

Resources for LGBTQIA+ Youth

- The Trevor Project has several direct online resources specifically for LGBTQ+ youth: Trevor Lifeline is a crisis intervention and suicide prevention phone service available 24/7 at **1-866-488-7386**.
 - TrevorChat is a confidential online instant messaging with a Trevor Counselor, available 24/7, at trevorproject.org/get-help-now/.
 - TrevorText is a confidential text messaging with a Trevor Counselor, available 24/7/365, by texting **START to 678678**.
 - TrevorSpace is an affirming international community for LGBTQ young people ages 13-24 available at trevorspace.org
- **Q Chat Space** is a bully-free online community of LGBTQ+ teens that can chat with other LGBTQ+ teens and trained staff from LGBTQ+ centers around the country.
 - You can access Q Chat Space at www.qchatspace.org
- **Gender Spectrum Lounge** is a global online community for gender-expansive teens, their families and support professionals to connect, collaborate and find resources.
 - You can access the Gender Spectrum Lounge at genderspectrum.org/lounge
- Many **PFLAG** chapters are meeting virtually or providing 1:1 virtual support as requested for parents/guardians or LGBTQ+ youth. Go to pflag.org/find to look up the PFLAG chapter in your area and reach out by phone, email or on social media to learn more about their virtual support options.
- **Family Equality Neighborhood** is a virtual hub for LGBTQ+ families and offers a robust calendar of activities from toddler dance parties to creative writing workshops for teens.

You can access the Neighborhood at <https://www.familyequality.org/neighborhood/>

Resources for LGBTQ+ Children and Teens

- **OK2BME** – <https://ok2bme.ca/resources/books-and-movies/>
- **OUTFRONT MN** : <https://www.outfront.org/> ; they have a hotline available for anyone experiencing violence, harassment, or harm.
- **Rainbow Round Table: LGBTQIA+ Resources for Children** – <http://www.ala.org/rt/rrt/popularresources/children>
- **21 Inspiring LGBTQ-Themed Children's Books** – <https://www.pride.com/books/2019/6/25/21-inspiring-lgbtq-themed-childrens-books#media-gallery-media-1>
- **Diverse Children's Books to Support Transgender and Non-Binary Youth and to Understand Gender** – <https://www.welcomingschools.org/resources/books/transgender-youth/>
- **21 Best Transgender and Gender Non-Conforming Books for Kids**
- **Youth Communication (*Represent* and *YCteen*)** – <https://www.representmag.org/topics/gay+slash+lesbian.html>

It Gets Better Project – <https://itgetsbetter.org/>

Additional Resources for Family/Parents:

- **Rainbow Families Support Group** – This group is hosted by NACAC’s Adoptive Foster Kinship Connections program and is facilitated by Nitara Frost. Meetings are typically held on the 4th Wednesday of every month. Visit AFKC’s [support group calendar](#) for a link to the join the group. Contact Nitara at nitarafrost@nacac.org for questions.
- **Rainbow Families Private Facebook Group** – To join NACAC’s Adoptive Foster Kinship Connections’
- Rainbow Families group and any of AFKC’s other adoption-related Facebook groups, please complete the questionnaire at <https://www.surveymonkey.com/r/PCGCJ72>.
- **Transforming Families** – TFF provides support for transgender youth and their families. They hold meetings on the 2nd Saturday of each month for adults (11:15-12:45) and teens/tweens ages 11-19 (1:15-2:45). Contact info@tffmn.org for information on joining a virtual meeting or TFF’s private Facebook group. To learn more, visit <https://tffmn.org/new-events>.
- **Center for Adoption Support and Education (CASE)** – C.A.S.E. offers a monthly online support group for LGBTQ+ adoptive parents that meets on the 3rd Thursday of every month at 6:00-8:00 PM CST. The cost to attend the group is \$10 per group. To learn more, visit <https://adoptionssupport.org/event/monthly-support-group-for-lgbt-adoptive-parents/2021-06-17/>.
- **Local Resources for Mental Health, Healthcare, etc.**
- **RECLAIM’s Resources for Queer and Trans Youth (mental health, healthcare, etc.)** – <https://www.reclaim.care/what-we-do/resources-for-queer-and-trans-youth.html>
- **Transforming Families Resources (peer support, advocacy, education, health, etc.)** – <https://tffmn.org/resources>