



LGBT National Help Center

Serving the Lesbian, Gay, Bisexual & Transgender Community

Quick Look at Support & Resources for LGBTQ+ Youth

This is by no means a complete list of resources, but can be a jumping off point for finding help. You can go to www.LGBTnearMe.org to search our national database of LGBTQ resources for organizations and programs supporting LGBTQ+ youth.

Support hotlines and virtual support for LGBTQ+ youth:

LGBT National Youth Talkline
Support hotline for 25 and younger
800-246-7743
lgbthotline.org

LGBT National Youth One-to-One
Online Chat - Text based support for those who might not have access to a phone
lgbthotline.org/chat

LGBTQ moderated Youth Chatrooms
-Weekly group chat for LGBTQ+ youth
lgbthotline.org/youthchatrooms

Trans Lifeline – Providing support to and from the trans community
877-565-8860
translifeline.org

Blackline - Space for peer support with an LGBTQ+ Black Femme Lens
800-604-5841
callblackline.com

DeQH - For LGBTQ South Asian individuals, family, and friends
908-367-3374
www.deqh.org

Trevor Project - Suicide prevention LGBTQ+ for youth 25 and younger
866-488-7386
thetrevorproject.org

Not LGBTQ specific, but supportive:

RAINN - National Sexual Assault and Incest Hotline
800-656-4673
rainn.org

National Runaway Safeline - Crisis prevention for runaway/homeless youth 12 to 21
800-786-2929
1800runaway.org

National Suicide Prevention Lifeline -
24/7 Suicide prevention support
800-273-8255 or 988
suicidepreventionlifeline.org

Im Alive - Online crisis prevention chat
imalive.org

Crisis Text Line - Text based crisis prevention
Text: 741741

Q Chat Space, online - Chat based discussion groups for youth 13-19
qchatspace.org

Gender Spectrum - Online groups for trans, non-binary and gender expansive teens and pre-teens
www.genderspectrum.org

Scarleteen - Inclusive, comprehensive information on sex education for teens and 20s.
scarleteen.com

For Teachers and parents & caregivers:

PFLAG - Support & education for the friends and family of LGBTQIA individuals. Local chapters available
pflag.org

GSA Network - Promotes LGBTQIA clubs and organizations in schools
gsanetwork.org

GLSEN - Working to ensure safe schools for all LGBTQ students
glsen.org

Hope in a Box - Working with rural schools to make classrooms more LGBTQ friendly by providing inclusive curriculum, books and training
hopeinabox.org

Ourshelves - Curated diverse LGBTQ+ book boxes for younger readers
ourshelves.com

College Bound:

Campus Pride - Information & resources for safe schools, scholarships and community
campuspride.org

Trans Student Educational Resources - Scholarship info & resources for college bound transgender students
transstudent.org

League Foundation – Scholarships
leaguefoundation.org

Point Foundation - Scholarships
thepointfoundation.org

Legal:
National Center for Lesbian Rights - Legal support for the community
nclrights.org

Transgender Law Center - Advocating for the trans rights
transgenderlawcenter.org

MAP - Database of laws concerning the LGBTQ community
lgbtmap.org

StepUP - Educational information and database on anti-trans laws
transformationsproject.org

Medical/Body safety:

Planned Parenthood - Health care, LGBTQ affirming, multiple locations nationwide
plannedparenthood.org

GLMA - Database of LGBTQ+ physicians nationwide
glma.org

Refuge Restrooms - Web/app listing/rating safe restroom access for trans, nonbinary and gender nonconforming individuals
refugerestrooms.org