

# **LGBTQ+ YOUTH RESOURCES**

## ***FOR HEALTHCARE PROVIDERS AND OTHER PROFESSIONALS***



**You  
belong  
here.**

### **Disclaimer**

This resource list is for general information purposes only and is being provided for your convenience. The list is not intended to be a complete and exhaustive list of community and national resources. The list and information provided herein may not constitute the most up-to-date information. The list and information is provided "as is" and no representations are being made that the content is error-free. Please contact the provider for verification of payment accepted and any services offered. Pitt County SADD and ECU Health do not endorse or guarantee in any way the organizations or resources listed.

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# **Crisis Numbers**

## **Suicide**

*Trevor Project Lifeline: 1-866-488-7386*

*Trevor Project Text: Text START to 678-678*

*Text to chat: Text HOME to 741741*

Trans Lifeline: 1-877-563-8833

*The LGBT National Hotline: 1-888-843-4564*

*National Suicide Prevention Lifeline: 1-800-273-8255*

*National Suicide Prevention Lifeline: [www.suicidepreventionlifeline.org/chat/](http://www.suicidepreventionlifeline.org/chat/)*

*Crisis Text Line: [www.crisistextline.org](http://www.crisistextline.org)*

*Crisis Text: Text TALK to 741741*

*REAL Crisis: 252-758-4357*

## **Mental Health and Substance Use**

*Mobile Crisis/Integrated Family Services: 1-866-437-1821*

*Integrated Family Services Crisis Chat: [www.integratedfamilyservices.net/crisis-chat-service](http://www.integratedfamilyservices.net/crisis-chat-service)*

*Trillium Crisis: 1-877-685-2415*

*NC Crisis Solutions: [www.crisissolutionsnc.org](http://www.crisissolutionsnc.org)*

## **Domestic and Partner Violence**

*Center for Family Violence Prevention: 252-752-3811*

## Healthcare Providers

| Resource Name  | Website Link  | Overview   |
|--|---|--|
| Medical and Mental Health Professionals - Gender Spectrum                            | <a href="https://www.genderspectrum.org/audiences/medical-and-mental-health-professionals">https://www.genderspectrum.org/audiences/medical-and-mental-health-professionals</a>   | Foundational understandings about gender and gender-affirming practices are crucial for the well-being of the young people in your care.   |
| National LGBTQIA+ Health Education Center  | <a href="https://www.lgbtqiahealtheducation.org/resources/">https://www.lgbtqiahealtheducation.org/resources/</a>   | Aims to address and eliminate health disparities for the LGBTQIA+ community, optimize access to cost-effective health care, improve the quality of care, provide training and technical assistance to health care providers and staff across the globe.  |
| Meeting the Needs of the LGBTQIA+ Community at Community Health Centers in the South | <a href="https://www.lgbtqiahealtheducation.org/courses/meeting-the-needs-of-the-lgbtqia-community-at-community-health-centers-in-the-south/">https://www.lgbtqiahealtheducation.org/courses/meeting-the-needs-of-the-lgbtqia-community-at-community-health-centers-in-the-south/</a> | This webinar aims to educate stakeholders on the needs and experiences of the LGBTQIA+ community and inform how HRSA health centers can effectively serve this community by addressing local needs and disparities and identifying opportunities to advance health equity through training, education, and collaboration with local community organizations. |
| Training Skills Overview: Focusing on the “How”                                      | <a href="https://www.lgbtqiahealtheducation.org/courses/training-skills-overview-focusing-on-the-how/">https://www.lgbtqiahealtheducation.org/courses/training-skills-overview-focusing-on-the-how/</a>   | In this overview from the March 2022 Advancing Excellence in Sexual and Gender Minority Health Education: A Train-the-Trainer Course, Dr. Camila Mateo discusses how to be an excellent trainer including concepts such as flow of your presentation, interactive components and reducing bias.  |

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| Effective and Affirming Communication                | <a href="https://www.lgbtqiahealtheducation.org/courses/effective-and-affirming-communication/">https://www.lgbtqiahealtheducation.org/courses/effective-and-affirming-communication/</a>         | In this overview from the March 2022 Advancing Excellence in Sexual and Gender Minority Health Education: A Train-the-Trainer Course, Dr. Jennifer Potter describes how to use effective and affirming communication with LGBTQIA+ patients and clients. She also describes how to teach these key concepts. |
| SGM Health Concepts and Terminology                  | <a href="https://www.lgbtqiahealtheducation.org/courses/sgm-health-concepts-and-terminology/">https://www.lgbtqiahealtheducation.org/courses/sgm-health-concepts-and-terminology/</a>             | A Train-the-Trainer Course, <i>Dr. Brittany Charlton</i> reviews sexual and gender minority health concepts and terminology with a focus on how to educate others on this content.   |
| Behavioral Health Care for LGBTQIA+ People           | <a href="https://www.lgbtqiahealtheducation.org/courses/behavioral-health-care-for-lgbtqia-people/">https://www.lgbtqiahealtheducation.org/courses/behavioral-health-care-for-lgbtqia-people/</a> | This module discusses behavioral health disparities faced by LGBTQIA+ populations, and discusses evidence-based clinical practices in LGBTQIA+ behavioral health care.   |
| Learning Resources — Introduction to LGBTQIA+ Health | <a href="https://www.lgbtqiahealtheducation.org/resources/in/introduction-to-lgbtqia-health/">https://www.lgbtqiahealtheducation.org/resources/in/introduction-to-lgbtqia-health/</a>             | This webinar will increase the capacity of health centers to understand the unique mental and physical health needs of LGBTQIA+ veterans. An overview of how VHA addresses these needs and how to connect with what is offered for health center providers and veterans will be provided.                    |
| Learning Resources — LGBTQIA+ Children and Youth     | <a href="https://www.lgbtqiahealtheducation.org/resources/in/lgbtqia-youth/">https://www.lgbtqiahealtheducation.org/resources/in/lgbtqia-youth/</a>   | Participants will explore the relationship of childhood identity development to beauty and health standards and learn strategies for providing, or referring to affirming services for LGBTQIA+ youth, including   |

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|  |   | patients experiencing body dysmorphia and/or dysphoria.  |
| Introduction and Panel of SGM Health Education Champions | <a href="https://www.lgbtqihealtheducation.org/courses/introduction-and-panel-of-sgm-health-education-champions/">https://www.lgbtqihealtheducation.org/courses/introduction-and-panel-of-sgm-health-education-champions/</a>       | In this opening session at the March 2022 Advancing Excellence in Sexual and Gender Minority Health Education: A Train-the-Trainer Course, Dr. Ken Mayer introduces the history of sexual and gender minority health and Dr. Lakesha Williams moderates a panel of Health Education Champions. |
| LGBTQIA People of Color Transgender Health               | <a href="https://www.lgbtqihealtheducation.org/resources/in/lgbtqi-people-of-color,transgender-health/">https://www.lgbtqihealtheducation.org/resources/in/lgbtqi-people-of-color,transgender-health/</a>                           | This webinar will assist health centers in recognizing and supporting the importance of access to gender-affirming care for transgender and gender diverse (TGD) youth.  |
| Learning Resources — Patient Education Materials         | <a href="https://www.lgbtqihealtheducation.org/resources/in/patient-education-materials/">https://www.lgbtqihealtheducation.org/resources/in/patient-education-materials/</a>   | This collection of pamphlets will assist patients by providing information and resources.  |
| Collecting Sexual Orientation and Gender Identity Data   | <a href="https://www.lgbtqihealtheducation.org/resources/in/collecting-sexual-orientation-and-gender-identity-data/">https://www.lgbtqihealtheducation.org/resources/in/collecting-sexual-orientation-and-gender-identity-data/</a> | Resources for medical providers on collecting sexual orientation and gender identity data.   |
| Trans ECHO » LGBTQIA+ Health Education Center            | <a href="https://www.lgbtqihealtheducation.org/project-echo/trans-echo/">https://www.lgbtqihealtheducation.org/project-echo/trans-echo/</a>   | Transgender Health ECHO (Trans ECHO) is an opportunity for your health center to learn from experts and apply those learnings to increase the availability of culturally-responsible, comprehensive primary care for transgender people.   |
| Q Card Project   | <a href="https://q-card-project.square.site/">https://q-card-project.square.site/</a>   | The Q Card is a communication tool designed to help LGBTQ+ youth take charge of their health and talk to their providers about their identities.   |

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| <p>A Practitioner's Resource Guide: Helping Families to Support Their LGBT Children</p>             | <p><a href="https://store.samhsa.gov/sites/default/files/d7/priv/pep14-lgbtkids.pdf">https://store.samhsa.gov/sites/default/files/d7/priv/pep14-lgbtkids.pdf</a></p>   | <p>Research findings that show the critical role of family acceptance and rejection – and earlier ages of coming out – call for a paradigm shift to serve LGBT children and adolescents in the context of their families.</p>   |
| <p>How To Find Resources for Clients</p>  | <p><a href="https://inreach.org/how-to-find-resources-for-clients/">https://inreach.org/how-to-find-resources-for-clients/</a></p>   | <p>In Reach is for the entire diverse LGBTQ+ community – including asylum seekers and refugees, undocumented and other immigrants, young people experiencing homelessness, those facing family or community rejection due to their identity, and other transgender and non-binary people in need of safe resources.</p> |
| <p>Rainbow Health Education and Training</p>  | <p><a href="https://rainbowhealth.org/training-education/">https://rainbowhealth.org/training-education/</a></p>   | <p>Since our organization's beginnings in 1983, we've been a leader in HIV and LGBTQ+ education within our communities. Hire us to bring your team up-to-speed on the basics of HIV or LGBTQ+ identities, augment your career by earning CEUs, or work with our team to pursue custom trainings and assessments.</p>    |
| <p>LGBTQ Health Resource Materials</p>  | <p><a href="https://www.etr.org/">https://www.etr.org/</a></p>   | <p>ETR is a non-profit organization committed to improving health outcomes and advancing health equity for youth, families, and communities.</p>  |
| <p>A Guide for Understanding, Supporting, and Affirming LGBTQI2-S Children, Youth, and Families</p> | <p><a href="https://www.air.org/sites/default/files/A_Guide_for_Understanding_Supporting_and_Affirming_LGBTQI2-S_Children_Youth_and_Families.pdf">https://www.air.org/sites/default/files/A_Guide_for_Understanding_Supporting_and_Affirming_LGBTQI2-S_Children_Youth_and_Families.pdf</a></p> | <p>This resource provides general information for service providers, educators, allies, and community members who seek to support the health and well-being of children and youth who are lesbian, gay, bisexual, transgender, questioning, intersex, and/or two-spirit (LGBTQI2-S) and their families</p>              |

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| <p>Understanding the Health Needs of LGBT People</p>   | <p><a href="https://www.lgbtqiahealtheducation.org/publication/understanding-health-needs-lgbt-people/">https://www.lgbtqiahealtheducation.org/publication/understanding-health-needs-lgbt-people/</a></p>   | <p>This document reviews LGBT concepts and demographics, discusses health disparities affecting LGBT groups, and outlines steps that clinicians, health centers, and other health care organizations can take to provide patient-centered care for LGBT people.</p> |
| <p>Providing Trauma Informed Care For LGBTQ+ Children and Youth: Integrating FAP &amp; TF-CBT</p>                | <p><a href="https://lgbtgequity.org/fap/">https://lgbtgequity.org/fap/</a></p>   | <p>FAP and TF-CBT integrated both family intervention models. The modified integrated trauma treatment model of TF-CBT – FAP has shown a significant decrease in PTSD symptoms for LGBTQ+ youth.</p>  |
| <p>Top Health Issues for LGBT Populations Information &amp; Resource Kit</p>                                     | <p><a href="https://store.samhsa.gov/sites/default/files/d7/priv/sma12-4684.pdf">https://store.samhsa.gov/sites/default/files/d7/priv/sma12-4684.pdf</a></p>   | <p>This kit aims to create awareness among prevention specialists and healthcare providers of the needs, experiences, and health status of LGBT Americans.</p>  |
| <p>Pediatric Collections: LGBTQ+: Support and Care (Part 1: Combatting Stigma and Discrimination) [Pap - AAP</p> | <p><a href="https://shop.aap.org/pediatric-collections-lgbtq-support-and-care-part-1-combatting-stigma-and-discrimination/">https://shop.aap.org/pediatric-collections-lgbtq-support-and-care-part-1-combatting-stigma-and-discrimination/</a></p> | <p>As physicians empowered with LGBTQ+ health competency, we can break down the cycles of ignorance, shame, and toxic stress that harm children who identify as LGBTQ+ and improve their chances of leading happy, healthy adult lives.</p>                         |



## Social Service Professionals

| Resource Name  | Website Link  | Overview   |
|--|---|--|
| Social Service Professionals - Gender Spectrum                                   | <a href="https://www.genderspectrum.org/audiences/social-service-professionals">https://www.genderspectrum.org/audiences/social-service-professionals</a>   | Gender Spectrum works with social service professionals to help you understand gender and the vital role that gender literacy plays in the lives of your clients and their families. Your support can make a world of difference for children, youth and families.   |
| A Practitioner's Resource Guide: Helping Families to Support Their LGBT Children | <a href="https://store.samhsa.gov/sites/default/files/d7/priv/pep14-lgbtkids.pdf">https://store.samhsa.gov/sites/default/files/d7/priv/pep14-lgbtkids.pdf</a>   | This resource guide was developed and is being disseminated throughout health and social service systems to help practitioners who work in a wide range of settings to understand the critical role of family acceptance and rejection in contributing to the health and well-being of adolescents who identify as LGBTQ+. |
| Myths That Stigmatize LGBTQ People - Strong Family Alliance                      | <a href="https://www.strongfamilyalliance.org/parent-guide/essential-info/myths-that-stigmatize-lgbtq-people/">https://www.strongfamilyalliance.org/parent-guide/essential-info/myths-that-stigmatize-lgbtq-people/</a> | Negative ideas about LGBTQ individuals are often rooted in myths, stereotypes, and misinformation. Consider how your views might have been shaped by the myths discussed.  |
| OUTreach   Trillium Health Resources   | <a href="https://www.trilliumhealthresources.org/outreach">https://www.trilliumhealthresources.org/outreach</a>   | We work with North Carolina Families United to help educate our communities with the skills needed to address the specific health concerns of and abuse toward LGBTQ+ youth.   |
| How to Protect LGBTQ Youth From the Risks and Harms of Substance Use             | <a href="https://drugfree.org/how-to-protect-lgbtq-youth-from-the-risks-and-harm-of-substance-use/">https://drugfree.org/how-to-protect-lgbtq-youth-from-the-risks-and-harm-of-substance-use/</a>                       | Showing your love, acceptance and support is essential to promoting your child's well-being. This behavior can significantly decrease an   |

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|   |   | LGBTQ+ teen's likelihood of substance use and improve their mental health.  |
| LGBTQIA+ Friendly Drug Rehab Facilities | <a href="https://drugrehabus.org/rehabs/treatment/lgbtqa/">https://drugrehabus.org/rehabs/treatment/lgbtqa/</a>   | Locate drug rehab facilities that provide LGBTQIA+ clients with an inclusive and accepting place for addiction recovery through evidence-based treatment for substance abuse, sexual health and mental health.  |
| LGBTQ Youth Depression   SAVE           | <a href="https://save.org/product/lgbtq-youth-depression/">https://save.org/product/lgbtq-youth-depression/</a>   | For those learning about depression and suicide prevention, this flyer provides information about depression and suicide specific to the LGBTQ community as well as symptoms of depression and warning signs of suicide.  |
| Helping Diverse Families - LGBTQ Equity | <a href="https://lgbtquequity.org/wp-content/uploads/2021/11/FAP-Overview_Helping-Diverse-Families.pdf">https://lgbtquequity.org/wp-content/uploads/2021/11/FAP-Overview_Helping-Diverse-Families.pdf</a> | The Family Acceptance Project® (FAP) is a research, education, intervention and policy initiative to help diverse families learn to support their lesbian, gay, bisexual, transgender and queer-identified (LGBTQ) children to prevent health and mental health risks and promote well-being. |

## Mental Health

| Resource Name   | Website Link  | Overview   |
|---|---|--|
| LGBTQI   NAMI:<br>National Alliance on<br>Mental Illness          | <a href="https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI">https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI</a>   | Confronting barriers <i>and</i> mental health symptoms with an LGBTQI-inclusive mental health provider can lead to better outcomes, and ultimately recovery.   |
| Virtual Resources to<br>Support LGBTQ Mental<br>Health            | <a href="https://equalityncfoundation.org/virtual_resources_to_support_lgbtq_mental_health/">https://equalityncfoundation.org/virtual_resources_to_support_lgbtq_mental_health/</a>                                     | While North Carolina schools and campuses are facilitating virtual and hybrid learning spaces, LGBTQ youth are experiencing further isolation from their peers without access to LGBTQ-specific social groups including genders and sexualities alliances (GSAs). This resource is a guide for LGBTQ youth and supportive allies to best support mental health needs during distance learning and social distancing. |
| Myths That Stigmatize<br>LGBTQ People - Strong<br>Family Alliance | <a href="https://www.strongfamilyalliance.org/parent-guide/essential-info/myths-that-stigmatize-lgbtq-people/">https://www.strongfamilyalliance.org/parent-guide/essential-info/myths-that-stigmatize-lgbtq-people/</a> | Negative ideas about LGBTQ individuals are often rooted in myths, stereotypes, and misinformation. Consider how your views might have been shaped by the myths discussed.  |
| OUTreach   Trillium<br>Health Resources                           | <a href="https://www.trilliumhealthresources.org/outreach">https://www.trilliumhealthresources.org/outreach</a>   | Trillium developed Project OUTreach to share the research and tools available with our stakeholders, providers, faith-based organizations, and more. We work with North Carolina Families United to help educate our communities with the skills needed to address the specific health concerns of and abuse toward LGBTQ+ youth.  |
| How to Protect LGBTQ<br>Youth From the Risks                      | <a href="https://drugfree.org/how-to-protect-lgbtq-youth-from-the-risks-and-harm-of-substance-use/">https://drugfree.org/how-to-protect-lgbtq-youth-from-the-risks-and-harm-of-substance-use/</a>                       | Showing your love, acceptance and support is essential to promoting your child's well-being.   |

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| and Harms of Substance Use               |   | This behavior can significantly decrease an LGBTQ+ teen's likelihood of substance use and improve their mental health.  |
| LGBTQIA+ Friendly Drug Rehab Facilities  | <a href="https://drugrehabus.org/rehabs/treatment/lgbtqa/">https://drugrehabus.org/rehabs/treatment/lgbtqa/</a>   | Locate drug rehab facilities that provide LGBTQIA+ clients with an inclusive and accepting place for addiction recovery through evidence-based treatment for substance abuse, sexual health and mental health.  |
| LGBTQ Youth Depression   SAVE            | <a href="https://save.org/product/lgbtq-youth-depression/">https://save.org/product/lgbtq-youth-depression/</a>   | Information about depression and suicide specific to the LGBTQ community as well as symptoms of depression and warning signs of suicide.  |
| Helping Diverse Families - LGBTQ Equity  | <a href="https://lgbtqequity.org/wp-content/uploads/2021/11/FAP-Overview_Helping-Diverse-Families.pdf">https://lgbtqequity.org/wp-content/uploads/2021/11/FAP-Overview_Helping-Diverse-Families.pdf</a>   | The Family Acceptance Project® (FAP) is a research, education, intervention and policy initiative to help diverse families learn to support their lesbian, gay, bisexual, transgender and queer-identified (LGBTQ) children to prevent health and mental health risks and promote well-being. |
| Psychiatric Resources - TFCBT FAP        | <a href="https://lgbtqequity.org/wp-content/uploads/2021/09/TF-CBT-FAP_Psychiatric-Times.pdf">https://lgbtqequity.org/wp-content/uploads/2021/09/TF-CBT-FAP_Psychiatric-Times.pdf</a>   | FAP has developed a series of research-based education materials to help parents understand the importance of family support, to guide behavioral change, and to educate extended family members as well as cultural and religious leaders.   |
| Social and Emotional Wellness Initiative | <a href="https://www.sewi.org/lgbtq?gclid=Cj0KCQjwhL KUBhDiARIsAMaTLnFxvdZE3c_z-jk0tiGhyAPG8qxQnSqwbqwrV3DLcjsN6irj6VfwYyYaAnGWEALw_wcB">https://www.sewi.org/lgbtq?gclid=Cj0KCQjwhL KUBhDiARIsAMaTLnFxvdZE3c_z-jk0tiGhyAPG8qxQnSqwbqwrV3DLcjsN6irj6VfwYyYaAnGWEALw_wcB</a> | The Social & Emotional Wellness Initiative (SEWI) is a three-prong organization which strives to better the lives of the youth we serve, along with their families, their social & emotional wellness.  |

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| National Queer and Trans Therapists of Color Network                   | <a href="https://nqttcn.com/en/">https://nqttcn.com/en/</a>   | The National Queer and Trans Therapists of Color Network (NQTTCN) is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC). We work at the intersection of movements for social justice and the field of mental health to integrate healing justice into both of these spaces. Our overall goal is to increase access to healing justice resources for QTPoC. |
| LGBTQ Youth Resources  | <a href="https://www.apa.org/pi/lgbt/programs/safe-supportive/lgbt">https://www.apa.org/pi/lgbt/programs/safe-supportive/lgbt</a>   | This webpage provides fact sheets, best practices and other resources for supporting lesbian, gay, bisexual, transgender and questioning youth.  |
| Mental Health Resources in the LGBTQ Community - Human Rights Campaign | <a href="https://www.hrc.org/resources/mental-health-resources-in-the-lgbtq-community">https://www.hrc.org/resources/mental-health-resources-in-the-lgbtq-community</a>   | Compiled resources for LGBTQ+ mental health and wellness.  |
| QTBIPOC Mental Health and Well-Being                                   | <a href="https://www.hrc.org/resources/qtbi poc-mental-health-and-well-being">https://www.hrc.org/resources/qtbi poc-mental-health-and-well-being</a>   | Compiled resources for QTBIPOC mental health and wellness.   |
| Questions to Help QTBIPOC Find Affirming Mental Health Providers       | <a href="https://assets2.hrc.org/files/assets/resources/BIPOC_Inclusive_Therapist_Questions_073020.pdf?_ga=2.67166098.2013463255.1654544970-1563611569.1654544970">https://assets2.hrc.org/files/assets/resources/BIPOC_Inclusive_Therapist_Questions_073020.pdf?_ga=2.67166098.2013463255.1654544970-1563611569.1654544970</a> | Compiled tips in the form of questions that you can ask that may help with selecting a therapist. Think of it as a therapist interview. Our hope is that asking these questions can eliminate potential stress and even save you time and money from unsuccessful therapist matches.   |
| 16 Mental Health Resources to Support the LGBTQ+ Community             | <a href="https://www.verywellmind.com/16-mental-health-resources-to-support-the-lgbtq-community-5188200">https://www.verywellmind.com/16-mental-health-resources-to-support-the-lgbtq-community-5188200</a>   | Compiled resources for LGBTQ+ mental health and wellness.  |

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| True Colors United  | <a href="https://truecolorsunited.org/">https://truecolorsunited.org/</a>       | True Colors United implements innovative solutions to youth homelessness that focus on the unique experiences of LGBTQ young people.  |
| Pride Institute   | <a href="https://pride-institute.com/">https://pride-institute.com/</a>         | Pride Institute offers inclusive and accepting recovery programs for members of the LGBTQ+ community.   |
| Pride Counseling - Professional Therapy for LGBTQ Community | <a href="https://www.pridecounseling.com/">https://www.pridecounseling.com/</a> | By providing online therapy to the LGBTQ community, we make help accessible and accepting of everyone. We provide a platform for people to get the help they need discreetly, affordably, and conveniently. |

## BIPOC Resources

| Resource Name  | Website Link  | Overview   |
|--|---|--|
| 7 Things Everyone Needs to Know About Being a Trans Minority | <a href="https://trans-cafe.squarespace.com/posts/2016/11/17/7-things-everyone-needs-to-know-about-being-trans-a-minority-1">https://trans-cafe.squarespace.com/posts/2016/11/17/7-things-everyone-needs-to-know-about-being-trans-a-minority-1</a>                         | An editorial written by a 22 year old trans-masculine student.   |
| The Impact of Racism and Inequality on Sexual Health         | <a href="https://www.advocatesforyouth.org/wp-content/uploads/2021/08/3Rs_ImpactofRacismInequalityOnSexualHealth_HighSchool_FINAL-1.pdf">https://www.advocatesforyouth.org/wp-content/uploads/2021/08/3Rs_ImpactofRacismInequalityOnSexualHealth_HighSchool_FINAL-1.pdf</a> | By examining and discussing the impact of racism and inequality, educators can provide opportunities for awareness and advocacy that may encourage systematic change and lead to a more equitable society              |
| Communities of Color - Human Rights Campaign                 | <a href="https://www.hrc.org/resources/communities-of-color">https://www.hrc.org/resources/communities-of-color</a>   | LGBTQ+ people of color, similar to their broader LGBTQ+ community, experience alarmingly high rates of mental health challenges. It disrupts their daily lives and can be life-threatening, especially for children... |
| Black and African American LGBTQ Youth Report -              | <a href="https://www.hrc.org/resources/black-and-african-american-lgbtq-youth-report">https://www.hrc.org/resources/black-and-african-american-lgbtq-youth-report</a>   | Data collected from Black LGBTQ+ youth, shedding light on their challenges and triumphs encountered while navigating multiple, intersecting identities.  |
| Black & LGBTQ: Approaching Intersectional Conversations      | <a href="https://www.thetrevorproject.org/resources/guide/black-lgbtq-approaching-intersectional-conversations/">https://www.thetrevorproject.org/resources/guide/black-lgbtq-approaching-intersectional-conversations/</a>   | Approaches for before, during, and after a difficult conversation to make sure the dialogue – and your mental health – stays safe.   |
| 'Bibi' Lesson 2: Intersectionality                           | <a href="https://www.learningforjustice.org/classroom-resources/lessons/bibi-lesson-2-intersectionality-in-bibi-6-8">https://www.learningforjustice.org/classroom-resources/lessons/bibi-lesson-2-intersectionality-in-bibi-6-8</a>   | Lesson plan that explains intersectionality and how it relates to privilege and oppression.  |
| Supporting Black LGBTQ Youth Mental Health                   | <a href="https://www.thetrevorproject.org/resources/guide/supporting-black-lgbtq-youth-mental-health/">https://www.thetrevorproject.org/resources/guide/supporting-black-lgbtq-youth-mental-health/</a>   | Under the minority stress model, experiences of discrimination, rejection, threats, and violence are compounded, and can lead to negative mental health outcomes.  |

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| Learning Resources — LGBTQIA+ People of Color | <a href="https://www.lgbtqiahealtheducation.org/resources/in/lgbtqia-people-of-color/">https://www.lgbtqiahealtheducation.org/resources/in/lgbtqia-people-of-color/</a>               | Compiled learning resources for LGBTQIA+ People of color.  |
| Coming Out Resources for African Americans    | <a href="http://assets2.hrc.org/files/assets/resources/ComingOutForAAJune2014.pdf">http://assets2.hrc.org/files/assets/resources/ComingOutForAAJune2014.pdf</a>                       | Coming out to family is often one of the most difficult experiences for an LGBT person. And for African Americans, it may be particularly challenging, this guide offers information to assist.  |
| Queer People of Color Heroes                  | <a href="https://students673.ucr.edu/docserver/lgbt/queer_people_of_color_heroes_posters.pdf">https://students673.ucr.edu/docserver/lgbt/queer_people_of_color_heroes_posters.pdf</a> | An informational collection of prominent queer people of color.  |
| Resources for API Families   PFLAG            | <a href="https://pflag.org/blog/resourcesapifamilies">https://pflag.org/blog/resourcesapifamilies</a>   | Asian parents voice unconditional love and support for their LGBT children. These short, beautiful videos of Asian American, South Asian, and Southeast Asian parents who love their LGBT kids aim to help diversify the faces of parents who have LGBT kids and to promote understanding and acceptance in the API community. |
| Supporting LGBTQ Youth of Color               | <a href="https://www.glsen.org/lgbtq-youth-color">https://www.glsen.org/lgbtq-youth-color</a>   | Collection of research reports exploring the experiences of AAPI, Black, Latinx, and Native & Indigenous LGBTQ youth. Also, blogs from students, educators, and advocates highlighting how to support this population of students.   |
| A Map of Gender Diverse Cultures              | <a href="https://www.pbs.org/independentlens/content/two-spirits_map-html/">https://www.pbs.org/independentlens/content/two-spirits_map-html/</a>                                     | Worldwide, the sheer variety of gender expression is almost limitless. Take a tour and learn how other cultures see gender diversity.  |



## Neurodivergent Resources

| Resource Name  | Website Link  | Overview   |
|--|---|--|
| Dating Decision Tree   The Birds and The Bees                      | <a href="https://asdsexed.org/2021/05/15/dating-decision-tree/">https://asdsexed.org/2021/05/15/dating-decision-tree/</a>   | Making decisions about dating can be tough, especially if you don't really know what types of decisions to make. This graphic can be used to help steer the conversation about dating and how to make healthy decisions. |
| My Curriculum   The Birds and The Bees                             | <a href="https://asdsexed.org/category/curriculum/my-curriculum-free/">https://asdsexed.org/category/curriculum/my-curriculum-free/</a>   | Teaching human sexuality to individuals on the autism spectrum and with developmental disabilities   |
| Why Neuro-divergence is also an LGBTQ+ topic                       | <a href="https://outleadership.com/insights/why-neurodivergence-is-also-an-lgbtq-topic/">https://outleadership.com/insights/why-neurodivergence-is-also-an-lgbtq-topic/</a>             | The objective of our discussion was to explore the intersection of LGBTQ+ and neuro-divergence and what more can be done to address the topic in corporate culture with voices that identify as neuro-divergent.         |
| Ambitious About Autism   | <a href="https://www.ambitiousaboutautism.org.uk/what-we-do/awareness/inclusion/lgbtq">https://www.ambitiousaboutautism.org.uk/what-we-do/awareness/inclusion/lgbtq</a>                 | To support autistic young people in understanding themselves and others, we have worked closely with LGBTQ+ autistic young people to produce articles and visual stories, based on their own experiences.                |
| Something to Talk About Live: LGBTQ+ Identities and Neurodiversity | <a href="https://pflag.org/blog/something-talk-about-live-lgbtq-identities-and-neurodiversity">https://pflag.org/blog/something-talk-about-live-lgbtq-identities-and-neurodiversity</a> | Discussion on LGBTQ+ Identities and Neurodiversity   |
| Gendervague: At the Intersection of Autistic and Trans Experiences | <a href="https://www.aane.org/gendervague-intersection-autistic-trans-experiences/">https://www.aane.org/gendervague-intersection-autistic-trans-experiences/</a>                       | Editorial with the lived experience of a gender vague, autistic, trans person.   |
| LGBTQ & Intellectual Disability                                    | <a href="https://yournacm.com/file_download/inline/9beb6733-12ba-44d2-a776-fe7ac4a286bb">https://yournacm.com/file_download/inline/9beb6733-12ba-44d2-a776-fe7ac4a286bb</a>             | Resource that describes therapeutic interventions for supporting individuals that have an intellectual disability and identify as a sexual minority (LGBTQ). State evidence-based practices related to supporting        |

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|   |   | individuals that have an intellectual disability and identify as a sexual minority.  |
| Gay and on the Autism Spectrum: My Experience   | <a href="https://www.respectability.org/2018/06/ericascherlgbtq/">https://www.respectability.org/2018/06/ericascherlgbtq/</a>   | Blog with personal narrative of one person's experience of being closeted, gay and on the autism spectrum.   |
| Neurodiversity & Gender-Diverse Youth; An Affirming Approach to Care                      | <a href="https://www.lgbtqihealtheducation.org/wp-content/uploads/2020/08/Neurodiversity-and-Gender-Diverse-Youth-An-Affirming-Approach-to-Care_2020.pdf">https://www.lgbtqihealtheducation.org/wp-content/uploads/2020/08/Neurodiversity-and-Gender-Diverse-Youth An-Affirming-Approach-to-Care_2020.pdf</a> | Increasingly, clinicians and researchers are seeing a correlation between gender diversity and neurodiversity among adolescents and young adults. To support, providers can offer an affirming clinical approach that validates the patient.   |
| How to Support a Young Person with ADHD as They Explore Gender                            | <a href="https://www.additudemag.com/webinar/lgbtq-transgender-adhd-gender-diversity-podcast-350/">https://www.additudemag.com/webinar/lgbtq-transgender-adhd-gender-diversity-podcast-350/</a>   | In this webinar, discuss the fundamentals of understanding gender diversity and how ADHD affects the journey.  |
| The Double Minority Effect: The Struggles of Identifying as Autistic and LGBTQIA+         | <a href="https://opendoortherapy.com/the-double-minority-effect-identifying-as-autistic-and-lgbtq/">https://opendoortherapy.com/the-double-minority-effect-identifying-as-autistic-and-lgbtq/</a>   | A common misconception surrounding autism is that neurodivergent individuals are unable to express love and intimacy. This assumption is dangerous because it's simply not true. When this is assumed, parents and professionals interacting with autistic individuals may ignore important conversations about intimacy, gender, and sexuality. |
| Celebrating and Supporting LGBTQ+ People with Intellectual and Developmental Disabilities | <a href="https://acl.gov/news-and-events/acl-blog/celebrating-and-supporting-lgbtq-people-intellectual-and-developmental">https://acl.gov/news-and-events/acl-blog/celebrating-and-supporting-lgbtq-people-intellectual-and-developmental</a>   | It is an opportunity to recognize the challenges to equity and inclusion that are still faced by many in the LGBTQ+ community, which can be even greater for LGBTQ+ people of color and LGBTQ+ people with disabilities.   |

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**You  
belong  
here.**

**Be an ally. Save a life.**