



LGBTQIA2S+ Mental Health and Community Resources

Compiled by the Healthy Campus Alberta staff team in consultation with Centre for Sexuality and The Institute for Sexual Minority Studies & Services (iSMSS)
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Many post-secondary campuses across Alberta also offer mental health and support resources for LGBTQIA2S+ community members in a variety of spaces on campus, including through wellness centres, student government programming, or student clubs. Below, we have compiled some resources on supporting the mental health of the LGBTQIA2S+ community. We encourage you to use this list to explore resources in your community *in addition* to exploring the resources currently available on your campus.

Is there a resource you'd like to see added? Do you have more questions?
Get in touch with the HCA team!
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National Resources

Pflag Canada is a national charitable organization, founded by parents who wished to help themselves and their family members understand and accept their LGBTQ2S+ children. Pflag Canada is proud to be Canada's only national organization that offers peer-to-peer support striving to help all Canadians with issues of sexual orientation, gender identity and gender expression. They support, educate and provide resources to anyone with questions or concerns.

Egale is Canada's leading organization for 2SLGBTQI people and issues. They improve and save lives through research, education, awareness, and by advocating for human rights and equality in Canada and around the world. Their resources and research provide the most reliable & up-to-date tools and information for 2SLGBTQI people & communities, service providers, schools, and companies.

Trans Lifeline is a grassroots hotline and non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community. The Canadian Hotline number is (877) 330-6366. Learn more by exploring their website or their resources.



Alberta-Based Resources

Skipping Stone Foundation is a one-of-a-kind, nationally recognized agency that connects trans and gender diverse youth, adults and families with the comprehensive and low barrier access to the support they need and deserve. They offer individual support, group programs, and organize community events and activities. While they are based in Calgary, all of their services can be offered virtually (by phone or Zoom) to anyone living in Alberta.

Centre for Newcomers offers services to LGBTQ+ newcomers to Canada, including those with permanent residency, filing for asylum as a refugee, or here under any other status. They provide service to those in Alberta from any country in the world, as well as training for Alberta practitioners and Alberta communities on LGBTQ+ newcomers issues.

Trans Equality Society of Alberta (TESA)'s mission is to be a witness to and a voice for matters concerning trans Albertans. TESA engages in advocacy and education in three primary areas: government, outreach, and community development.

Alberta Health Services provides information for healthcare professionals, including a best practice guide on being an ally, using inclusive language, and terms to know.

211 Alberta provides free, confidential, 24/7 information on social, community, health, and government services in Alberta. Post-secondary students across Alberta can reach 211-Alberta by dialing 2-1-1, texting STUDENT to 211, or chatting online at 211.ca.

Outside Alberta Resources

CMHA Ontario and Rainbow Health Ontario have created this helpful page of information on **Lesbian, Gay, Bisexual, Trans & Queer identified People and Mental Health.**

For a glossary of terms that gender-diverse and sexual-minority youth may use to describe themselves, visit **Rainbow Health Ontario**'s website.



Location-Specific Alberta Resources

Calgary and Area



- **Centre for Sexuality** is a nationally recognized, community-based organization delivering programs and services that work to normalize sexuality and sexual health across the lifespan. Centre for Sexuality also offers free, short-term counselling services and trainings for professionals.
- **Calgary Outlink** is a community-based, not-for-profit charity dedicated to providing support, education, outreach, and referrals for the LGBTQ2IA+ and allied community in Calgary, Alberta.
- **The Alex Youth Health Centre** is a safe and supportive place for youth ages 12-24 to come and get health and social care from a trustworthy and caring team of doctors, nurses and support workers in Calgary, Alberta.
- **End of the Rainbow Foundation** seeks to improve socio-economic conditions for people of diverse sexual orientations and gender identities or expressions. They offer peer support, supports to settle, and support for refugees in the Calgary area.

Central, Southern, and Northern Alberta

- **Central Alberta Pride Society (CAPS)** was founded in 2012 to bring LGBTQ+ awareness and community to Red Deer and surrounding areas.
- **Pride YMM** is a group of community members committed to raising awareness and promoting inclusion of LGBTQ2S+ people in Wood Buffalo.
- **OUTreach Southern Alberta Society** responds to the needs of the 2SLGBTQIA+ community of Lethbridge, AB and surrounding area by supplying resources, education and opportunities for community participation.

Edmonton and Area



- **The Edmonton Men's Health Collective (EMHC)** is a grassroots health organization run by and for queer and trans community members. EMHC has resources for LGBTQ2S+ folks relating to mental health and substance use.
- **The Pride Centre of Edmonton** offers a variety of services and programs to answer to the needs of LGBTQ2S+ people in Edmonton. They have compiled a list of urgent resources as well as resources for health and care.
- **The Rainbow Pages** is a resource guide to provide LGBTQ+ youth and the youth-serving community a consolidated guide of the supports available in Edmonton.
- **The Hue** is a QTBIPOC+ Community Hub building community and advocating for QTBIPOC+ inclusion, accessibility, and safety in Edmonton. Learn more about The Hue by connecting with them on [Facebook](#), [Twitter](#), or [Instagram](#).