

Resource List for Families, Kids, and Counselors about Coming Out

Family Resources

[Coming Out: Information for Parents of LGBT Teens](#)

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Healthychildren.org

Provides parents with responses and information about common phrases that teenagers use when they are exploring their sexual orientation.

[Ending Conversion Therapy: Supporting and Affirming LGBTQ Youth](#) (PDF - 10,704 KB)

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (2015)

Presents research, clinical expertise, and expert consensus on therapeutic practices related to children's and adolescent's sexual orientation and gender identity, and makes the case for eliminating the use of conversion therapy among this population.

[The Family Acceptance Project ®](#)

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San Francisco State University

Works to decrease major health and related risks, such as suicide, substance abuse, HIV, and homelessness, for LGBTQ+ youth in the context of their families. The initiative uses a research-based, culturally grounded approach to help ethnically, socially, and religiously diverse families decrease rejection and increase support for their LGBTQ+ children.

Child Welfare

Child Welfare Information Gateway promotes the safety, permanency, and well-being of children, youth, and families by connecting child welfare, adoption, and related professionals as well as the public to information, resources, and tools covering topics on child welfare, child abuse and neglect, out-of-home care, adoption, and more.

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

Supports LGBTQ+ people, their families, friends, and allies locally and nationally by providing PFLAG chapter helplines, support group meetings, advocacy, and resources. PFLAG's resources for families and communities on sexual orientation, gender identity, and LGBTQ+ issues include [Coming Out](#) 

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Safe Communities

[Our Trans Loved Ones: Questions and Answers for Parents, Families, and Friends of People who are Transgender and Gender Expansive](#) 

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[Be Not Afraid: Help Is on the Way! Straight for Equality in Faith Communities](#) 

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[Asian and Pacific Islander Family Pride](#)

The mission of Asian and Pacific Islander family pride is to end the isolation of Asian and Pacific Islander families with lesbian, gay, bisexual and transgender members through support, education, and dialog.

Johns Hopkins Med

[Tips for Parents of LGBTQ Youth](#)

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Sanders & Lamont Fields

Explains clear directions for parents seeking to support their LGBTQ+ youth, including learning information about various sexual identities, engaging youth in conversation, and staying involved with school.

CreatingaFamily.org (2019)

Provides concise tips to raising a child who identifies as LGBTQ+.

[Tips for Raising an LGBTQ+ Foster or Adopted Child](#)

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Individual Resources

[Lesbian, Gay, Bisexual and Transgender Health](#)

Centers for Disease Control and Prevention

Explores some of the health issues and inequities affecting LGBTQ+ communities. This website offers resources for LGBTQ+ youth and adults as well as health care providers, public health professionals, and public health students.

[The Trevor Project](#)

Here LGBTQ+ kids can reach out to a counselor, find answers and information, and get the tools they need to help someone else. They provide information & support to LGBTQ young people 24/7, all year round.

[GLSEN](#)

GLSEN works to ensure that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment. Together we can transform our nation's schools into the safe and affirming environment all youth deserve.

[It Gets better Project](#)

The It Gets Better Project's mission is to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth around the globe.

[The Brown Boi Project](#)

The Brown Boi Project is a community of masculine of center womyn, men, two-spirit people, transmen, and our allies committed to changing the way that communities of color talk about gender.

[The Trevor Project National Survey](#)

National Survey on LGBTQ Youth Mental Health 2021 sheds light on many of these challenges by capturing the experiences of nearly 35,000 LGBTQ youth ages 13–24 across the United States in the last year.