In a recent interview, representatives from Crisis Text Line and The Trevor Project discussed ways to address the mental health needs of lesbian, gay, bisexual, transgender, and queer (LGBTQ) communities. According to David Bond, vice president of programs at The Trevor Project, which provides crisis intervention and suicide prevention services to LGBTQ youth, understanding the specific mental health needs of LGBTQ populations is critical. He argued that more research on sexual and gender minority groups is needed “to really understand their resiliency, what they’re going through, and how to intervene in the most effective kinds of ways.” Shoko Morikawa, crisis counselor supervisor at Crisis Text Line, which provides crisis support via text message, said that nearly half of its users are LGBTQ. Many of these LGBTQ users struggle with issues related to family, depression, and suicide. In addition to short-term crisis counseling, Crisis Text Line offers referrals to organizations such as The Trevor Project and Trans Lifeline. Morikawa said that Crisis Text Line’s free, confidential, 24/7 service increases access to mental health resources and support for LGBTQ individuals who might otherwise have difficulty finding help.


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