

Mental Health Crisis Lines

988 is a free, confidential help line for New York City residents. You can call or text 24 hours a day, 7 days a week. 988 is multilingual and multicultural.

Callen-Lorde Crisis Text Line is a free and confidential text line.
Text callenlorde to 741741

NAMI Helpline is available Monday - Friday, 10 AM - 10 PM EST.
Call 1-800-950-NAMI (6264)

Trevor Project is available for LGBTQ youth and young people 24/7.
Call 1-866-488-7386 or text 'START' to 678-678

Tips to Support Your Mental Wellbeing:

- **Connecting With Others**, especially face to face, can calm your nervous system and reduce stress.
- **Find Affirming Spaces** where you can be yourself. That place may be in this guide!
- **Practice Gratitude** by writing down what you are grateful for everyday. This trains your brain to see the world more positively.
- Make sure you are getting enough **sleep**, eating **nutritious food**, **exercising** when you can, and keeping **good hygiene**. Each of these gestures show yourself that you care.



Your Guide to LGBTQ+ Resources in Brooklyn

A Collaboration between:



Rainbow
Heights
Club



Maimonides
Health



AGENCIES AND ORGANIZATIONS

Audre Lorde Project

<https://alp.org/>

The Audre Lorde Project is a lesbian, gay, bisexual, two spirit, trans and gender non-conforming people of color center working for community wellness, focused on the New York City area. Our 3rd Space Support program supports those with issues around employment, education, health care and immigration status.

85 South Oxford Street
Brooklyn, NY 11217



Brooklyn Community Pride Center

<https://www.lgbtbrooklyn.org/>

347-889-7719

Brooklyn Community Pride Center advances lesbian, gay, bisexual, trans and queer liberation by celebrating, commemorating, and convening LGBTQ+ Brooklyn through socially conscious and culturally responsive programs, partnerships, and advocacy. We offer a range of programs including a mental health support group and self-empowered addiction recovery.

360 Fulton Avenue
Brooklyn, NY 11216



1561 Bedford Avenue, Suite Ground A
Brooklyn, NY 11225



Brooklyn Ghost Project

<https://brooklynghostproject.org>

The Brooklyn Ghost Project supports transgender and non-binary people of color throughout the five boroughs of New York City and offers a range of programs including medical and mental health services

40 Varet Street
Brooklyn, NY 11206



Callen-Lorde

<https://callen-lorde.org/>

718-215-1818

Callen-Lorde Brooklyn offers primary care, sexual health, behavioral health, women's health, transgender health, HIV treatment/prevention, and case management services in an affirming and supportive environment, regardless of ability to pay.

40 Flatbush Avenue Extension
Brooklyn, NY 11201



This guide is an informational resource. Kindly reach out to each organization for more information.

GRIOT Circle

<https://griotcircle.org/>

718-246-2775

GRIOT Circle is a community-based, multigenerational organization serving LGBTQ+ elders of color. We offer wellness and support programming in person and virtual. Our services are for 50 and up. GRIOT refers members to trusted community partners for such services as mental health, meals on wheels, and friendly visiting programs among others.

271 Myrtle Avenue
Brooklyn, NY 11201



Housing Works

<https://healthcare.housingworks.org/>

Housing Works Community Healthcare has built a network of providers committed to making sure your healing happens close to home. We strive to meet you where you already are, serve the neighborhoods you already live in, and support your access to routine care – so that great health is always a benefit and never a burden.

East New York Community Health Center
2640 Pitkin Avenue
Brooklyn, NY 11208
718-277-0386



Downtown Brooklyn Health Center
57 Willoughby Street
Brooklyn, NY 11201
718-277-0386



Maimonides Health

<https://maimo.org/>

Maimonides LGBTQIA+ Clinic

Recognized as a 2024 LGBTQ+ High Performer by the Human Rights Campaign's Healthcare Equality Index, our expert team offers a wide range of personalized services, including primary care, HIV/ AIDS healthcare, mental health and counseling, social support, and more.

920 48th Street
Brooklyn, NY 11219
718-283-2727



Life Forward Program

Our experts provide the best medical care and social services for Brooklyn patients with HIV and AIDS. We respect your privacy while providing comprehensive, quality care to help you manage your health.

4802 10th Avenue
Brooklyn, NY 11219
718-283-5912



Rainbow Heights Club

<https://www.rainbowheights.org/>

718-852-2584

Rainbow Heights Club is a drop-in community program for LGBTQ+ adults living with serious mental illness. We offer one on one peer support, support groups, socialization activities, and a free daily hot meal.

25 Elm Place, 6th Floor
Brooklyn, NY 11201

