

Indigenous and Multicultural Resources

Urban Native Youth Two Spirit Collective

Support, resources, and programming for Indigenous youth, ages 15-30, who identify as 2Spirit or LGBTQ+.

604-379-5133

unya.bc.ca

Two Spirits of BC

Support groups, workshops and drumming circles for Indigenous Two Spirit people.

2spiritsbc.com

SHER

SHER provides support through arts and culture, education and outreach to queer South Asians and allies, along with confidential counselling in multiple languages and multiple locations.

info@shervancouver.com

shervancouver.com

DIVERSEcity

Hosts Together Now, a peer support group for 2SLGBTQIA+ newcomers of any immigration status. It offers social connections, information about community resources, and access to counselling services. Also offers individual support for 2SLGBTQ newcomers, information about community resources and access to counselling services.

604-306-6316

risereerrals@dcrs.ca

604-306-6316

togethernow@dcrs.ca

Mosiac

I Belong is a program welcoming all 2SLGBTQIA+ refugees and newcomers to a safe space to connect with and receive support through peer-support groups and individual counselling. They also have a group for trans and non-binary members - Beyond Borders and Binaries.

604-254-9626

mosiacbc.org/resources/trans

ibelong@mosaicbc.org

Qmunity Two Spirit Peer Support Group

A place for Indigiqueer, Two Spirit, and Indigenous trans people to come together and discuss their experiences as intersectional members of the community.

twospirit@qmunity.ca

qmunity.ca



www.together-sswr.com



info@together-sswr.com



[@together.sswr](https://www.facebook.com/together.sswr)



TOGETHER

for mental wellness

Connecting the *community* to
available mental health resources

Together promotes non-profit, low-barrier services. All organizations are vetted, but we are not responsible for organizations changing or misrepresenting their services. We encourage due diligence when considering service use.

2025-2026 printing by generous support
of the Peace Arch Hospital Foundation



PEACE ARCH
HOSPITAL
FOUNDATION

Gender & Sexual Minority



Where do I find Gender and Sexual Diversity Mental Health?

LGBTQ2S+ Youth

Rainbow Connection-Youth Space

A program of Alex House, Rainbow Connection is a weekly drop-in social group for 2SLGBTQI+ youth (12+) in South Surrey/White Rock. They also host a yearly youth Pride Prom. [778-545-9188](tel:778-545-9188) @sswryouthspace
youthspace@alexhouse.net theyouthspace.com

Queer Cafe from Foundry

A virtual social group for youth who identify as 2SLGBTQI+ or are questioning their gender. A safe space to ask questions, learn and connect with youth in BC. www.foundrybc.ca/virtual/groups-workshops

Qmunity Youth Programs

The Youth Program offers drop-in spaces, a Gender Supportive Wear Program, one-on-one support, plus referrals and available resources for 2SLGBTQI+ youth ages 25 and under. [604-684-5307](tel:604-684-5307) qmunity.com/youth
youth@qmunity.ca (14-25)
gabjunior@qmunity.ca (10-13)

TransSupport- Plea

Free, confidential and voluntary support sessions for transgender youth ages 25 years and under. Separate sessions for parents and family members. [604-871-0450](tel:604-871-0450) transsupport@plea.bc.ca plea.ca

YouthCo

An organization of youth leaders within the HIV and Hep C movements. They take a peer approach to conversations about sexual health, harm reduction, and stigma. info@youthco.org youthco.org

Qchat

A peer support line and resource database for LGBTQ2S+ youth in British Columbia. Lines open Saturday-Thursday, 6:00PM-9:00PM [1-855-956-1777](tel:1-855-956-1777) (call)
[250-800-9036](tel:250-800-9036) (txt) qchat.ca

Specific Crisis Lines

KUU-US Indigenous
Crisis Line 1-800-588-8717

SAIL - for Seniors Abuse
604-437-1940

Kids Help Phone
1-800-668-6868
Text 686868

Salal - for
Sexual Violence
604-255-6344

SMART - for
Assault
604-583-1295

Youth in BC
310-6789

Trans Lifeline
877-330-6366

VictimLink (+text)
1-800-563-0808

CRISIS LINES

9-8-8 Call/Text

OR

1-800-784-2433

www.CrisisCentreChat.ca

TTY 1-866-872-0113

Youth Online Support

It Gets Better Project

A global non-profit whose mission is to uplift, empower and connect sexual and gender diverse youth around the globe. itgetsbettercanada.org

Trevor Space

Online community for LGBTQ+ ages 13-24 yrs. Explore your identity, get advice, find support and make friends in a moderated online group. trevorproject.org/visittrevorspace

LGBTQ2S+ Resources

Sex Sense by Options

Free, pro-choice, sex-positive, and confidential service. Our team of registered nurses, counsellors, and sex educators offer information and resources on sex, sexuality and sexual health. Open Monday to Friday 9a.m. – 9p.m. [604-731-7803](tel:604-731-7803) optionsforsexualhealth.org

pflag Canada

Helping 2SLGBTQ+ people and loved ones connect with resources and find a supportive community. Local chapters include Pflag Vancouver and Pflag Surrey. surreybc@pflagcanada.ca pflagcanada.ca

Support Resources cont'd

Sources Trauma Counselling

Experienced trauma counsellors provide individual and group counselling for those who identify as LGBTQ2S+ who have experienced sexual assault, childhood trauma, and intimate partner abuse. Free to reduced fee services. [604-335-5035](tel:604-335-5035) trauma.counselling@sourcesbc.ca

Qmunity

Age specific (like youth and seniors) peer support groups, free and low cost counselling services, and other supports. seniors@qmunity.ca qmunity.ca
[604-684-5307](tel:604-684-5307)

Trans Care BC

An online BC-wide information service and resource hub. Information for access to gender-affirming health care and supports. transcareteam@phsa.ca transcarebc.ca
[1-866-999-1514](tel:1-866-999-1514)

Chronically Queer

Peer-facilitated group for LGBTQ+ people who are "neurodivergent, mad, crip, chronically ill, and/or disabled." lets@connectwithlets.org connectwithlets.org
[604-437-7331](tel:604-437-7331)

Health Initiative for Men (HIM)

For self-identified GBQ men and gender diverse people in BC. Health-based programming and services to meet the sexual, mental, physical, and social health needs. Counselling for low income individuals and 55+ support group register@checkhimout.ca
[604-488-1001](tel:604-488-1001) checkhimout.ca

QMUNITY Gathers: Seniors

Weekly in-person and virtual gatherings for LGBTQ+ folk aged over 55 to network, share culture and talk rainbow life. [604-684-5307](tel:604-684-5307) seniors@qmunity.ca

Can't find what you are looking for? Head to www.together-sswr.com or call 604-868-6841