

Resources & Links for LGBTQ Catholics, Family, Friends and Allies

**Recursos en español en página 5*

A. Help Make an Impact:

1. [Alana Faith Chen Foundation](#)

- [Donate](#) to provide financial support to LGBTQ+ who are at risk of suicide so that they can receive the mental health treatment and therapy they need on their path to healing.

Note: **Please consider donating to support this important cause and honor Alana's memory.** Alana's sister and cousin started the foundation only 1 week after Alana died and recently almost had to close the foundation as a result of lack of funding. The requests for therapy from LGBTQ individuals are very high, especially since the Dear Alana podcast aired.

B. Find a mental health therapist for ongoing therapy:

To find a mental health therapist for ongoing therapy, click on one of the therapy directories below and look for a provider who accepts your insurance or is self-pay.

1. [Headway | Find Therapists Covered by Your Insurance](#)
 - When seeking a therapist, there is an option to select "LGBTQIA" concerns
2. [Grow Therapy: In-Person & Online Therapy that Takes Your Insurance](#)
 - When seeking a therapist, there is an option to select "LGBT" under "needs"
3. [Inclusive Therapists](#)
 - Inclusive Therapists is a social justice and liberation-oriented mental health directory, community, and resource hub. They offer a safer, simpler way to find a therapist, counselor or coach committed to collective liberation and healing: Racial, 2SLGBTQIA+, Neurodivergence, and Disability Justice.

*To add additional resources, please email yourstoryservices3@gmail.com

*Si recomienda otro recurso, por favor comuníquese por email con yourstoryservices3@gmail.com

C. Crisis and Suicide Intervention:

1. [Trevor Project: 24/7 Suicide Hotline for LGBTQ Youth](#)
 - Call: 1-866-488-7386
 - Text: 'START' to 678-678
 - Chat online: [24/7 Suicide Hotline for LGBTQ Youth - We're here for you](#)
2. [Suicide and Crisis Lifeline/Website](#)
 - Call 988 and select 3 to connect to support for LGBTQ Youth and Adults
 - Text 988
 - Chat online: [Get Help - 988 Lifeline](#)
3. [Home - Trans Lifeline](#)
 - Call: US (877) 565 - 8860; CAN (877) 330-6366
4. [Dear Alana, Resources](#)
 - Crisis Hotlines and Resources for Conversation Therapy Survivors and Family

D. Pastoral Ministry and Spirituality

1. [Home - Outreach](#)
 - Outreach is an LGBTQ Catholic resource that offers news, essays, resources and community for LGBTQ Catholics and those who minister with them in the Catholic Church worldwide.
 - [The Outreach Guide to the Bible and Homosexuality - Outreach](#)
2. [Home - New Ways Ministry](#)
 - New Ways Ministry is a Catholic outreach that educates and advocates for equity, inclusion, and justice for LGBTQ+ persons, equipping leaders to build bridges of dialogue within the Church and civil society.
 - [LGBTQ-Friendly Parishes & Faith Communities](#): Parishes and faith communities recommended as places of welcome for LGBTQ people.
3. [Home | Fortunate Families](#)
 - Fortunate Families, a Catholic Family, Friends & Allies Ministry, supports LGBTQ+ siblings by facilitating respectful conversation with bishops, pastors and Church leadership, through sharing personal stories and by working to establish intentional Catholic LGBTQ+ Ministry Sites in dioceses, parishes, educational institutions, and communities.

*To add additional resources, please email yourstoryservices3@gmail.com

*Si recomienda otro recurso, por favor comuníquese por email con yourstoryservices3@gmail.com

4. [DignityUSA | Celebrating the wholeness and holiness of LGBTQIA+ Catholics](#)
 - DignityUSA works for justice, equality and full inclusion of LGBTQIA+ Catholics in our Church and society.

5. [Global Network of Rainbow Catholics | We are all One in Jesus Christ](#)
 - The GNRC brings together groups and their members who work for pastoral care, justice, inclusion, dignity and equality for LGBTIQ Catholics and their families in the Roman Catholic Church and wider society.

6. [LGBTQ+ Initiative | Marianist Social Justice Collaborative](#)
 - The LGBTQ+ Initiative responds to the Church's call to be welcoming and compassionate by offering effective pastoral care and spiritual support for LGBTQ+ Catholics and their families. We foster dialogue, education, and understanding among the diverse communities and institutions affiliated with the Marianist Family.

E. Spiritual Direction

1. [Spiritual Directors International \(SDI\) - Find a Spiritual Companion Directory](#)
 - The SDI "Find a Spiritual Companion Directory" (FASC) allows you to look for a spiritual director/companion based on meeting remotely or in-person, choosing a spiritual orientation or tradition, a specific expertise, gender identity and affinity groups including LGBTQ

2. [Your Story Services](#)
 - In person (Miami, FL) and virtual Spiritual direction nationally and internationally for LGBTQ Catholics and their families

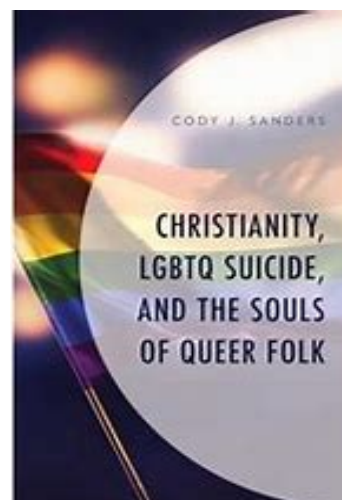
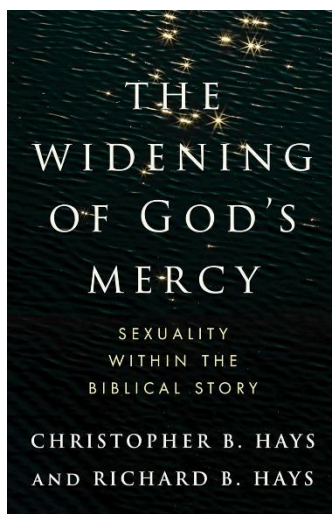
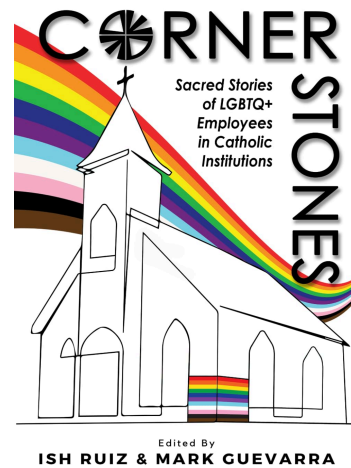
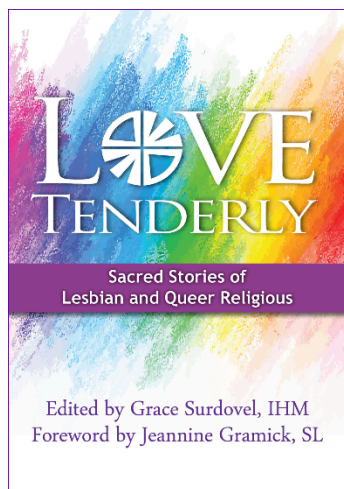
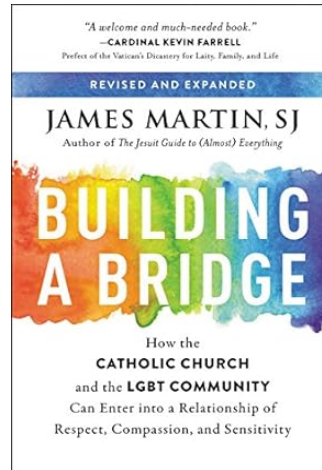
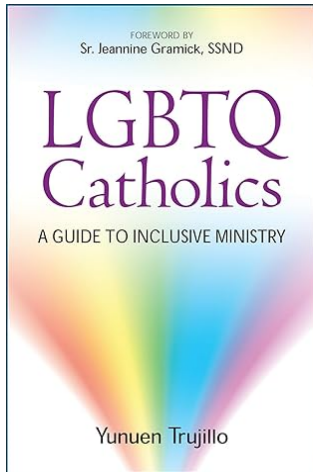
F. Education/Advocacy/Support

1. [PFLAG](#): The nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them. PFLAG has free educational materials, [virtual meetings](#) and local chapters that host in person meetings across the United States.

*To add additional resources, please email yourstoryservices3@gmail.com

*Si recomienda otro recurso, por favor comuníquese por email con yourstoryservices3@gmail.com

G. Books



*To add additional resources, please email yourstoryservices3@gmail.com

*Si recomienda otro recurso, por favor comuníquese por email con yourstoryservices3@gmail.com

Recursos y enlaces para Católicos LGBTQ, sus familiares, amigos y aliados

A. Ayuda a tener un impacto:

1. [Fundación Alana Faith Chen](#)

- [Dona](#) para brindar apoyo financiero a las personas LGBTQ+ que están en riesgo de suicidio para que puedan recibir el tratamiento y la terapia de salud mental que necesitan.

Nota: **Se pide que consideren dar una donación para apoyar a esta comunidad y honrar la memoria de Alana.** La hermana y prima de Alana comenzaron la fundación solo 1 semana después de que Alana falleció y recientemente casi tuvieron que cerrar la fundación por falta de fondos. Las solicitudes de terapia de las personas LGBTQ son muy altas, especialmente desde que se emitió el podcast Dear Alana.

B. Encuentre un/a terapeuta de salud mental:

Para encontrar un terapeuta de salud mental, haga clic en uno de los directorios de terapia a continuación y busque un proveedor que acepte su seguro o donde pueda pagar por cuenta propia.

1. [Psychology Today - Encuentre un Terapeuta que Habla español](#)
2. [Conecte con un Terapeuta Latino/a](#)
3. [Terapeutas Inclusivos - Terapia con un profesional que te entiende](#)

C. Intervención en Crisis y Suicidio:

1. [Línea de Prevención del Suicidio y Crisis:](#)

- Llama: 988 y presione 2 para español
- Mensaje de texto: envía la palabra AYUDA a 988
- [Chatea](#): elige “español”

2. [Crisis Text Line en español](#)

- **Envía mensaje de texto con la palabra AYUDA al 741741** para comunicarse de manera gratuita con un Consejero de Crisis voluntario

*To add additional resources, please email yourstoryservices3@gmail.com

*Si recomienda otro recurso, por favor comuníquese por email con yourstoryservices3@gmail.com

3. [Inicio - Trans Lifeline](#)

- **Llama:** US (877) 565 - 8860; CAN (877) 330-6366
- Oprima 2 para hablar con alguien en español.

4. [Recursos del podcast Dear Alana](#)

- Números de Crisis y Organizaciones que apoyan a sobrevivientes de la Terapia de Conversión/Reorientación Sexual

D. Recursos Pastorales y Espiritualidad

1. [CATÓLICOS LGBT – Construyendo Puentes de Ministerio en Nuestra Iglesia Católica](#)
2. [Instagram: LGBT Catholics - Católicos LGBT](#)
3. [Parroquias y Comunidades inclusivos para LGBTQ](#)
4. [Para Padres de Católicos LGBT y Ministros: Descargar la Carta Pastoral de los Obispos de Estados Unidos “Siempre Serán Nuestros Hijos” 1997](#)

E. Dirección Espiritual

1. [Directores Espirituales Internacionales](#)
 - Esto es un directorio donde uno puede buscar un director espiritual que habla español y que apoya a la comunidad LGBTQ
2. [Your Story Services - español](#)
 - Dirección Espiritual en persona (Miami, FL) y virtual en los Estados Unidos y otros países para Católicos LGBTQ y sus familiares

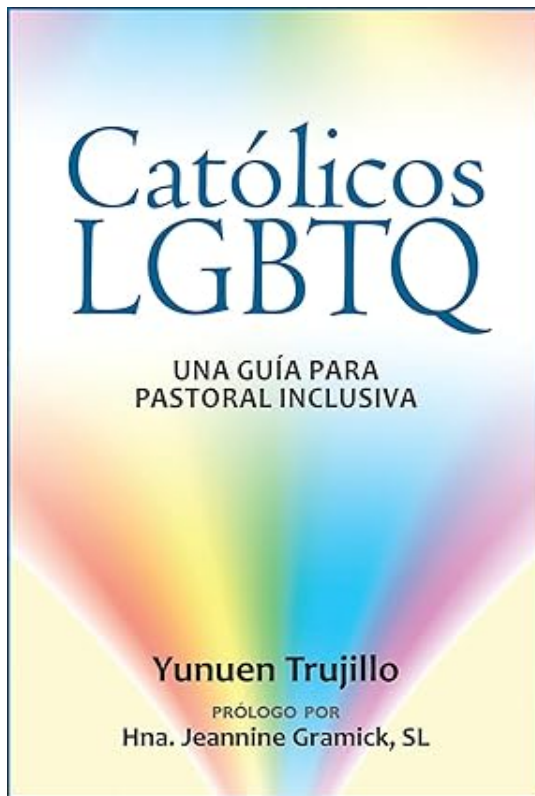
F. Educación/Abogacía/Apoyo

1. [Comunidad Latina / Latino Community - PFLAG](#): Estas reuniones virtuales están abiertas a padres, familiares y miembros de la comunidad LGBTQ+ Latinos. Reuniones virtuales son cada primer jueves del mes a las 9pm tiempo este / 8pm tiempo central / 6pm tiempo del pacifico.

*To add additional resources, please email yourstoryservices3@gmail.com

*Si recomienda otro recurso, por favor comuníquese por email con yourstoryservices3@gmail.com

G. Libros



JAMES MARTIN



Cómo la
IGLESIA CATÓLICA
y la **COMUNIDAD LGBTI**
pueden entablar una relación de
respeto, compasión y sensibilidad

*To add additional resources, please email yourstoryservices3@gmail.com

*Si recomienda otro recurso, por favor comuníquese por email con yourstoryservices3@gmail.com