

**“The State of the LGBTQ+ Community during the COVID-19 Pandemic”**

**May 7, 2020, 13:00 BST**

**Organized by the IBA’s LGBTI Law Committee and supported by the Family Law Committee and the Women’s Interest Group**

**MENTAL HEALTH RESOURCES**

(These details were provided by IBA Members in connection with the above-mentioned webinar. Please note that the organizations mentioned below have no connection with the IBA or with the webinar)

**AUSTRALIA**

1. QLife – Australia's National LGBT+ Counselling Service  
<https://qlife.org.au/>
2. Lifeline – Australia's National Counselling Service  
<https://www.lifeline.org.au/>

**NEW ZEALAND**

1. Ryken & Associates, Barristers and Solicitors, P.O.Box 501, Auckland 1140, New Zealand.  
Tel. No. 64 9 3532106

**PHILIPPINES**

1. National Mental Health Crisis Hotline

a) 0917-899-8727/ 989-8727  
b) 0917-899-USAP/ 989-USAP

2. [Natasha Goulbourn Foundation \(NGF\)](#) – (02) 804-HOPE (4673), 0917 558 HOPE (4673) or 2919 (toll-free for GLOBE and TM subscribers).

3. [Manila Lifeline Centre \(MLC\)](#) – (02) 8969191 or 0917 854 9191.

4. [In Touch Community Services Crisis Lines](#) – Relationship problems, addiction, abuse, other emotional problems. +632 893 7603, 0917 8001123 (Globe subscribers), 0922 8938944 (Sun subscribers). Email at [crisisline@i-manila.com.ph](mailto:crisisline@i-manila.com.ph).

5. Living Free Foundation – Addiction, individual and marital counseling. 0917 322 7087 Email at [livingfreefoundation@gmail.com](mailto:livingfreefoundation@gmail.com)

6. Mood Harmony – Makati Medical Center’s mood disorder support group. (02) 844-2941.

7. Dial-a-Friend – (02) 5251743 or (02) 5251881

8. UGAT Foundation – Psychospiritual counseling. (02) 426 5992; (02) 426 6001 loc. 4872-73; [ugat@admu.edu.ph](mailto:ugat@admu.edu.ph)

9. [RecoveryHub Philippines](#) – a Cebu-based mental health platform that offers Psychiatric Consultations with licensed Filipino doctors through video conference online

## **TAIWAN**

1. Taiwan Tongzhi Hotline (LGBT) +886-2-2392-1969
2. Taiwan Lifeline (Suicide Prevention) 1995
3. Taiwan Suicide Prevention Center +886-2-2381-7995
4. General Welfare Advice 1957
5. Domestic Abuse 113
6. Mental Health 1295
7. Teacher Chang (Youth Mental Health) 1980
8. Foreign Nationals in Taiwan Advice Line 0800-024-111

## **THAILAND**

1. The Samaritans : +66 (0)2 713 6791/2

## **U.S.A.**

1. [The Trevor Project](#): (866) 488-7386

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

2. [National Suicide Prevention Lifeline](#): (800) 273-8255 (online chat available)

The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

3. [The Gay, Lesbian, Bisexual and Transgender National Hotline](#): (888) 843-4564

We provide a safe space that is anonymous and confidential where callers can speak on many different issues and concerns including, but limited to, coming out issues, gender and/or sexuality identities, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, suicide, and much more.

4. [U.S. National Domestic Violence Hotline](#): (800) 799-7233 (English and Spanish)

They also have an online chat feature available. Operating around the clock, seven days a week, confidential and free of cost, the National Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse.

5. [Pride Institute](#): (800) 547-7433 24/7

Chemical dependency/mental health referral and information hotline for the LGBTQ community.

6. Rape Abuse and Incest National Network (RAINN): (800) 656-HOPE / (800) 810-7440 (TTY)

The nation's largest organization fighting sexual violence, RAINN also carries out programs to prevent sexual violence, help victims and ensure that rapists are brought to justice.