NEED IMMEDIATE SUPPORT?

CRISIS HOTLINES:

The Trevor Project
24/7 Lifeline (talk or text)
1-866-488-7386
www.thetrevorproject.org

GLBT National Help Center
Hotline: 1-888-THE-GLNH
Youth Talkline: 1-800-246-PRIDE
help@GLBThotline.org
www.glbthotline.org/youth-talkline

Lesbian, Gay, Bisexual & Transgender Helpline
1 (888)-340-4528

National Suicide Prevention Help Line
1 (800) 273-8255
suicidepreventionhotline.org

NH RESOURCES

Rural Outright
Sullivan County & surrounding towns
(603) 542-1848 ext 306
www.tlcfamilyrc.org/ruralnhoutright.html
Facebook: @RuralNHOutright
Instagram: @ruralnhoutright

Seacoast Outright
Portsmouth & surrounding towns
www.seacoastoutright.org
Facebook: @OutrightPride
Instagram: @outrightpride

PFLAG Lebanon/Upper Valley
1-800-750-2524 or pflaguv@gmail.com
community.pflag.org/transgender

Out Proud Net
http://outproud.weebly.com/

GLSEN NH
Concord, NH
(603) 560-6998 or www.glsen.org/newhampshire
Facebook: @glsennewhampshire
Instagram: @glseonnh

PFLAG NH
New Hampshire Chapter
www.pflagnh.org

The Venture Out Project
www.ventureoutproject.com
Facebook: @ventureoutproject
Instagram: @theventureoutproject

Camp Quinebarge
Moultonborough, NH
www.campquinebarge.com
Facebook: @camp.quinebarge
Instagram: @campquinebarge

Resource Guide

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Resource Guide
Positive Ways to Influence Health of LGBTQ+ Youth:

- Talk and Listen with Respect
- Provide Support
- Stay Involved
- Be Proactive

YOUTH RESOURCES

**It Gets Better Project**
www.itgetsbetter.org
User-driven LGBTQ video content with 60,000 inspiring personal stories

**Sex, etc.**
sexetc.org
Sexual education, with publications by & for teens addressing gender identity/expression, sexual orientation & health

**Trans Lifeline**
1-877-565-8860
www.translifeline.org
Hotline staffed by transpeople for transpeople

**Gender Odyssey**
www.genderodyssey.org
Education, support & training for families & educators about gender identity/expression

**Gender Spectrum**
www.genderspectrum.org
Videos & tools about gender-related diversity/ issues

**Trans Youth Equality**
www.transyouthequality.org
Support for trans children & their families, how-to info for youth, age-appropriate book lists, links to legal resources, retreats & camps

**Camp Aranu’tiq**
Needham, MA
www.camparanutiq.org
Facebook: @camparanutiq

FAMILY RESOURCES

**My Kid is Gay**
mykidisgay.com
Resources for parents

**Family Acceptance Project**
familyproject.sfsu.edu
Videos, research, practice guides & training on family acceptance/rejection

**TransYouthFamilyAllies**
imatyfa.org/youth.html
Comprehensive basic information, advocacy & links to services for families

**Advocates for Youth**
www.advocatesforyouth.org
Articles, tips & advocacy information for parents about LGBTQ issues

**Human Rights Campaign (HRC)**
www.hrc.org/youth-report
Survey, videos & articles about national LGBT youth legislation

**National Gay Straight Alliance Network**
gsanetwork.org
Network of student-run, inclusive, middle & high school clubs

**Gay, Lesbian & Straight Education Network**
www.glsen.org
Links for students about upcoming events, GSA club registration & resources

**National Center for Transgender Equality**
transequality.org
Social justice advocacy organization

**KidsHealth**
www.kidshealth.org
Health modules for parents, kids, & teens with topics including: sexual orientation, drugs/alcohol & health