

LGBTQ+ Resources

The Trevor Project Hotline

1-866-488-7386 or text START to 678-678 or [Online Chat Support](#)

24 hour counseling support available for LGTBQ+ youth

[LGBT National Help Center](#)

[The Trevor Project](#)

[How LGBTQ Youth Can Cope With COVID Anxiety](#)

[APA Information Resources](#)

Provides information about LGBTQIA+ folks and FAQ about sexuality and gender identity

[The Trevor Project Resource Glossary](#)

[The Trevor Project: Coming Out Handbook](#)

[Center for Disease Control: Youth LGBTQ Resources](#)

[Healthychildren.org](#)

Emphasis on mental and physical health

[GLAAD](#)

Founded in 1985, GLAAD works to rewrite the script for LGBTQIA acceptance. Their site features resources such as joining the Together campaign, sharing stories, attending events, and more.*

[Bi.org](#)

Bi.org is a project of the Bi Foundation and its mission is to connect bi people around the world and provide accurate, accessible, scientifically-sound information about (bi)sexuality.

[Bi Resource Center](#)

Provides ways to connect the bi+ (bisexual, pansexual, queer) community through resources, support, and celebration. Pages include coming out as bi+, brochures and handouts, ways to be an ally, and mental health resources.

[The Trevor Project: How to Support Bisexual Youth](#)

[National Center for Transgender Equality](#)

NCTE advocates for change policies and bring awareness to society to accept and understand transgender individuals. Their site has an ongoing blog discussing policies of interest, as well as a “Know Your Rights” section and Self-Help guides.

[Equality Federation](#)

[Human Rights Campaign](#)

[North County LGBTQ+ Resource Center](#)

[San Diego LGBTQ Center](#)

[It Gets Better Project](#)

Connects LGBTQ youth across the globe and has a platform for shared stories.