

LGBTQ+ Resource Guide for Youth, Parents/Caregivers, and Educators

Resources for Youth

Resource	Website/Contact Info	Description
988 Lifeline	Dial 988 Text 988 Chat online at https://988lifeline.org/	The 988 Lifeline provides free and confidential support whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to.
Back to School Queer Survival Guide	https://gsanetwork.org/resources/queer-survival-guide/	Back to school guide for LGBTQ+ youth.
GLSEN	https://www.glsen.org/ 212-727-0135 Ext. 6565	National network of educators, students, and local GLSEN chapters working to create safe and inclusive school environments for LGBTQ+ youth.
GLSEN's Youth Membership Program	https://act.glsen.org/a/glsen-student-membership	Leadership program and network of LGBTQ+ students across the country.
GSA Network	https://gsanetwork.org/ 415-552-4229	LGBTQ+ racial and gender justice organization that empowers and trains queer, trans, and allied youth leaders to advocate, organize, and mobilize an intersectional movement for safer schools and healthier communities.
Imi Guide	https://imi.guide/	Guides built for and with LGBTQ+ teens to help you explore your identity and support your mental health.
It Gets Better	https://itgetsbetter.org/	Organization with a mission to uplift, empower, and connect LGBTQ+ youth around the globe.
Kids Health	https://kidshealth.org/	Information for kids, teens, and parents about health topics, including sexual orientation, drugs and alcohol, and general health.
LGBT National Hotline	https://lgbthotline.org/ 888-843-4564	Confidential and free safe space where callers of any age can speak about sexual orientation or gender identity/expression issues. Available Mon.-Fri. from 4pm to 12am and Sat. from 12pm-5pm. Online chat is also available.
LGBT National Youth Talkline	https://lgbthotline.org/youth-talkline/ 800-246-7743	Confidential and free safe space for youth where callers can speak about sexual orientation or gender identity/expression issues. Available Mon.-Fri. from 4pm-12am and Sat. from 12pm to 5pm. Online chat and chat rooms are also available.
Mental Health America: LGBTQ+ Mental Health Resource Center	https://mhanational.org/lgbtq	A collection of resources relating to the LGBTQ+ community and mental health.
The Mental Health Coalition Resource Library: LGBTQ+	https://www.thementalhealthcoalition.org/resource-library/?resources_category=lgbtq	A collection of resources relating to mental health and LGBTQ+ topics.

NH Outright	https://www.nhoutright.org/ For youth group programming and referrals: 978-561-6201	Provides a safe space for youth to explore the topics of gender and sexuality in a welcoming and understanding environment, with educational programs, annual Pride celebrations, and youth and parent/caregiver support groups.
PFLAG	https://pflag.org/	The nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them.
PFLAG NH	https://www.pflagnh.org/	NH chapter of PFLAG- Provides support to parents, children, and friends who are coming to terms with their LGBTQIA+ and questioning loved ones.
The Rainbow Youth Project	https://www.rainbowyouthproject.org/ For crisis support, call 317-643-4888	Provides crisis intervention services; meaningful access to no cost mental health services, including suicide prevention and intervention; transgender health care assistance; and legal affairs and legislative initiatives.
Self-Care Guide for LGBTQIA2S+ and BIPOC Youth	https://www.dartmouth-hitchcock.org/sites/default/files/2024-07/Year-Round-LGBTQ-BIPOC-Youth-Self-Care-Guide.pdf	Self-care guide for LGBTQIA2S+ and BIPOC youth.
Trans Lifeline	https://translifeline.org/ 877-565-8860	Trans-led organization that connects trans people to community, support, and resources they need to survive and thrive. Available Mon.-Fri. from 1pm-9pm.
Trans Youth Equality Foundation	https://www.transyouthequality.org/ 207-478-4087	Provides education, advocacy, and support for transgender, nonbinary, and gender non-conforming children and youth and their families.
The Trevor Project	https://www.thetrevorproject.org/ Text START to 678-678 or call 1-866-488-7386	Provides 24/7 crisis support services, research, and advocacy for LGBTQ+ young people.
The Trevor Project- Black and LGBTQ+: Approaching Intersectional Conversations	https://www.thetrevorproject.org/wp-content/uploads/2020/07/intersectional-conversations.pdf	A guide for young people to approach intersectional conversations, while considering your well-being and safety.
The Trevor Project- Guide to Online Safety for LGBTQ+ Young People	https://www.thetrevorproject.org/resources/guide/online-safety-for-lgbtq-young-people/	A guide to online safety for LGBTQ+ young people.
TrevorSpace	https://www.trevorspace.org/	An affirming international community for LGBTQ young people ages 13-24.
Youth Pride Association Education Center	https://www.yopride.org/education	Information and resources for LGBTQ+ youth and allies to learn the basics of LGBTQ+, sexuality, and gender identity.

Resources for Parents and Caregivers

Resource	Website/Contact Info	Description
American Academy of Pediatrics: Coming Out: Information for Parents of LGBTQ Teens	https://www.healthychildren.org/English/ages-stages/teen/dating-sex/Pages/Four-Stages-of-Coming-Out.aspx	Information for parents of LGBTQ+ teens about coming out.
Family Acceptance Project	https://familyproject.sfsu.edu/	A research, intervention, education and policy initiative to prevent health and mental health risks and to promote well-being for LGBTQ+ children and youth in the context of their families, cultures, and faith communities.
Family Acceptance Project- LGBTQ Youth & Family Resources	https://lgbtqfamilyacceptance.org/	Website with a variety of resources to increase family and community support for LGBTQ+ youth and children.
Gender Spectrum	https://www.genderspectrum.org/	An organization that helps families, organizations, and institutions increase their understanding of gender and consider the implications that evolving views have for each of us.
Kids Health	https://kidshealth.org/	Information for kids, teens, and parents about health topics, including sexual orientation, drugs and alcohol, and general health.
Mental Health America: LGBTQ+ Mental Health Resource Center	https://mhanational.org/lgbtq	A collection of resources relating to the LGBTQ+ community and mental health.
The Mental Health Coalition Resource Library: LGBTQ+	https://www.thementalhealthcoalition.org/resource-library/?resources_category=lgbtq	A collection of resources relating to mental health and LGBTQ+ topics.
NH Outright	https://www.nhoutright.org/ For parent/guardian/caregiver support: 978-806-2979	Provides a safe space for youth to explore the topics of gender and sexuality in a welcoming and understanding environment, with educational programs, annual Pride celebrations, and youth and parent/caregiver support groups.
My Kid is Gay	https://www.mykidisgay.com/	Information helping families understand their LGBTQ+ Kids.
PFLAG	https://pflag.org/	The nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people and those who love them.
PFLAG NH	https://www.pflagnh.org/	NH chapter of PFLAG- Provides support to parents, children, and friends who are coming to terms with their LGBTQIA+ and questioning loved ones.

Resources for Educators

Resource	Website/Contact Info	Description
GLSEN	https://www.glsen.org/ 212-727-0135 ext. 6565	National network of educators, students, and local GLSEN chapters working to create safe and inclusive school environments for LGBTQ+ youth.
GLSEN Rainbow Library	https://rainbowlibrary.org/	Program that sends LGBTQ+ affirming K-12 text sets to schools across select states for free.
GLSEN The 2021 National School Climate Survey	https://www.glsen.org/research/2021-national-school-climate-survey	Report on the school experiences of LGBTQ+ youth in schools, including the extent of the challenges that they face at school and the school-based resources that support LGBTQ students' well-being. Includes recommendations for schools.
Human Rights Campaign 2023 Youth Report for Educators and Administrators	https://hrc-prod-requests.s3-us-west-2.amazonaws.com/Youth-Report-Educators-Administrators-FNL.pdf	Key findings and action steps from the Human Rights Campaign for teachers, educators, and school administrators.
Mental Health America: LGBTQ+ Mental Health Resource Center	https://mhanational.org/lgbtq	A collection of resources relating to the LGBTQ+ community and mental health.
The Mental Health Coalition Resource Library: LGBTQ+	https://www.thementalhealthcoalition.org/resource-library/?resources_category=lgbtq	A collection of resources relating to mental health and LGBTQ+ topics.
Mental Health Promotion and Suicide Prevention for LGBTQIA2S+ Youth	https://www.prevention.org/Resources/cea56ba0-6283-48e6-b9ac-be3b40e4dcc9/LGBTQIA2S-Health-Professionals-Focus-Guide.pdf	A focus guide for school professionals.
NH Outright: NH GSA Network	https://www.nhoutright.org/nh-gsa-network	A place for club advisors, and those working to actively support LGBTQ+ students to get connected.
Promoting Mental Health and Well-Being in Schools: An Action Guide for School and District Leaders	https://www.cdc.gov/mental-health-action-guide/media/pdfs/DASH_MH_Action_Guide_508.pdf	An action guide for schools and district leaders by the CDC.
The Safe Zone Project	https://thesafezoneproject.com/	Free online resource for powerful, effective LGBTQ awareness and ally training workshops.
Trans-Affirming Schools Project Resource Guide	https://www.advocatesforyouth.org/wp-content/uploads/2023/11/TASP_Resource_Guide_2023.pdf	Resource guide for schools from the Advocates for Youth.

Reports, Survey Results, and Infographics

Resource	Website	Description
2022 U.S. Trans Survey	https://ustranssurvey.org/ Full report: https://transequality.org/sites/default/files/2025-06/USTS_2022Health%26WellbeingReport_WEB.pdf	The largest survey of trans people, by trans people, in the US. Provides an overview of the experiences of binary and nonbinary transgender people.
American Psychological Association: Policy Statement on Transgender and Nonbinary Inclusive Care	https://www.apa.org/about/policy/transgender-nonbinary-inclusive-care.pdf	APA policy statement supporting access to healthcare and evidence-based clinical care for transgender, gender-diverse, and nonbinary children, adolescents, and adults.
GLSEN The 2021 National School Climate Survey	https://www.glsen.org/research/2021-national-school-climate-survey	Report on the school experiences of LGBTQ+ youth in schools, including the extent of the challenges that they face at school and the school-based resources that support LGBTQ students' well-being. Includes recommendations for schools.
Human Rights Campaign: 2023 LGBTQ+ Youth Report NH Youth Risk Behavior Survey (YRBS)	https://reports.hrc.org/2023-lgbtq-youth-report https://wisdom.dhhs.nh.gov/wisdom/topics.html?topic=youth-risk-behavior-survey-(yrbs)	A report on the health, well-being, and daily experiences of nearly 13,000 LGBTQ+ youth. The YRBS is a national survey conducted by the CDC every two years among representative samples of 9 th -12 th grade students. The survey monitors six types of health-risk behaviors that contribute to the leading causes of death and disability among youth and adults. The survey includes questions and information about sexual identity.
The Trevor Project: 2024 U.S. National Survey on the Mental Health of LGBTQ Young People	https://www.thetrevorproject.org/survey-2024/	A report on the experiences of more than 18,000 young people across the US.
The Trevor Project: Perceived Life Expectancy and Life Purpose in LGBTQ+ Young People	https://www.thetrevorproject.org/research-briefs/perceived-life-expectancy-and-life-purpose-in-lgbtq-young-people/	A report on the perceived life expectancy and life purpose in LGBTQ+ young people.

Other Resources, Information, and Activities

Resource	Website/Contact Info	Description
603 Equality	https://603equality.org/	603 Equality is a community driven, statewide organization that works to promote the wellbeing of LGBTQ+ people in New Hampshire by advocating for inclusive legislation and policy change on the state and local levels.
The American Civil Liberties Union of New Hampshire (ACLU-NH)	https://www.aclu-nh.org/	A nonprofit, nonpartisan membership organization dedicated to preserving the individual rights and liberties guaranteed in the Bill of Rights and the Constitution.
Advocates for Trans Equality	https://transequality.org/ 202-642-4542	Social justice advocacy organization for the trans community.
Camp Quinebarge	https://www.campquinebarge.com/ 603-253-6029	Intentionally LGBTQ+ friendly traditional summer camp, located in Moultonborough, NH.
GLAD Law Answers	https://www.gladlaw.org/know-your-rights/glad-law-answers/	Free and confidential legal information, assistance, and referrals from GLBTQ legal advocates and defenders.
LGBTQ+ Good News	https://www.goodgoodgood.co/impact/lgbtq	News celebrating progress being made by and for the LGBTQ+ community.
LGBT+ Outdoors: New England	https://www.lgbtqoutdoors.com/	New England Chapter of LGBT+ Outdoors- A nonprofit that exists to connect the LGBTQ+ community to the outdoors. Hosts a variety of outdoor activities.
Word in Black: LGBTQ	https://wordinblack.com/category/lgbtq/ https://wordinblack.com/black-out-and-proud/	News and information from a collaboration of Black news publishers, plus a collection of joyful coming out stories from Black LGBTQ+ folks.
Venture Out Project	https://www.ventureoutproject.com/	Backpacking and wilderness trips for the queer and transgender community, plus transgender inclusion workshops for educators, adventure professionals, summer camps, and more.