

If you are isolated, alone, hopeless or suicidal please call a friend, family member or other safe person.

You can also call

1-800-273-8255 - National Suicide Prevention Lifeline

Or

Trevor Lifeline for LGBTQ + at 1-866-488-7386

Other resources for those interested in LGBTQ+ community supports are:

Entre Hermanos- Latino/Latina LGBTQ

<https://entrehermanos.org/>

GLAAD- Gay & Lesbian Alliance Against Defamation (includes bisexual, transgender, etc. supports)

GLAAD.org

It Gets Better- stories, education, support

ItGetsBetter.org

GLSEN- Gay, Lesbian & Straight Education Network (includes bisexual, transgender, etc.)

GLSEN.org

The Trevor Project- support, counseling, education

TheTrevorProject.org

Text a counselor at The Trevor Project

<https://www.thetrevorproject.org/get-help-now/>

PFLAG- Parents, Families, and Friends of Lesbians and Gays

<https://www.pflag.org/>

Tips for Families

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/tips-for-parents-of-lgb-tq-youth>

Lambert House- for LGBTQ Youth

<https://www.lamberthouse.org/>

COLAGE- Children of Lesbians and Gays Everywhere

<https://www.colage.org/>

Trans Families

<https://transfamilies.org/>

Trans Youth Programs

<https://transfamilies.org/youth-programs/>

Lindsay (Lindz) Amer's youtube channel- videos for children about LGBTQ

<https://www.youtube.com/channel/UCecsVoeJcsXbAra7Sl4mOPw>

Pop'n'Olly youtube channel- videos for children about LGBTQ

<https://www.youtube.com/c/PopnOlly/featured>

Glossary of Terms

<https://parentinfo.org/article/lgbtq-glossary-for-parents>

Edmonds School District resources

https://www.edmonds.wednet.edu/departments/DEO/2_s_l_g_b_t_q_i_a_inclusivity