

**TRANSFORM
HEALTH
ARKANSAS**



Resources and Support- You Are Not Alone

The Arkansas Department of Health lists Mental Health Problems as one of the seven most chronic diseases in our state.

Discrimination against LGBTQ persons has been associated with high rates of psychiatric disorders, substance abuse, and suicide.

THESE RISKS AND RATES INCREASE WHEN CONSIDERING TRANSGENDER INDIVIDUALS.

The Trevor Project- Safe, confidential lifeline for LGBTQ Young People

www.thetrevorproject.org

Suicide Hotline- Trevor Lifeline- 1.866.488.7386 (Available 24/7)

GLBT National Help Center- peer support

All Ages- 1.888.843.4564

Youth Talk Line (up to age 25)- 1.800.246.PRIDE(7743)

It Gets Better Project- The National Suicide Prevention Lifeline

1.800.273.TALK(8255)

RAINN- Rape, Abuse and Incest National Network

800.656.HOPE(4673)/ online.rainn.org

Online Hotline- <https://ohl.rainn.org/online>

Depression and Bipolar Support Alliance- peer support

www.dbsalliance.org

The increased likelihood of stigma and mental health issues for LGBTQ people is magnified by the environment in which they live.

CASA Q- Safe living options and services for LGBTQ Youth and Allies

505.872.2099

Lucie's Place -homeless LGBTQ Youth

www.luciesplace.org/ 1.855.582.4377

Northwest Arkansas Crisis Intervention Center-

1.888.274.7472

Teen line- 501.872.TEEN(8336)/ 1.800.798.TEEN(8336)

Despite decreasing HIV incidence rates in the general U.S. population, rates among transgender women and among men who have sex with men have continued to rise.

LinQ for Life- HIV/AIDS testing, education, advocacy and linkage to care

877.293.6416/ 501.404.2367/ info@linqforlife.com

LGBTQ people are 2-3 times more likely to be addicted to tobacco compared to the general population.

Part of the Solution- tobacco cessation, victims' rights, health insurance enrollment, HIV/AIDS

501.604.4520/ 501.499.0092

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