

# Supporting LGBTQ+ Youth Mental Health



**Many thanks to Dr. Jessica Fish for compiling and sharing this list of resources to support the mental health of LGBTQ+ youth, families, and allies.**

Local PFLAG Chapter: The nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them. PFLAG is where LGBTQ+ people, families, and allies have come together in pursuit of justice and affirmation.

Local LGBTQ+ Youth Center: A member-based coalition to support the development of strong, sustainable LGBTQ community centers. Find a local center near you!

imi: We believe in creating resources that uplift, support, and affirm young people who are exploring their LGBTQ+ identity. And we are guided by research that supports this.

The Trevor Project: Provides crisis services, peer support, and public education, and does advocacy and research all geared towards LGBTQ+ young people. Find out how friends and family can act as support systems for LGBTQ+ youth.

Trans Teen and Family Narratives (TTFN) Project: An online resource designed for trans teens, their families, and their mental health providers.

Gender and Parenting Guidelines: An online resource designed to help primary caregivers or guardians of young children better understand gender identity and expression in early childhood.

Gender Spectrum: A non-profit helping families, organizations, and institutions increase their understanding of gender and consider the implications that evolving views have for each of us. They offer support groups for parents and grandparents, and downloadable educational resources.

Trans Parent: A nonprofit supporting parents and caregivers of gender-expansive children as they navigate complex challenges. The organization provides various resources and actively engages in advocacy efforts.

Trans Youth Equality Foundation: Provides education, advocacy, and support for transgender, nonbinary, and gender expansive children and youth and their families.

TransFamilies: A nonprofit organization facilitating virtual parent support groups, a trans youth leadership program, special topics groups, and youth support groups.

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TransFamily Alliance: An online education space, resource hub, and support community for parents raising and supporting transgender, nonbinary and gender expansive offspring.

Strong Family Alliance: A program run by PFLAG that provides non-political, research-based sources of information and guidance to help build understanding and strong relationships between caregivers and their LGBTQ children.

All Children - All Families: A program run by the Human Rights Campaign that offers best practice guidance LGBTQ youth support.

Stories & Numbers: Designed to help students, parents, and school personnel understand and use the best available research to create safe and supportive schools.

Family Acceptance Project: A research, intervention, education and policy initiative to prevent health and mental health risks and to promote well-being for lesbian, gay, bisexual, transgender and queer-identified (LGBTQ) children and youth, including suicide, homelessness, drug use and HIV — in the context of their families, cultures and faith communities.

National SOGIE Center: A centralized site for accessing resources on providing culturally responsive care to children, youth, young adults with diverse sexual orientation, gender identity, and gender expression (SOGIE) and their families across systems, including child welfare, juvenile justice, mental health (including school mental health), substance use systems, and housing and homelessness.

**If you or a loved one are experiencing an emergency, visit your closest emergency room or call 911.**