

# Mental Health Resources for 2SLGBTQ+



Community  
Mental Health  
Action Plan

2SLGBTQ+ (Two-Spirit, Lesbian, Gay, Bisexual, Transgender, and Queer) people face unique stressors, higher rates of discrimination and, as a result, experience poorer mental health than the general population.

Specialized support for 2SLGBTQ+ individuals, caregivers and allies experiencing mental health challenges is available. Below are some local mental health resources - whether you need support, want to learn more about supporting your own or a family member's mental health.

## Get Support

- **Brite Line (1-833-702-7483)**  
Established to create a safe space that is free of judgment and stigma for 2SLGBTQ+. Brite Line is a toll-free phone line operated by staff & volunteers equipped with the tools & resources to put the caller in touch with services that address their needs.
- **The CHEW Project**  
Provides frontline support, short and long term counselling, Crisis and suicide intervention and help for 2SLGBTQ+ youth and emerging adults facing barriers
- **Pride Centre of Edmonton**  
The Pride Centre of Edmonton offers support programs, such as drop-in free counseling, to LGBTQ2S+ people, their allies, and the broader community.
- **Rainbow Refuge Program (for LGBTQ+ Newcomers & Refugees)**  
Offered by the Edmonton Mennonite Centre for Newcomers provides social supports, help with immigration and refugee claims, accessing culturally appropriate LGBTQ+ counselling, services, and more.

- **The Landing**  
The Landing is a Students' Union service at the University of Alberta that offers services for gender and sexual diversity. They have programs to connect, learn, and get support for students and non-students.

## Learn

- **The Rainbow Pages**  
A resource guide developed by The Family Centre of Northern Alberta to provide LGBTQ+ youth and the youth-serving community with a consolidated guide of supports available in Edmonton.
- **Edmonton Pride Seniors Group** Ensures that all queer seniors' services, activity centres, and housing are a welcoming, safe, and caring environment for LGBTQ2S+ older adults aged 55+ in Edmonton and area.
- **Edmonton 2 Spirit Society (E2S)**  
E2S has many resources for indigenous Two Spirit peoples. We recommend their [educational video series](#) sharing the history, culture, and traditions of Two Spirit People, entitled 'Two Spirit Knowing.'
- Fact sheets: [Transgender People and Suicide](#) & [Sexual Minorities and Suicide](#)

## Fast Facts

- Lesbian, gay and bisexual individuals are more likely to experience depression, anxiety, suicidality and substance abuse than their heterosexual counterparts. (Statistics Canada, 2019)
- The pandemic has been hard on the mental health of the 2SLGBTQ+ population. In the second wave, 54% of 2SLGBTQ+ people reported deteriorating mental health, compared to 40% of the general population. (Canadian Mental Health Association, 2020)
- 2SLGBTQ+ youth face approximately 14 times the risk of suicide and substance abuse than heterosexual peers. (Rainbow Health Ontario, 2011)
- A Canadian Study found that support from family and friends reduced stress and contributed to positive mental health in young gays, lesbians and bisexuals. (Rainbow Health Ontario, 2011)

## Where to Go for Immediate Help

211 Alberta by phone, text or chat: dial 2-1-1, text INFO to 211, or visit [www.ab.211.ca](http://www.ab.211.ca) and click "live chat."

**Trans Life Line:** 1-877-330-6366

**First Nations and Inuit Hope For Wellness Helpline:** 1-855-242-3310

**Rural Distress Line:** 1-800-232-7288

**CMHA-Edmonton Distress Line:** 780-482-4357 (HELP)

**Health Link:** 811

**Alberta Wide Mental Health Helpline:** 1-877-303-2642

**Addiction Helpline:** 1-866-332-2322

**Crisis Text Line:** Text CONNECT to 741741

**Family Violence:** Find Supports – 310-1818

**Kids Help Phone:** 1-800-668-6868 or text CONNECT to 686868

**Bullying Help Line:** 1-888-456-2323

**MyHealth.Alberta.ca:** [List of Important Numbers](#)

If you are in a crisis that is life threatening call 9-1-1

Developed by the *Community Mental Health Action Plan* in Collaboration with:

United Way of the  
Alberta Capital Region

211 Alberta

Visit

[www.mentalhealthactionplan.ca](http://www.mentalhealthactionplan.ca)

for  
further information