Be You Booklet** for 2SLGBTQIA+ youth from takeaction4mh.com.
- **The Trevor Project:** Provides 24/7 crisis intervention and suicide prevention services to 2SLGBTQIA+ young people ages 13–24. Call 1-866-488-7386, text START to 678-678, or visit thetrevorproject.org.
- **CalHOPE Connect:** An online chat with trained, supportive peers including the 2SLGBTQ+ community. Visit calhopeconnect.org.
- **Crisis Text Line:** Provides 24/7 high-quality text-based mental health support and crisis intervention with a counselor. Text HOME to 741-741 or visit crisistextline.org.
- **LGBT National Help Center:** Call 888-843-4564 or visit glnh.org.

Visit TakeAction4MH.com