LGBTQ+ resources for young people and their parents

**Book resources for LGBTQ+ youth**

- *Just the Way I Am: Journal Affirmations for LGBT Youth* by Elizabeth Gray and Shannon Macias
- *Is it a Choice?: Answers to 300 of the Most Frequently Asked Questions About Gay and Lesbian People* by Eric Marcus
- *The Queer and Transgender Resilience Workbook: Skills for Navigating Sexual Orientation and Gender Expression* by Anneliese Singh and Diane Ehrensaft
- *The Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity* by Rylan Jay Testa and Deborah Coolhart
- *Families Like Mine: Children of Gay Parents Tell It Like It Is* by Abigail Garner
- *Bi Any Other Name: Bisexual People Speak Out* by Loraine Hutchins and Lani Kaahumanu

**Online resources for LGBTQ+ youth**

- *The Trevor Project* – This organization provides crisis support and suicide intervention to LGBTQ people under the age of 25. [thetrevorproject.org](http://thetrevorproject.org); call the hotline 24/7 at 866-488-7386; Text “Trevor” to 202-304-1200 Monday-Friday 3pm-10pm EST.
- *Trans Lifeline* – This hotline is staffed by transgender people to support the well-being of transgender people. [translifeline.org](http://translifeline.org); Call 877-565-8860 daily between 11am-5am EST.
- *Trans Family* – This site offers information and resources for the transgendered community and their loved ones. [transfamily.org](http://transfamily.org)
- *GLBT Near Me* – Find local support resources for the LGBT community at [glbtnearme.org](http://glbtnearme.org)
- *LGBT Campus* – This site offers information and resources to support LGBT college students, including a directory of LGBTQ+ support centers. [lgbtcampus.org](http://lgbtcampus.org)
- *Gay-Straight Alliance (GSA) Network* – This national youth leadership organization connects school based GSA groups to each other. [gsanetwork.com](http://gsanetwork.com)
- *Campus Pride* – This organization works to empower LGBT college students and campus groups. [campuspride.org](http://campuspride.org)
- *Campus Pride Index* – Prospective students and families can find LGBTQ-friendly college campuses at [campusprideindex.org](http://campusprideindex.org)
- *LGBT National Help Center* – This site offers hotlines, peer support, moderated chat rooms and community resources for LGBT youth and teens at [glbtnationalhelpcenter.org](http://glbtnationalhelpcenter.org)
• **It Gets Better Project** – The It Gets Better Project provides inspiration to empower and support LGBTQ youth. [itgetsbetter.org](http://itgetsbetter.org)

• **Q Card Project** – The Q card helps queer and transgender youth communicate with their health care providers. [qcardproject.com](http://qcardproject.com)

### Books for parents

• **This Is a Book for Parents of Gay Kids: A Question & Answer Guide to Everyday Life** by Dannielle Owens-Reid and Kristin Russo

• **Side by Side: On Having a Gay or Lesbian Sibling** by Andrew R. Gottlieb

• **Coming Out, Coming Home: Helping Families Adjust to a Lesbian or Gay Child** by Michael C. LaSala

• **Always My Child: A Parent’s Guide to Understanding Your Gay, Lesbian, Bisexual, Transgendered or Questioning Son or Daughter** by Kevin Jennings and Pat Shapiro

• **Now That You Know: A Parents’ Guide to Understanding Their Gay and Lesbian Children** by Betty Fairchild and Nancy Hayward

• **Love, Ellen: A Mother/Daughter Journey** by Betty Degeneres

• **Helping Your Transgender Teen: A Guide for Parents** by Irwin Krieger

### Online resources for parents

• **Parents, Families & Friends of Lesbians & Gays (PFLAG)** – Find your local PFLAG chapter as well as helpful resources and information at [pflag.org](http://pflag.org)

• **Children of Lesbians and Gays Everywhere (COLAGE)** - This is a national group of children of LGBTQ parents. [colage.org](http://colage.org)