

Trans and Queer Resources for Grief and Beyond

Trans and Queer Crisis Lines:

- **Trans Lifeline:** 1-877-565-8860 (US), 1-877-330-6366 (Canada)
- **The Trevor Project:** 1-866-488-7836 or Text START to 678-678
- **LGBT National Coming Out Support:** 1-888-OUT-LGBT (1-888-688-5428)
- **SAGE LGBT Elder Hotline:** 1-877-360-5428 → Connects LGBT elders and caretakers with friendly responders who are ready to listen.

Local (Central New York State) & Virtual Trans Resources:

<p>Trans Lifeline https://translifeline.org/resources/</p>	<p>Here you will find an extensive list of resources covering topics such as gender transition, immigration and asylum, social and economic justice, trans culture, and more.</p>
<p>The Q Center at ACR Health 617 West Genesee Street Syracuse, NY 13204 QCenter@ACRHealth.org @theqcenter_at_acrhealth on Instagram</p>	<p>Case management, after-school programs, support groups, outreach and education, and special events for lesbian, gay, bisexual, transgender, and queer youth, their families, and allies.</p>
<p>SAGE Upstate https://www.sageupstate.org/</p>	<p>SAGE Upstate programs aim to improve health and reduce isolation for older lesbian, gay, bisexual, transgender, queer and questioning older adults and our allies.</p>
<p>Inclusive Health Services, Upstate https://www.upstate.edu/id/healthcare/ihs/ Physicians' Office Building Suite 211 725 Irving Avenue Syracuse, NY 13210 Phone: 315 464-5533</p>	<p>IHS is happy to now offer a Safe Space for primary care to the LGBTQ community, including transgender care, regardless of HIV status.</p>
<p>Volunteer Lawyers Project of CNY https://www.vlpcny.org/ Attorney Mallory Livingston, LGBT Rights Attorney: mlivingston@onvlp.org</p>	<p>The Volunteer Lawyers Project of CNY, Inc. is a 501(c)(3) non-profit legal aid organization that provides free legal information, assistance, and representation in civil legal matters to low-income people in Central New York. Services throughout Central New York include legal issues related to housing, family, elder, LGBT rights, immigration, debt, and economic opportunity.</p>
<p>Syracuse Gay & Lesbian Chorus board@syrglc.org www.facebook.com/syrglc</p>	<p>Community choral ensemble of gay, lesbian, bisexual and transgender people and their allies, dedicated to providing and performing an eclectic and entertaining offering of quality choral music which reflects the diverse nature of our community and serves to unite us with the wider community around us.</p>
<p>LGBT-Friendly Food Pantries in Central New York</p>	<p>Find the list here: https://www.cnypride.org/post/lgbt-friendly-food-pantries</p>

Transgender Alliance of CNY https://www.facebook.com/tgacny/	The Transgender Alliance of Central New York is a social and support group for trans* identified persons in the CNY area.
The Safe Zone Project https://thesafezoneproject.com/	Free online resource for powerful, effective LGBTQ awareness and ally training workshops Glossary of Terms https://thesafezoneproject.com/resources/vocabulary/

Grief & Other Crisis Lines

- **Suicide and Crisis Lifeline (Chat Available): 988**
- **Número de teléfono de crisis de salud mental En Español: 1.888.628.9454**
- (CENTRAL NY) 211: A free service connecting callers to critical health & human services in their community, including but not limited to food, housing, mental health, health care, transportation, legal services, and employment.
- (CENTRAL NY) Crisis Text Line is available 24/7. Text HOME to 741-741
- (CENTRAL NY) 24-hour Crisis Hotline: 315-251-0600
- Crisis Text Line: Text CONNECT to 741741
- Deaf or Hard of Hearing: For TTY Users: Use your preferred relay service or dial 711 then 988
- Black Line: 1.800.604.5841
- Veterans Crisis Line: Send a text to 838255
- A Call for Change (Intimate partner abuse prevention helpline): 1-877-898-3411 or email Help@ACallForChangeHelpline.org

Local (Central New York State) & Virtual Support Groups & Grief Services

Services with Front Porch Collective, LLC

- 1-on-1 Virtual Grief Support Services (<https://www.frontporchcollective.com/griefsupportoptions>)
- IN-PERSON **Queer Grief Support Group** in collaboration with Queer Quarterly CNY: **Dates coming soon!**
- Monthly themed VIRTUAL Grief Support Group: April 24, 2025: **Estrangement from Family & Chosen Family** (<https://www.frontporchcollective.com/upcoming-groups-events/april-grief-group>)
- Monthly VIRTUAL **Immunocompromised & Disabled Adults [Grief] Support Group**: April 6, 2025 @ 12 PM (<https://www.frontporchcollective.com/upcoming-groups-events/immuno-disabled-support-group-april>)

Local Central NY Support Groups, *not* with Front Porch Collective

- **Gender Blend by SAGE Upstate**: Social/support group for people in trans communities, 2nd Saturday of every month at 7 PM in-person & on Zoom (<https://www.sageupstate.org/about-5>)
- **Love You Forever**: a grief support group for individuals grieving losing a loved one to drug addiction, alcoholism, or drug overdose. (<https://www.safespacecny.org/groups-services>)

