

## Indigenous and Multicultural Resources

### Urban Native Youth Two Spirit Collective

support, resources, and programming for Indigenous youth, ages 15-30, who identify as 2Spirit or LGBTQ+  
[unya.bc.ca](http://unya.bc.ca) 604-254-7732

### Four Feathers Society & Two Spirits of BC

The Four Feathers Society is a tribe of 2SLGBTQ+ BC Aboriginal. They provide opportunities to strengthen and heal their spirits, hearts, minds and physical well-being through the power of weaving (networking), community events, education and creative expression. The society is founded on First Nations' spiritual practices, and upholds the values of honour and respect, which serve to promote healthy and serene living.

[fourfeathers.net](http://fourfeathers.net), [twospiritsofBC.com](http://twospiritsofBC.com) 604-683-3884

### SHER Vancouver for South Asians:

Confidential Crisis Counselling, Educational Community Resources, Peer Support Groups, Intake, Information, and Referrals for LGBTQ+ South Asians and their friends and families. [shervancouver.com](http://shervancouver.com)

### Diversecity LGBTQ+ Newcomer Support:

DIVERSEcity provides newcomer and settlement services. journey with free one-on-one support services.

[risereferrals@dcrs.ca](mailto:risereferrals@dcrs.ca)

Diversecity also hosts Together Now, a free peer support group for LGBTQ+ newcomers of any immigration status. The group meets bi-weekly through a blended approach of online sessions, in-person meetings and field trips.

[togethernow@dcrs.ca](mailto:togethernow@dcrs.ca) 604-306-6316

### Mosaic Newcomer Support

Mosaic hosts "I Belong" a weekly peer support and counselling group for LGBTQ newcomers.

[ibelong@mosiacbc.org](mailto:ibelong@mosiacbc.org)

Mosaic also has an online resource hub for trans newcomers that provides information and support to newcomer transgender folks, including information and resources, peer and mentor support, and a platform to build a network of support.

[mosaicbc.org/resources/trans](http://mosaicbc.org/resources/trans) 604-254-9626

Can't find what you are looking for?

Try our website and resource line.

[www.together-sswr.com](http://www.together-sswr.com)  
604-531-0361



## Together-SSWR

Connecting the community to available mental health resources



[www.together-sswr.com](http://www.together-sswr.com)



[togetherwrss@gmail.com](mailto:togetherwrss@gmail.com)



[@together.sswr](https://www.instagram.com/together.sswr)



Where do I find  
LGBTQ2S+  
mental health  
support?



## LGBTQ2S+ Youth

**Rainbow Connection- Alex Neighbourhood House**  
Rainbow Connection is a drop-in social group for LGBTQ2S+ youth in South Surrey/White Rock.  
[youthcollective@alexhouse.net](mailto:youthcollective@alexhouse.net), [youthspace.org](http://youthspace.org)

### Queer Cafe- Foundry

Queer Cafe's peer support group invites Young people ages 14-20 who identify as LGBTQ2IA+ to meet over Zoom for activities and conversation.  
[foundrybc.ca/virtual/groups-workshops](http://foundrybc.ca/virtual/groups-workshops)

### Qmunity Youth Programs

For youth 14-15. Weekly drop-in, one-on-one free and low income counselling, bras, binder, and breast forms exchange program.  
[qmunity.co/youth](http://qmunity.co/youth) 604.684.5307

### TransSupport- Plea

Free, confidential and voluntary support sessions for transgender youth aged 25 years and under. Separate sessions for parents and family members.  
[transsupport@plea.bc.ca](mailto:transsupport@plea.bc.ca)

### YouthCo

YouthCO is an organization of youth leaders within the HIV and Hep C movements. They offer helpful resources, financial support, one-on-one support, and many in-person and online events for youth living with Hep C or HIV. [youthco.org](http://youthco.org)

### Qchat

A peer support line and resource database for LGBTQ2S youth in British Columbia, Lines Open Saturday-Thursday, 6:00 PM - 9:00 PM  
250.800.9036 (txt) [qchat.ca](http://qchat.ca)  
1-855-956-1777 (call)

## CRISIS LINE

1-800-SUICIDE  
[www.CrisisCentreChat.ca](http://www.CrisisCentreChat.ca)  
TTY 1-866-872-0113

## More Youth Supports

### It Gets Better Project:

The It Gets Better Project is a global non-profit whose mission is to uplift, empower, and connect (LGBTQ+) youth around the globe.  
[itgetsbetter.org](http://itgetsbetter.org)

### Wellness Beyond the Binary

A digital resource hub for-youth-by-youth that provides individuals of marginalized genders with a safer space to access gender-affirming healthcare resources.  
[wellnessbeyondthebinary.ca](http://wellnessbeyondthebinary.ca)

### TrevorSpace

Online community for LGBTQ+ ages of 13-24 yrs. With over 400,000 members, you can explore your identity, get advice, find support, and make friends in a moderated online group.  
[thetrevorproject.org/visit-trevorspace](http://thetrevorproject.org/visit-trevorspace)

## LGBTQ+ Crisis Lines

### Trans Lifeline

877-330-6366

### Youth in BC

604-872-3311

### Youthline

1-800-268-9688 (call)

647-694-4275(text)

### WAWAW Rape Crisis Line

604-255-6344

### SAIL-Seniors Abuse and Information Line

1-866-437-1940

## Other Resources

### Sources Trauma Counselling

Experienced trauma counsellors provide individual and group counselling for those who identify as LGBTQ2S+ who have experienced sexual assault, childhood trauma, and intimate partner abuse. Free to reduced fee services.  
[trauma.counselling@sourcesbc.ca](mailto:trauma.counselling@sourcesbc.ca) 604-335-5035

### Qmunity

Peer Support groups, free and low cost counselling, education and training.  
[www.qmunity.ca](http://www.qmunity.ca) 604-684-5307

### Trans Care BC:

An online BC-wide information service and resource hub. Information to access gender-affirming health care and supports.  
[phsa.ca/transcarebc/](http://phsa.ca/transcarebc/) 1-866-999-1514

### Chronically Queer:

CQ is a peer-facilitated group for LGBTQ+ people who are "neurodivergent, mad, crip, chronically ill, and/or disabled". Meetings once a month on zoom.  
[info@canbc.org](mailto:info@canbc.org) 604.437.7331

### Health Initiative for Men (HIM)

HIM is a nonprofit society for self-identified GBQ men and gender diverse people in BC. They offer a full spectrum of health-based programming and services to meet the sexual, mental, physical and social health needs. [checkhimout.ca](http://checkhimout.ca)  
55+ seniors men facilitated support group, in person. [register@checkhimout.ca](mailto:register@checkhimout.ca)

### Options Sex Sense

Sex Sense is a free, pro-choice, sex-positive, and confidential service. Our team of registered nurses, counsellors, and sex educators offer information and resources on sex, sexuality and sexual health.  
[optionsforsexualhealth.org](http://optionsforsexualhealth.org) 604731-7803

### QMUNITY Gathers: Seniors

Weekly in-person and virtual gatherings for LGBTQ+ folk aged over 55 to network, share culture and talk rainbow life.  
[seniors@qmunity.ca](mailto:seniors@qmunity.ca) 604-684-5307