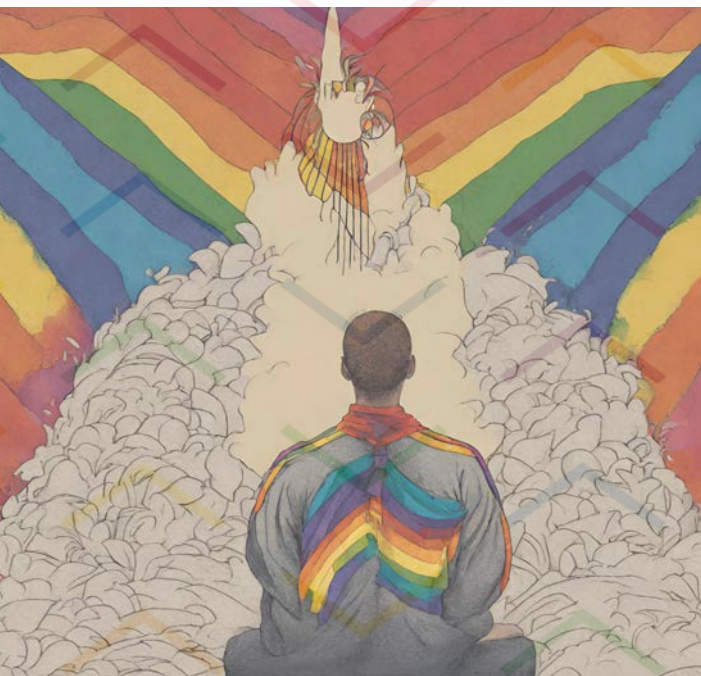


ABOUT RAIN

The Essex LGBT Reaching Adolescents In Need(RAIN) Foundation. A 501(c)3 non profit that provides emergency shelter services to address the emergent need of Lesbian, Gay, Bisexual and Transgender (LGBTQ+) individuals experiencing crisis leading to homelessness. Our programs promote self-sufficiency and independence to enhance our residents' ability to function within their communities. Our programs aim to help adolescents lead healthy, productive and meaningful lives. RAIN's new extension, Safe Harbor Healing Minds is now here to serve the LGBTQ+ Community!

Emergency Housing Available for Ages 18-26



SUPPORT HOTLINES

National Suicide Prevention Lifeline:

1-800-273-TALK (1-800-273-8255)
www.suicidepreventionlifeline.org

Crisis Text Line:

Text HOME to 741741
www.crisistextline.org

The Trevor Project (LGBTQ+):

1-866-488-7386
Text START to 678678
www.thetrevorproject.org

RAINN (Rape, Abuse & Incest National Network):

1-800-656-HOPE (4673)
www.rainn.org

Trans Lifeline (Transgender Support):

1-877-565-8860
www.translifeline.org

The National LGBTQ+ Domestic Violence Hotline:

1-800-799-7233
www.thehotline.org/resources/lgbtq-inclusive-services

Substance Abuse and Mental Health Services Administration:

(SAMHSA) National Helpline:

1-800-662-HELP (4357)
www.samhsa.gov/find-help/national-helpline

973-675-4225

Inquiries will be responded to within 24-48 Hours

SafeHarborHealingMinds@gmail.com

Essexlgbthousing.org

168 Park Street, East Orange, NJ 07017

SAFE HARBOR HEALING MINDS

Providing a safe and healing space for the LGBTQ+ Community to foster resilience, self-acceptance, and overall well-being!

We do not discriminate on the basis of race, creed, color, ethnicity, national origin, religion, gender, sexual orientation, gender identity and expression, age, height, weight, physical or mental ability, veteran status, military obligations, or marital status.



ABOUT SAFE HARBOR HEALING MINDS

Safe Harbor Healing Minds (SHHM) provides FREE comprehensive mental health support for LGBTQ+ individuals, ages 18 to 30, to enhance their well-being. Services include individual and group therapy sessions led by certified therapists specializing in LGBTQ-related issues and trauma therapy. SHHM offers peer mentorship programs, peer support specialists, and specialized support groups within the LGBTQ+ community.

To foster a supportive community, SHHM organizes social events, arts and culture nights, and community outreach initiatives. The program conducts training sessions for allies, families, and educators to raise awareness about LGBTQ+ challenges and advocate for inclusivity.

Educational sessions equip participants with skills for handling life challenges, stress management, healthy relationships, family dynamics, safe sex practices, and healing from victimization. SHHM plans to establish a resource center with literature on recovery, mental health, safe sex, and LGBTQ+ rights.



HOW WE CAN SERVE YOU

-  **Mental Health/Substance Abuse Counseling**
-  **Resources and Support Services**
-  **Evidence Based Wellness Groups**
-  **Peer Support Fostering Community/Social Events**
-  **Training and Education Sessions**
-  **Assessments and Crisis Intervention**

Discover a World of
Wellness Within
Yourself and the
LGBTQ+ Community

WHY CHOOSE US?

- Experienced and Caring Staff
- Safe and Secure Space
- Trauma Informed Care
- Engaging Activities
- Culturally Competent and Diverse Backgrounds
- Advocacy for Your Rights
- Committed to Promoting Mental Health Awareness
- Accessibility to Services You Deserve by People that Care!
- **SERVICES ARE FREE!**

