

LGBTQ+ resources for young people and their parents

Book resources for LGBTQ+ youth

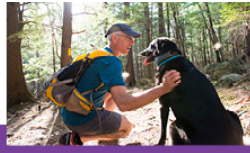
- [Just the Way I Am: Journal Affirmations for LGBT Youth](#) by Elizabeth Gray and Shannon Macias
- [Is it a Choice?: Answers to 300 of the Most Frequently Asked Questions About Gay and Lesbian People](#) by Eric Marcus
- [The Queer and Transgender Resilience Workbook: Skills for Navigating Sexual Orientation 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; 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; 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
- **GLBT Near Me** – Find local support resources for the LGBT community at gltbnearme.org
- **LGBT Campus** – This site offers information and resources to support LGBT college students, including a directory of LGBTQ+ support centers. lgbtcampus.org
- **Gay-Straight Alliance (GSA) Network** – This national youth leadership organization connects school based GSA groups to each other. gsanetwork.com
- **Campus Pride** – This organization works to empower LGBT college students and campus groups. campuspride.org
- **Campus Pride Index** – Prospective students and families can find LGBTQ-friendly college campuses at campusprideindex.org
- **LGBT National Help Center** – This site offers hotlines, peer support, moderated chat rooms and community resources for LGBT youth and teens at gltbnationalhelpcenter.org

This material provides a general overview of the topic. Health information is not a substitute for diagnosis or treatment by a therapist, physician or other health care professional. Contact a health care professional with any questions or concerns about specific health care needs.



- **It Gets Better Project** – The It Gets Better Project provides inspiration to empower and support LGBTQ youth. itgetsbetter.org
- **Q Card Project** – The Q card helps queer and transgender youth communicate with their health care providers. 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
- **Children of Lesbians and Gays Everywhere (COLAGE)** - This is a national group of children of LGBTQ parents. colage.org

- **Liberation Life Coaching.** Rashida Bonds offers individual coaching services to friends and family members of LGBTQ youth. libyourlifecoaching.com
- **Family Acceptance Project.** This organization offers information to help families support the well-being of their LGBT children, including [this helpful guide](#). familyproject.sfsu.edu

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