



LGBTQ+ Resource Guide

[The Trevor Project](#) : 866-488-7386

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

[THE LGBT NATIONAL HELP CENTER](#) : 1-888-843-4564

Youth only: 1-800-246-7743

Seniors only: 1-888-234-7243

All provide telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.

[Empty Closets](#)

Empty Closets is an online forum for members of the LGBTQ community to come, chat, and find a safe space to be fully themselves, while also having access to resources to help ease the coming out process.

[Lambda Legal](#)

Lambda Legal is a non-profit organization committed to improving the lives of LGBTQ community members through legal action, education, and advocacy. On their site you can find out your rights by state, current news of LGBTQ legal victories, and ways to get involved with their work.

[PFLAG Parents & Friends of Lesbians and Gays](#)

PFLAG is an organization dedicated to creating a safe space for friends and families to come together, take action, or learn about advocacy within the LGBTQ community.

[HRC Human Rights Campaign](#)

The HRC is the largest national LGBTQ civil rights organization. On their website, you can find educational resources, issues relevant to your local community, and other ways to get involved.

[Trans Lifeline](#)

Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

[Transgender Law Center](#)

The Transgender Law Center is the largest trans-led legal organization.

[CenterLink | The Community of LGBT Centers](#)

With CenterLink you can find an LGBT center near you and join LGBT center programs.

[GLAAD](#)

GLAAD is an organization committed to promoting understanding, spreading acceptance, and advancing equality through media, education, and advocacy.

[GaL-AA](#) (Gays and Lesbians in Alcoholics Anonymous)

GaL-AA serves all members of the LGBTQ community in their journey through AA. You can find sobriety resources, meetups, and other local events with other LGBTQ AA members.

[Gay Counseling](#)

Alternative & holistic practitioners who help you identify root causes by working with mind, body, spirit, will, and emotions. We connect with you in partnership to guide you through a journey to Live Life Fully.

