

# **LBTQIA+ Resources**

## **Minnesota**

### **Advocacy**

[OutFront Minnesota](#): An organization that strives for LGBTQ equality in Minnesota by participating in and focusing on community organizing and coalition building, public policy, anti-violence, law, education and training, and youth and school gender sexuality alliance networks.

### **Community**

[Wilder Foundation](#): We partner with individuals, neighborhoods, corporations, civic leaders and other nonprofits that share our vision of a brighter future. United, we strive to eliminate barriers so all people can succeed. Despite our name, we are not a grant-making organization.

[Youth Services Network](#): They provide services through their drop-in center, health and wellness resources, they provide food, mental/ emotional health support, pregnant and parenting youth services, and education.

### **Directory**

[Quatrefoil Library](#): Quatrefoil Library is a community center that cultivates the free exchange of ideas and makes accessible LGBTQ+ materials for education and inspiration.

[Minnesota Teen Mental Health Directory](#): A directory filled with resources, information on support groups and services, and advocacy ideas for teens.

### **Experiencing Homelessness**

[Avenues for Youth](#): For 25 years, Avenues has supported youth ages 16-24 in Hennepin County. Whether a young person needs someplace to stay for just one night, or a year and a half, Avenues empowers youth to find their path out of homelessness. They do that by providing a stable home, building trusting relationships, and navigating the youth's education, career, health and wellness and housing goals.

[The Bridge for Youth](#): They provide runaway and homeless youth with safe shelter, assist in the prevention and resolution of family conflicts, and reunify families whenever possible.

[Face to Face](#): They provide comprehensive medical care, mental healthcare, housing support, case management, employment training and support, and other social services to low-income and insecurely housed youth ages 11 to 24.

### **Health/ Wellness**

[JustUs Health](#): The mission of JustUs Health is to work for equitable health care access and outcomes for people who experience injustice at the intersection of health status and identity. They center individuals and communities at risk of and living with HIV or facing barriers to equitable health care access and outcomes because of their identity as gender, sexual and/ or racial minorities.

### **Mental Health**

[Cornerstone Advocacy Services](#): Cornerstone's advocates specialize in supporting people who've experienced trauma as a result of domestic violence, sexual violence, human trafficking or general crime. They listen without judgment. They'll help you to identify your concerns and connect you to what you need for a safe, healthy future.

[RECLAIM!](#): RECLAIM's mission is to increase access to mental health support for queer and trans youth so they might reclaim their lives from oppression in all of its forms.

## **Sexual Health**

[AMAZE](#): AMAZE takes the awkward out of sex ed. Real info in fun, animated videos that give you all the answers you actually want to know about sex, your body and relationships.

[Annex Teen Clinic](#): The Annex Teen Clinic helps young people take charge of their sexual health by providing confidential health services and education.

[Center for Sexual Health U of MN](#): Their clinic promotes the sexual health of individuals, couples, and families of all backgrounds and ages by providing assessment and treatment. Their faculty and professional staff represent a variety of disciplines including psychology, family medicine, psychiatry, marital and family therapy, and education.

[Family Tree Clinic](#): Family Tree Clinic's mission is to cultivate a healthy community through comprehensive sexual health care and education. They provide a wide variety of sexual health services and specialized care for LGBTQ individuals through all stages of life. They are committed to improving the health of lesbian, gay, bisexual, trans, and queer individuals through affordable, respectful sexual health care and education.

[Sexual Violence Center](#): At the Sexual Violence Center, it is our mission to eradicate sexual violence and abuse by: Challenging the systems and individuals that promote privilege, oppression and domination; Educating those that will join us as advocates and catalysts for change; and Supporting those who have been victimized, empowering them to not only survive but thrive, finding power and movement in our collective voices.

## **Transgender/ Intersex/ Gender-Expansive**

[TIGERRS](#): TIGER Resources & Services is dedicated to delivering quality, robust and consistent direct services to the transgender, intersex and gender-expansive communities in the Twin Cities. By fostering an effective and accountable intergenerational community, they work to create safe spaces and resources for all TIGERs to connect, empower, process and grow together on their journeys of liberation.

## **Nationwide**

### **Advocacy**

[PFLAG](#): Our mission is to build on a foundation of loving families united with LGBTQ+ people and allies who support one another, and to educate ourselves and our communities to speak up as advocates until all hearts and minds respect, value and affirm LGBTQ people.

## **Directory**

[GLBT Near Me](#): The largest collection of GLBT resources on the web.

## **Education**

[GLSEN](#): We conduct extensive and original research to inform our evidence-based solutions for K-12 education. We author developmentally appropriate resources for educators to use throughout their school community. We advise on, advocate for, and research comprehensive policies designed to protect LGBTQ students as well as students of marginalized identities.

## **Mental Health**

[Family Acceptance Project](#): The Family Acceptance Project is a research, intervention, education and policy initiative that works to prevent health and mental health risks for lesbian, gay, bisexual and transgender (LGBTQ) children and youth, including suicide, homelessness, drug use and HIV – in the context of their families, cultures and faith communities.

[NAMI](#): NAMI (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. For over 40 years, NAMI has worked to promote the development of community mental health programs and services, change public attitudes about mental illnesses, improve access to services and increase opportunities for recovery.

[The Trevor Project](#): A national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

[Paths \(Re\)Membered Project](#): Access to mental health services that affirm our Indigenous and 2SLGBTQ+ identities is Indigiqueer Joy. The Paths (Re)Membered Project is offering NO COST mental health services to Two Spirit and Indigiqueer 2SLGBTQ+ persons aged 15 years and older. CRISIS TEXT LINE: Text "Native" to 741741. Available for free 24/7 crisis support and resource sharing.

GLBT National Youth TalkLine: (800) 246-7743, available Monday-Friday from 1-9 PM and Saturdays from 9AM-2 PM.

## **Sexual Health**

[Planned Parenthood](#): Planned Parenthood is a trusted health care provider, an informed educator, a passionate advocate, and a global partner helping similar organizations around the world. Planned Parenthood delivers vital reproductive health care, sex education, and information to millions of women, men, and young people worldwide.

## **Transgender/ Intersex/ Gender-Expansive**

[The Trans Lifeline](#): Trans Lifeline is a grassroots hotline and non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.