

LGBTQ resources and hotlines



These are free resources that can help youth who are lesbian, gay, bisexual, transgender, or questioning (LGBTQ) and their families or friends. Resources that are listed as 24/7 can help anytime, any day or night.

PFLAG	https://www.pflag.org/	National education and support group. English and Spanish.
CDC: LGBT Youth Health	http://www.cdc.gov/lgbthealth/youth.htm	Centers for Disease Control resources for health. English and Spanish.
GLSEN	http://www.glsen.org	National education group that supports schools. English and some Spanish.
The Trevor Project (call or chat)	1-866-488-7386 https://www.thetrevorproject.org	Provides 24/7 crisis help and suicide prevention services. This is for young people under 25 years old.
The Trevor Project (text)	Text START to 678678	Open Monday – Friday. Central time zone 2pm – 9pm.
GLBT National Youth Talk Line	1-800-246-7743 https://www.glbthotline.org/talkline.html	M-F 3-11pm, Sat 11-4 CST telephone, chat and email support, local resources.

ALERT: Call your child's doctor, nurse, or clinic if you have questions about additional resources or other questions related to your child or children with diverse genders or sexual orientations.

Call 911 if your child is in crisis, may hurt themselves, or did hurt themselves.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.