



Internal, CVS Colleagues:

- [Trevor Project Ally Training](#)

- [Aetna Mental Wellbeing Site](#)

- [CESI Presents: Transgender Mental Health](#)

- [All about Pronouns: Why Pronouns Matter](#)

- [CESI Continuing Education – Transgender](#)

Accordant PodcastPLUS LGBTQ+ Episode (article has a transcript; SharePoint has the audio)

- <https://heartbeat.cvshealth.com/sites/our-company/enterprise-featured-stories/news/429718/walking-in-others-shoes>

- Podcast Audio: [found at this link](#)

- [The Transgender Training Institute](#)

24/7 Hotlines:

- Suicide Prevention Lifeline: 1-800-273-8255
- The Trevor Project: 1-866-488-7386 24/7/365
 - Provides crisis intervention and suicide prevention services to Lesbian, Gay, Bisexual, Transgender, Queer and questioning (LGBTQ+) young people under the age of 25.
- TrevorLifeline: 1-866-488-7386 available 24/7/365
 - Crisis intervention and suicide prevention.
- TrevorChat: Access through a computer available 24/7/365
 - Confidential online instant messaging with a counselor.
- TrevorText: Text START to 678-678 available 24/7/365
 - Confidential text messaging with a counselor. *Standard messaging rates may apply.*
- SAGE LGBT Elder Hotline: 1-877-360-LGBT (5428) 24/7/365
 - Connects LGBT older people with friendly responders. For LGBT elders and caretakers.
 - Confidential support and crisis response.

External, Public:

- [American Foundation for Suicide Prevention](#)
- [Trevor Project Resource Center](#)
 - [Facts about LGBTQ Youth Suicide](#)
 - [Coming Out Handbook](#)
 - [Supporting Black LGBTQ Mental Health](#)
- [CVS Health Mental Wellbeing Site](#)
 - Guide to talking with friends and families about mental health for Young Adults, Parents, & Caregivers.
- [Centerlink](#)
 - [Q Chat Space](#): live groups hosted by mental health clinicians
- [CVS Health - Accenture LGBTQ+ Equity Series](#)
 - [CVS Health- Accenture LGBTQ Health Equity Series: Understanding Transgender Healthcare Access & The Patient Experience](#)
- [JED Foundation](#)
 - Proud and Thriving Framework is a set of recommendations around how schools can and should address the mental health of LGBTQ+ students.
- CVS Health-Accenture LGBTQ+ Health Equity Speaker Series (sessions 2 & 3 have a toolkit linked in the YouTube description)
 - Session 1: COVID-19 Vaccine
<https://www.youtube.com/watch?v=qIN0EasU1X8>
 - Session 2: Understanding Transgender Healthcare Access & The Patient Experience:
<https://www.youtube.com/watch?v=iFly3PaNbKE>
 - Session 3: Finding the Way Forward: LGBTQ+ Mental Wellness:
<https://www.youtube.com/watch?v=kTgvDSzZ4qo&t=2919s>
 - Session 4: Building Cross-Sector Partnerships & Solutions:
<https://www.youtube.com/watch?v=6EPomwLcmU8>
- [CVS Health Live “Supporting the holistic health of the LGBTQ+ community”](#)