

## RESOURCES FOR AFGHAN WOMEN, LGBTQ+, AND THOSE WHO WISH TO HELP

1. For Afghan women seeking help, you may book a mental health therapy appointment by calling this number: +1 312.975.7440. Reach out if trauma is so severe that you're contemplating hurting yourself. **Your life is meaningful and precious** and you deserve to live your best life. Obviously that is not possible living under the Taliban in Afghanistan, which is why we are committed to helping you all get out.
2. Those who are helping women to escape persecution, and Afghans in need of advice for extraction, should go to this website: <https://ExitSOS.com>. The information here consolidates and updates various details of visa options for Afghan nationals.
3. Visas for Afghans: <https://lnkd.in/d6JSYRJ4> provides guidance regarding the right type of application to submit for each country (based on responses to an initial set of questions). While brilliant in its simplicity, this site it is still being built out, and in its current format, is only in English (with Dari to come).
4. Overland option: The Pakistan Government has set up a crisis cell to evacuate both Afghan and non-Afghan nationals from Afghanistan. To join this program, individuals need to either visit in person or call the Pakistan Embassy in Kabul to provide personal details: <http://www.pakembassykabul.org/en/contact-us>. They will then be transported to Islamabad and issued a 30-day visa for Pakistan upon arrival. For those in immediate danger who may not qualify for a visa, this may represent an option for getting out of Afghanistan.
5. Many are requesting interviews with journalists from around the world. Some have courageously shared their stories, and these are powerful because they change public opinion and put pressure on the Biden administration and the international community to help LGBTQ people. Here's the latest article published in *The Hill*: <https://thehill.com/policy/international/569741-they-will-kill-us-if-they-find-us-lgbt-afghans-fear-new-taliban-regime?amp=1&recirculation=1>.
6. U.S. Senators are pressuring Biden to act in rescuing LGBTQ Afghans. Read more: [www.ebar.com/news/news/307810?fbclid=IwAR216zITE33nV9Wxd8Ws1B6W0c5CK97qbjmCKSF10vG8R5b-6tcwGOuX13l](http://www.ebar.com/news/news/307810?fbclid=IwAR216zITE33nV9Wxd8Ws1B6W0c5CK97qbjmCKSF10vG8R5b-6tcwGOuX13l).

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