

# Mental Health Resources for LGBTQIA+ Students

In addition to the services provided through ASU Counseling Services, we also recommend the following:

## Coping and Self-Care Resources

[DIY Wellness](#)

[The Coming Out Handbook](#)

[Well-being on Instagram](#)

[LGBTQIA+ Ted Talks](#)

[Podcasts](#)

## Referral and Educational Resources

[ASU Counseling Services \(for students\)](#)

[ASU Employee Assistance Program \(for ASU employees\)](#)

[ASU Name Changes](#)

[LGBTQIA+ ASU Resources](#)

[Rainbow Coalition](#)

[Student Advocacy and Assistance](#)

[Gender Inclusive Housing](#)

[Lambda Phoenix Center](#)

[One n Ten](#)

[The Trevor Project](#)

[National Queer Trans and Therapists of Color Network](#)

[It Gets Better Project](#)

[Name and Gender Change Information](#)

[National Center for Transgender Equality](#)

[Two Spirit and LGBTQ Health](#)

[AAPI LGBTQ Resources](#)

[Visibility Project](#)

[Coming Out and Living Authentically as AAPI](#)

[Asian Pride Project](#)

## Text and Phone Supports

[ASU Counseling Services Open Call and Open Chat](#)

**ASU's Dedicated Crisis Line**  
480-921-1006

**Trevor Project Lifeline**  
1-866-488-7386 or text START to 678-678

**National Suicide Prevention Lifeline**  
1-800-273-8255