



JQ Community Care Plan

Family of Origin

1.

2.

3.

Affirming Adults

1.

2.

3.

Friends and Social Networks

1.

2.

3.

Organizations and Community

1.

2.

3.



JQ Community Care Plan

LGBTQ+ Inclusive Medical and Mental Health Resources

1.

2.

3.

Crisis Support

1.

2.

3.

Signs to Reach out for Support

1.

2.

3.

4.

5.

For Additional Support and Resources

JQ Helpline: 855.574.4577 and helpline@jqinternational.org

JQ Helpline Community Resource Manual: <https://jqinternational.org/resources/>