

LGBTQIA+ Resources



Students/Parents:

If you are looking for additional support, such as a Gender Support Plan, please contact the administrator or counselor at your school.



[Multiple Websites and Resources](#) (from PUSD Social Workers)

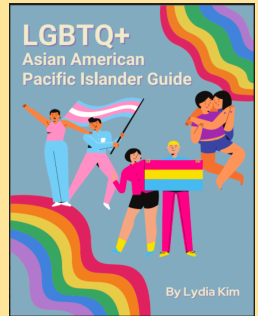


[LGBTQIA+ Support Organizations](#) (Local & National)

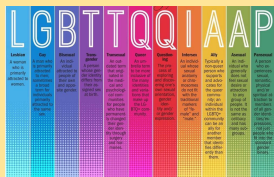


[LGBTQ+ Vocabulary & Terms](#)

[LGBTQIA Resource Center Glossary](#) (UCDavis)



[Asian American Pacific Islander Resources](#)



LGBTQ+ Relationships and Dating Violence
(www.LoveIsRespect.org)

[The Trevor Project](#)



[TRANS RESOURCES](#)

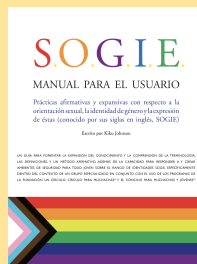
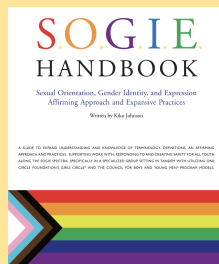


[Family Acceptance Project Booklets](#)



English Booklet
Spanish Booklet
Chinese Booklet

SOGIE HANDBOOK - [English](#) and [Spanish](#)



[Gender Spectrum](#)



SCROLL DOWN FOR HOTLINES

HOTLINES & CRISIS SUPPORT

TEXT: "HOME" to 741-741 (to text with a Crisis Counselor)

TEXT: "TEEN" to 839863 (Teen Crisis Line)

TEXT: "START" to 678678 (for LGBTQ+ Crisis Support)

THE TREVOR PROJECT

1-866-488-7386



Crisis intervention and suicide prevention services LGBTQ young people.

TRI-VALLEY HAVEN

1-800-884-8119 (24/7)



Sexual Assault. Domestic Violence. Counseling. Homeless & Family Support.

3663 Pacific Avenue, Livermore, CA 94550

S.A.V.E.

(510) 574-2250



Safe Alternatives to Violent Environments

Spanish-speaking Available

Fremont
MONDAY – FRIDAY:
9:00 AM – 5:00 PM

RAINN

1800-656-HOPE (4673)



National Sexual Assault Hotline. Free.

Confidential. 24/7.

CRISIS SUPPORT SERVICE OF ALAMEDA COUNTY

1-800-273-8255



Connecting People in Need with People Who Care.

CA YOUTH CRISIS LINE

1-800-843-5200



800 843 5200

California Youth Crisis Line (CYCL) operates 24/7 for youth and families in crisis.

SUICIDE PREVENTION 988

1-800-273-TALK (8255)
24/7 Hotline



NAMI

1-800-950-NAMI (6264)



Nationwide peer-support service providing information, resources, referrals & support to people living with mental health conditions.

PLEASANTON POLICE



Emergencies - 911

4833 Bernal Avenue
Pleasanton, CA 94566

(925) 931-5100 Police Non-Emergency Number

(925) 931-5122 Police Emergency Number

CHILDHELP NATIONAL ABUSE HOTLINE

1-800-422-4453



The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse.

AL-ANON ALATEEN TEEN CORNER

1-888-425-2666



Teen Corner is a place just for teens affected by someone else's alcoholism.

NEDA

1-800-931-2237



The National Eating Disorders Association

PUSD WELLNESS WEBSITE



PUSD Wellness Website

PUSD WELLNESS RESOURCES 4 TEENS



Wellness Resources