LGBTQ Counseling and Resources

Table of Contents

LGBTQ Counseling and Resources ................................................................. 1
University of Washington- The Q Center ..................................................... 2
LGBT National Help Center ........................................................................ 2
Trevor Lifeline .............................................................................................. 2
Trans Lifeline ............................................................................................... 2
Pride Counseling ......................................................................................... 2
Gay City Crisis ............................................................................................ 2
LGBTQ + Scholarships for College Students ............................................ 2
Seattle PFLAG – Parents, Lesbians and Friends of Lesbians and Gays .......... 2
National Queer and Trans Therapists of Color Network (NQTTCN) .............. 3
The Northwest Network of Bi, Trans, Lesbian and Gay Survivors of Abuse ... 3
Ingersoll Gender Center .............................................................................. 3
Washington Gender Alliance ........................................................................ 3
Cedar River Clinics ....................................................................................... 3
LGBTQ resources, events, support groups, and mentorship.

- **Address:** 4001 Northeast Stevens Way, Seattle WA. 98195 *(Husky Union Building, Rm 315)*
- **Website:** The Q Center

**LGBT National Help Center**

- **National Hotline:** 1-888-843-4564
  - **Youth Hotline:** 1-800-246-7743
- **Website:** LGBT National Help Center

**Trevor Lifeline**

Provides crisis intervention, suicide prevention, and life-affirming services to LGBTQ youth ages 13-24.

- **Phone:** 1-866-488-7386
- **Website:** Trevor Lifeline

**Trans Lifeline**

- **Phone:** 1-877-565-8860
- **Website:** Trans Lifeline

**Pride Counseling**

Online counseling resources available for the LGBTQ community.

- **Website:** Pride Counseling

**Gay City Crisis**

Resources for LGBTQ communities.

- **Address:** 400 E. Pine St. Suite 100, Seattle, WA. 98122
- **Phone:** (206) 860-6969
- **Website:** Gay City Crisis

**LGBTQ + Scholarships for College Students**

- **Website:** LGBTQ + Scholarships for College Students

**Seattle PFLAG – Parents, Lesbians and Friends of Lesbians and Gays**

Support for families, allies and people who are LGBTQ.

- **Phone:** (206) 325-7724
- **Website:** Seattle PFLAG
Entre Hermanos
Focuses on gay, lesbian, bisexual and transgendered individuals within the Latin community.
- **Address:** 1621 S Jackson St. Suite 202 Seattle, WA 98144
- **Phone:** (206) 322-7700
- **Website:** [Entre Hermanos](#)

National Queer and Trans Therapists of Color Network (NQTTCN)
Directory of queer and trans therapist of color. Also provide mental health fund for people seeking mental health support.
- **Website:** [NQTTCN](#)

The Northwest Network of Bi, Trans, Lesbian and Gay Survivors of Abuse
- **Phone:** (206) 568-7777
- **Website:** [NW Network](#)

Ingersoll Gender Center
Transgender resource center. Includes peer support groups and lists of medical and mental health providers who work with the trans community.
- **Address:** 911 E Pike St. Suite #221, Seattle, WA. 98122
- **Phone:** (206) 849-7859
- **Email:** [info@ingersollgendercenter.org](mailto:info@ingersollgendercenter.org)
- **Website:** [Ingersoll Gender Center](#)

Washington Gender Alliance
Transgender support group.
- **Phone:** (877) 565-8860
- **Website:** [Washington Gender Alliance](#)
- **(Meetings Cancelled Until Further Notice as of August 2022)**

Cedar River Clinics
LGBTQ health care services.
- **Phone:** 1-800-572-4223
- **Website:** [Cedar River Clinics](#)
- **Phone:** (800) 572-4223
- **Seattle Location**
  - **Address:** 509 Olive Way, Suite 1454, Seattle, WA. 98101
  - **(Location Currently Closed as of August 2022)**
- **Renton Location**
  - **Address:** 263 Rainier Ave. South, #200, Renton, WA. 98057
- **Tacoma Location**
  - **Address:** 1401-A Martin Luther King Way, Tacoma, WA. 98405