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