

Tri-Counties LGBTQIA+ Supportive Resources for Youth

WEBSITES AND LOCAL SUPPORT GROUPS

SAN LUIS OBISPO COUNTY

galacc.org

Gala Pride and Diversity Center supports and empowers people of all sexual orientations, gender identities and expressions to strengthen and unite our Central Coast community.

SANTA BARBARA COUNTY

pacificpridefoundation.org

Pacific Pride Foundation's advocacy, counseling and education efforts meet the ongoing and emerging needs of a diverse population in order to create a thriving and visible LGBTQIA+ community and to prevent the transmission of HIV/AIDS.

sbtan.org/community-resources

Santa Barbara Transgender Advocacy Network educates individuals and organizations on best practices for transgender and gender expansive clients, patients, students, congregants and families; creates and develops spaces, actions and policies that advance the welfare of transgender and diverse gender non-conforming individuals, their families and allies in California's Central Coast communities.

VENTURA COUNTY

diversitycollectivevc.org

Diversity Collective Ventura County believes that all people deserve a diverse, inclusive, accepting and welcoming safe space. In lifting each other up even when it's hard, we build allies, opportunities and resources to live our best lives and help those around us do the same.

PHONE SUPPORT

The Trevor Project

National Organization providing crisis intervention and suicide prevention services to LGBTQIA+ people under the age of 25.

866-488-7386

Text "START" to 678678

thetrevorproject.org/get-help-now

Trans Lifeline

Provides trans peer support for the LGBTQIA+ community.

877-565-8860

translifeline.org

LGBT National Hotline

Provides a safe space for callers of any age and is an anonymous and confidential hotline where callers can discuss many different issues and concerns including, but not limited to coming out issues, gender and/or sexuality identities, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, suicide and much more.

888-843-4564

glbthotline.org/national-hotline.html

CRISIS HOTLINES

Ventura County

Mobile Crisis Response Team

866-998-2243

Santa Barbara County

SAFTY: Safe Alternatives for Treating Youth

888-334-2777

San Luis Obispo County

SLO Hotline: Confidential mental health guidance, crisis and suicide prevention.

800-783-0607

NATIONAL SUICIDE PREVENTION HOTLINE

800-273-8255 (TALK)

Crisis Text Line: Connect with a Crisis Counselor 24/7- Text "HOME" to 741-741

COUNSELING

CenCal Members (Santa Barbara and San Luis Obispo Counties) Mental Health Counseling

877-814-1861

Gold Coast Members (Ventura County) Mental Health Counseling

855-765-9702

Privately Insured/Covered California PsychologyToday.com

Online directory with various search filters to identify individual therapists

Pacific Pride (Santa Barbara and Santa Maria)

805-963-3636 ext.103

Gala Pride and Diversity Center (San Luis Obispo)

805-541-4252

