

Additional Resources for Parents and Youth

Information and resources for parents of gay, lesbian, bisexual, and transgender children:

Parents, Families, and Friends of Lesbians and Gays (PFLAG)

www.pflag.org

Phone: 202 467-8180

Email: info@pflag.org

Connect on social media:

- Facebook: PFLAG National
- Instagram: pflag
- Twitter: PFLAG National

National organization that promotes the health and well-being of lesbian, gay, bisexual, and transgender individuals, as well as providing support for their families and friends. The PFLAG website has great resources and information and contains links to local chapters of PFLAG in every state where parents can get personal support through their child's coming out process (<https://pflag.org/find-a-chapter>).

GLBT Near Me: The GLBT National Resource Database

www.glbtnearme.org

Email: info@GLBTNationalHelpCenter.org

Phone: 415 355-0003

Great online resource where parents and kids can find local gay, lesbian, bisexual, and transgender resources and services. Find the closest local LGBT social and support resources, community centers, youth groups, health care providers, and much more.

Gay and Lesbian Medical Association (GLMA)

www.glma.org

Phone: 202 600-8037

Email: info@glma.org

Connect on social media:

Facebook: GLMA

Twitter: @GLMA_LGBTHealth

GLMA works to ensure equality in health care for lesbian, gay, bisexual, and transgender individuals. Parents can locate local LGBT-affirmative health care providers on GLMA's website (<https://www.glma.org/index.cfm?fuseaction=Page.viewPage&pageId=939&grandparentID=534&parentID=938&nodeID=1>).

Advocates for Youth: GLBTQ Information

<https://www.advocatesforyouth.org/issue/lgbtq-health-and-rights/>

Phone: 202 419-3420

Connect on social media:

Facebook: Advocates for Youth

Instagram: AdvocatesForYouth

Twitter: @AdvocatesTweets

Advocates for Youth is a national organization that champions efforts that help young people make informed and responsible decisions about sexual health. Their website contains information for and about GLBTQ young people, and has specific programs and information about HIV (<https://www.advocatesforyouth.org/issue/hiv/>).

Family Acceptance Project

<http://familyproject.sfsu.edu/>

Email: fap@sfsu.edu

Connect on social media:

Facebook: Family Acceptance Project

Instagram: famacceptproj

Twitter: @FamAcceptProj

The Family Acceptance Project is a community research, intervention and education initiative to study the impact of family acceptance and rejection on the health, mental health and well-being of lesbian, gay, bisexual and transgender (LGBT) youth. Their website offers a map to find local and national LGBT services and support near you and many other resources (<https://lgbtqfamilyacceptance.org/>)

Transgender resources:

TransYouth Family Allies (TYFA)

www.imatyfa.org/

Phone: 888 462-8932

Email: info@imatyfa.org

TYFA is a support organization for families of transgender youth. TYFA has a great website with lots of resources, such as recommended reading material for parents and youth as well as a parents' forum, including stories shared by parents of transgender youth (<http://www.imatyfa.org/parents.html>).

Gender Spectrum www.genderspectrum.org

Connect on social media:

Facebook: Gender Spectrum

Instagram: gender_spectrum

Twitter: @GenderSpectrum

Gender Spectrum provides education and support to help create a gender sensitive and inclusive environment for all children and teens. Gender Spectrum focuses on helping families, educators, and professionals understand the concepts of gender identity and gender expression.

PFLAG Transgender Network (TNET) <https://pflag.org/transgender>

TNET focuses on support for transgender people and their parents, families, and friends. It provides education on some issues unique to the transgender community, and focuses on issue advocacy to ensure equal rights for the transgender community at local and national levels.

Bisexuality resources:

Bisexual Resource Center (BRC)

www.biresource.net

Phone: 617 424-9595

Email: brc@biresource.org

Connect on social media:

Facebook: Bisexual Resource Center

Instagram: BisexualResourceCenter

Twitter: @BRC_Central

BRC provides support to the bisexual community and raises public awareness about bisexuality and bisexual people. The BRC website contains links to many resources on bisexuality, including information for local groups all over the world.

Information and resources for LGBT youth:

The Trevor Project

www.thetrevorproject.org

Phone (Crisis Lifeline): 866 4-U-TREVOR (866 488-7386)

Connect to a crisis counselor 24/7, 365 days a year: <https://www.thetrevorproject.org/get-help/>

Connect on social media:

Facebook: The Trevor Project

Instagram: TrevorProject

Twitter: @TrevorProject

The Trevor Project is determined to end suicide among LGBT and questioning youth by providing lifesaving and life-affirming resources including our nationwide, 24/7 crisis intervention lifeline, digital community and advocacy/educational programs that create a safe, supportive and positive environment for everyone.

GLBT National Help Center

<https://www.lgbthotline.org/>

Youth Talkline: 800 246-PRIDE (800 246-7743)

Gay, Lesbian, Bisexual and Transgender National Hotline toll-free phone: 1-888-THE-GLNH (1-888-843-4564)

The GLBT National Youth Talkline provides telephone peer-counseling, as well as factual information and local resources for cities and towns across the United States.

National Suicide Prevention Lifeline <http://www.suicidepreventionlifeline.org>

Phone (Lifeline): 800 273-TALK (8255) or dial 988

Free 24-hour hotline available to anyone in suicidal crisis or emotional distress.

Youth Guardian Services www.youth-guard.org/youth

Youth Guardian Services provides YOUTH Lists. These email mailing lists offer online support for gay, lesbian, bisexual, or transgendered youth in a safe and supportive environment.

Resources for family challenges not specific LGBT youth

National Domestic Violence Hotline

www.thehotline.org

Phone (Hotline): 800 799-SAFE (7233)

National hotline that provides crisis intervention, safety planning, information about domestic violence, and referrals to local service providers.

Depression Resource Center: American Academy of Child and Adolescent Psychiatry

https://www.aacap.org/aacap/Families_and_Youth/Resource_Centers/Depression_Resource_Center/Depression_Resource_Center.aspx

This American Academy of Child & Adolescent Psychiatry Resource Center provides information about the signs, symptoms, causes, and course of child and adolescent depression.

Suicide Resource Center: American Academy of Child and Adolescent Psychiatry

https://www.aacap.org/AACAP/Families_Youth/Resource_Centers/Suicide_Resource_Center/AACAP/Families_and_Youth/Resource_Centers/Suicide_Resource_Center/Home.aspx?hkey=fc34217e-4ad1-4bfc-92b2-fd4f2ab78421

This resource helps parents to better understand adolescent suicide, including risk factors, warning signs, and preventative actions to take.

Adolescent Substance Abuse Knowledge Base (ASK)

<http://www.adolescent-substance-abuse.com/resources.html>

Phone: 866 870-6948

The ASK website offers information for parents about adolescent alcohol and drug use.

Focus Adolescent Services

www.focusas.com

Phone: 410 341-4216

Focus Adolescent Services offers information and referral services for families with troubled teens. Their website also includes links to resources addressing child and adolescent abuse, depression, suicide, and alcohol and drug use.

Resources for people interested in advancing LGBT rights

Human Rights Campaign (HRC)

www.hrc.org

Phone: 800 777-4723

The Human Rights Campaign is America's largest civil rights organization working to achieve lesbian, gay, bisexual and transgender equality. By inspiring and engaging all Americans, HRC strives to end discrimination against LGBT citizens and realize a nation that achieves fundamental fairness and equality for all.

National Center for Lesbian Rights (NCLR)

www.nclrights.org

Phone: 415 392-6257

Email: info@nclrights.org

The National Center for Lesbian Rights is a national legal organization committed to advancing the civil and human rights of lesbian, gay, bisexual, and transgender people and their families through litigation, public policy advocacy, and public education.

Lambda Legal

www.lambdalegal.org

Phone: 212 809-8585

Lambda Legal is a national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and those with HIV through impact litigation, education and public policy work. Their website contains contact information for Lambda regional offices all over the country.

The Gay and Lesbian Alliance Against Defamation (GLAAD)

www.glaad.org

GLAAD amplifies the voice of the LGBT community by empowering real people to share their stories, holding the media accountable for the words and images they present, and helping grassroots organizations communicate effectively. By ensuring that the stories of LGBT people are heard through the media, GLAAD promotes understanding, increases acceptance, and advances equality.

School Advocacy:

Gay, Lesbian, and Straight Education Network (GLSEN) www.glsen.org

Phone: 212 727-0135

Email: info@glSEN.org

GLSEN strives to assure that each member of every school community is valued and respected regardless of sexual orientation or gender identity/expression. GLSEN seeks to develop school climates where difference is valued for the positive contribution it makes in creating a more vibrant and diverse community. The GLSEN website contains links to chapters all over the country.

Gay-Straight Alliance Network

www.gsAnetwork.org

Phone: 415 552-4229

Email: info@gsAnetwork.org

Gay-Straight Alliance Network empowers youth activists to develop Gay-Straight Alliance clubs in their schools and improve their educational environment for people of all sexual orientations.