



# LGBTQ+ RESOURCES FOR YOUTH



Aetna Better Health<sup>®</sup>  
of Kentucky

## Aetna is Committed to Your Health and Well Being

Do you have questions about specific LGBTQ+ health care needs? Reach out to your Aetna Better Health of Kentucky case manager for answers!

### Member Services

Our Member Services Department is always ready to answer your questions.

Call 1-855-300-5528 (TTY: 711), Monday through Friday, 7 AM to 7 PM ET.

### Behavioral Health Crisis Hotline

1-888-604-6106 (TDD: 1-866-200-3269, TTY: 711)

Available 24/7

# 988

The National Suicide Prevention Hotline now has a national emergency dial number! The 988 number works exactly like 911 with one extra benefit: you can text it! Just dial/text 988 from your phone to be connected to a trained counselor.

Need support or assistance? These experienced Kentucky non-profits are will connect you with the resources you need!

### 1. Louisville Youth Group

- **Address:** 417 East Broadway,

- **Phone:** 502-430-2016

### 2. Trans Kentucky

- **Phone:** 859-448-LGBT

### 3. Lexington Pride Center

- **Address:** 389 Waller Avenue,  
Suite 100

- **Phone:** 859-253-3233

# IMPORTANT NUMBERS AND LINKS

- 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

- 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.*

- Coming Out LGBTQ+: <https://youtu.be/7YXcg8HJs18>

- Learning About Sexual Orientation, Gender Identity & Expression: <https://youtu.be/-CrjaFBF5dY>

- How You See Me: <https://youtu.be/wxHHstcyP4I>

Make sure to check out the [Trevor Project's Coming Out Handbook!](#) <https://bit.ly/3xenYhA>