

LGBTQ+ YOUTH RESOURCES

FOR STUDENTS AND LGBTQ+ PERSONS



**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: 1-877-565-8860

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

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

National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org/chat/

Crisis Text Line: 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

Trillium Crisis: 1-877-685-2415

NC Crisis Solutions: www.crisissolutionsnc.org

Domestic and Partner Violence

Center for Family Violence Prevention: 252-752-3811

Students and LGBTQ+ Resources

Resource Name	Website Link	Overview
Youth - Gender Spectrum	https://www.genderspectrum.org/audiences/youth	Get answers to frequently asked questions about gender.
LGBTQ+ Youth - Human Rights Campaign	https://www.hrc.org/resources/lgbtq-youth	The Human Rights Campaign supports LGBTQ+ individuals, allies, and institutions with resources via a set of comprehensive programs.
Online Communities and LGBTQ+ Youth	https://www.hrc.org/resources/online-communities-and-lgbtq-youth	Facts, statistics and information concerning social media and LGBTQ+ youth.
LGBTQ Youth Resources Health CDC	https://www.cdc.gov/lgbthealth/youth-resources.htm	Resources from the CDC, other government agencies, and community organizations for LGBT Youth, their friends, educators, parents, and family members to support positive environments.
LGBTQ Resource List GLAAD	https://www.glaad.org/resourcealist	LGBTQ Resource List (Political, Bisexual, Youth, Military, Transgender, Aging, Legal, General).
LGBTQ+ Student Resources & Support	https://www.accreditedschoolsonline.org/resources/lgbtq-student-support/	Statistics, data and information concerning LGBTQ+ students. Scholarship information.
GSA Network	https://gsanetwork.org/	We support LGBTQ+ youth organizers across the country to take action and create change at all levels, from school-based campaigns that impact individual school districts to national days of action.
It Gets Better Project	https://itgetsbetter.org/	The It Gets Better Project's mission is to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer (LGBTQ+) youth around the globe.
Q Chat Space	https://www.qchatspace.org/	Q Chat Space provides online discussion groups for LGBTQ+ and questioning teens ages 13 to 19. It is not a forum. It is live and chat based; there is no video or

		audio. Conversations are facilitated by experienced staff who work at LGBTQ+ centers around the United States.
Info and Resources for LGBTQ Teens and Allies	https://www.plannedparenthood.org/learn/teens/lgbtq/info-and-resources-lgbtq-teens-and-allies	If you're a LGBTQ teen or ally, there are lots of resources to help you get the support and info you need. Here are a few ideas of where to start:
LGBTQ Youth & Schools Resource Library American Civil Liberties Union	https://www.aclu.org/library-lgbt-youth-schools-resources-and-links	We've gathered some of the best information we have plus great stuff from other organizations and websites on this page to help you find things that can help you learn more about your rights and what you can do to make your school a safer, more welcoming place.
LGBTQ+ Resources for Teens - Wellness Every Day	https://www.wellnesseveryday.org/lgbtq/lgbtq-resources-for-teens	Working together to share information, increase support and make a difference in our community!
Connect Safely	https://www.connectsafely.org/lgbtq-resources/	LGBTQ Resource List
LGBTQIA Groups	https://giveusthefloor.org/lgbtqia-groups/?gclid=CjwKCAjwloCSBhAeEiwA3hVo_ePmR68qTJ6w0V-Syo0buN8ao7aeqTOPt8_uMeV1OBhqYOs3Y-LEgRoCHEEQAvD_Bw	Join one of our LGBTQIA+ teen-only supportive group chats where it is safe to express yourself without judgement.
Time Out Youth	https://timeoutyouth.org/	Empowering Lesbian, Gay, Bisexual, Transgender, Queer and Questioning Youth. Time Out Youth Center offers a safe space for all and fully respects the journey of each individual. While at Time Out Youth, you are not expected to be anyone or anything except who you are.
LGBT Center of Raleigh	https://www.lgbtcenterofraleigh.com/resources.html	Programs, support, and events for the gay, lesbian, bi, and trans community in the Triangle.
Dr. Jesse R. Peel LGBTQ Center	https://lgbtq.ecu.edu/	Our resources include: a lending library; information on campus, local, and national resources; and four computer workstations, in addition to a social area, a conference room, and offices for our staff. Throughout the year, we offer educational programs and events,

		and participate in national We invite you to visit the Peel LGBTQ Center—everyone is always welcome!
Youth OUTright WNC, Inc.	https://www.youthoutright.org/our-mission	We engage and support LGBTQIA+ youth ages 11-20 to be confident, resilient and compassionate community members. We envision a world where youth of all gender and sexual identities are empowered to reach their full potential. We provide information, support and resources in a safer, inclusive and affirming environment.
Resources Peer Facilitator Packet	https://static1.squarespace.com/static/5dab03131959d419aa06a834/t/5dab4568042cb17c2aa2ad5c/1571505523066/Resources_Peer_facilitator_packet.pdf	This LGBTQIA+ Peer Facilitator Guide for you and your community so that you have a range of tools to support your work in talking about common concerns regarding sex and identity with young LGBTQIA+ folks. Here you'll find a few activity plans.
Direct Online and Phone Support Services for LGBTQ Youth	https://www.hrc.org/resources/direct-online-and-phone-support-services-for-lgbtq-youth	Here are some resources that LGBTQ youth and their parents/guardians can access online or by phone.
Youth Chatrooms	http://www.glbthotline.org/youthchatrooms.html	Our weekly moderated chat rooms are for young people ages 19 and younger to talk in a safe space and be able to express themselves without fear of being made to feel uncomfortable or unwelcome.
Point Foundation	https://pointfoundation.org/thepoint/mission/	Point Foundation (Point) is the nation's largest scholarship-granting organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ) students of merit. Point promotes change through scholarship funding, mentorship, leadership development, and community service training.
LGBTQ Guide - What If?	https://www.teenplaybook.org/what-if/lgbtq-guide/	The Playbook is a place where teens can find accurate information about sexual health and birth control. An initiative of SHIFT NC, the Playbook is judgment-free zone: There's no such thing as a dumb question!

Resources - Children and Youth	https://edubirdie.org/articles/children-youth/	Find a wealth of resources for supporting LGBTQ youth at home, in school and in the community.
Be True Be You LGBTQ Booklet	https://www.eachmindmatters.org/wp-content/uploads/2017/06/Be-True-Be-You-LGBTQ-Booklet-DIGITAL.pdf	A basic mental health guide for LGBTQ+ youth.
My Story Out Loud	https://mystoryoutloud.org/	My Story Out Loud is a digital storytelling project dedicated to uplifting the narratives of LGBTQ+ youth of color and young people living with HIV across the nation by capturing our stories and experiences.
College Experience Guide for LGBTQ+ Students	https://www.bestcolleges.com/resources/lgbtq-student-guide/	Explore common experiences and challenges of LGBTQ+ college students and learn how you can ensure your campus supports and affirms LGBTQ+ students.
Teen Vogue : How To Come Out to Your Parents	https://www.teenvogue.com/story/how-to-come-out-to-parentstips?_ga=2.132021967.1112863870.1650234083-233131975.1650234083	A list of things you should keep in mind before talking to parents about your identity.
Video: 4 Tips for Coming Out to Your Parents	https://www.youtube.com/watch?v=0E6OcwYB_nw&t=27s	Susan Cottrell, the Christian mom behind freedhearts.org, gives you 4 tips for coming out to your parents (as someone with two queer kids, she's been there before).
Handout: Making a Coming out Plan	https://students673.ucr.edu/docserver/lgbt/making_a_coming_out_plan.pdf	When you're ready to tell that first person – or even those first few people – give yourself time to prepare. Think through your options and make a deliberate plan of whom to approach, when and how. This plan helps.
A Teen's Guide to Asexuality	https://www.girlspring.com/a-teens-guide-to-asexuality/	GirlSpring is a nonprofit organization whose mission is to provide access to reliable information, inspiring events, and positive role models so girls and (ages 9-18) are empowered to reach their full potential.
The Asexual Visibility and Education Network	https://www.asexuality.org/	AVEN hosts the world's largest online asexual community as well as a large archive of resources on

		asexuality. AVEN strives to create open, honest discussion about asexuality among sexual and asexual people alike.
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Trans and Non-Binary Resources

Resource Name	Website Link	Overview
Supporting Your Transgender Students: 6 Tips For Teachers And Administrators From A Trans Student	https://trans-cafe.squarespace.com/posts/2016/11/7/supporting-your-transgender-students-6-tips-for-teachers-and-administrators-from-a-trans-student	Our research and experience has shown that there are four major ways that schools can cultivate a safe and supportive environment for all of their students, regardless of sexual orientation, gender identity or expression.
GLSEN Safe Space Kit: Solidarity with LGBTQ+ Youth	https://www.glsen.org/activity/inclusive-curriculum-guide	One way that educators can promote safer school environments is by developing lessons that avoid bias and that include positive representations of lesbian, gay, bisexual, transgender and queer (LGBTQ) people, history, and events.
Transgender 101: A Guide to Gender and Identity to Help You Keep Up with the Conversation	https://trans-cafe.squarespace.com/posts/2016/9/5/transgender-101-a-guide-to-gender-and-identity-to-help-you-keep-up-with-the-conversation	A guide about transgender people for folks who need it short, simple, and sweet. As short as an entire guide on gender can be
Gender Support Checklist for Transgender and Non-Binary Students - Welcoming Schools	https://welcomingschools.org/resources/gender-support-checklist-for-transgender-and-non-binary-students	Checklist for support of transgender and non-binary students.
A Gender Identity Glossary for Schools	https://rossieronline.usc.edu/blog/gender-identity-glossary/	A glossary of commonly used terms to describe aspects of gender identity and expression.
Non-binary? Intersex? 11 US states issuing third gender IDs	https://www.weforum.org/agenda/2019/02/nonbinary-intersex-11-u-s-states-issuing-third-gender-ids/	Here are 11 states that grant identity documents with non-binary gender markers - plus Washington D.C., the capital.
TransLifeLine.org Binding Guide	https://translifeline.org/binding-guide/?gclid=Cj0KCQjwhLKUBhDiARIsA	Facts, information and resources for binding.

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On Being Trans & Autistic	https://translifeline.org/on-being-trans-autistic/	Recent research found that up to 24% of gender-diverse people reported being autistic. Being trans can mean a bunch of different things, and so can being autistic.
Autistic Women & Non-binary Network (AWN)	https://awnnetwork.org/	AWN is a 501(c)(3) tax exempt organization with a mission to provide community, support and resources for Autistic women, girls, transfeminine and trans-masculine non-binary and genderqueer people, trans people of all genders, Two Spirit people, and all others of marginalized genders.
Free chest binders for trans folks who need them Point of Pride	https://www.pointofpride.org/free-chest-binders	Point of Pride provides free chest binders (specially-designed chest compression garments) to any trans person who needs one and cannot afford or safely obtain one.
Hotline Trans Lifeline	https://translifeline.org/hotline/	Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you're not in crisis or if you're not sure you're trans.
Resources Trans Lifeline	https://translifeline.org/resources/	The following resources are largely national. Please call the Hotline for support finding local resources. We source trans verified, trans led, and BIPOC led or centered resources where possible
Coming Out Trans Lifeline	https://translifeline.org/resource/coming-out/	Resources to assist with coming out.
Opinion:6 Common Myths I Had to Unlearn to Embrace My Gender Identity	https://everydayfeminism.com/2017/02/embrace-my-gender-identity/	A personal editorial about one person's personal journey to discovering their identity.

Transgender Map	https://www.transgendermap.com/	This free website shows how to make a gender transition. It tells about gender identity and gender expression, as well as the social, legal, and medical ways to make a transition. It has lists of people who can help. You can learn how to pay for transition. There is also help for young people and their families.
Microgrants	https://translifeline.org/microgrants/	Micro-grants provide trans and non-binary people with low-barrier funds and support to correct names and/or gender markers on identifying legal documents, and supply necessities for our trans siblings behind bars.
American Trans Resource Hub	https://www.atrh.org/	The American Trans Resource Hub provides transgender individuals the comfort and stability they seek during their social, medical and/or legal transition by providing helpful resources and by offering direct assistance with other issues that may arise: housing instability, loss of employment, and lack of health.
Hudson's FTM Guide	http://www.ftmguide.org/	This Guide is intended to provide information on topics of interest to female-to-male (FTM, F2M) trans men, and their friends and loved ones. Non-trans men have also found the pages on men's grooming and clothing to be helpful. Transgender, cisgender, intersex, non-binary, genderqueer, questioning, and "just plain folks" are all welcome.
BIPOC Resources	https://www.s-r-a.org/bipoc-resources	It is critically important when expanding your understanding of allyship and support for your transgender, gender expansive, or non-binary child that you also learn how transgender people at the intersections of race, gender, and class are impacted.
Strands For Trans - Affirming Barbers and Beauticians	https://www.strandsfortrans.com/	Strands For Trans is bringing gays, straights, women, men, anyone, together to create more trans-friendly barbershops and hair salons

Trans in the South: A Directory of Trans-Affirming Health & Legal Service Providers	https://southernequality.org/resources/transinthesouth/	Trans in the South: A Directory of Trans-Affirming Health & Legal Service Providers, is a directory of more than 400 Southern health service providers who are trans-affirming.
Trans Women of Color Collective	https://www.twocc.us/	To uplift the narratives, lived experiences and leadership of trans and gender non-conforming people of color, our families and comrades as we build towards collective liberation for all oppressed people.
National Queer and Trans Therapists of Color Network	https://nqttcn.com/en/	Advancing healing justice by transforming mental health for queer and trans poc.
Resources – interACT: Advocates for Intersex Youth	https://interactadvocates.org/resources/	Resources for intersex youth.
Trans Families	https://transfamilies.org/	Trans Families inspires hope, increases understanding, and creates a visible pathway to support trans and gender diverse children and all those who touch their lives.
Trans Children and Youth - Understanding the Basics	https://www.hrc.org/resources/transgender-children-and-youth-understanding-the-basics	It is important to make distinctions between instances where “kids are being kids” and when they’re asserting things about themselves that are critical to their identity and development -- as is the case with gender identity and expression.
Life Outside The Binary	https://lifeoutsidethebinary.com/	Non-binary Transgender Information Centre

Faith/Religious Resources

Resource Name	Website Link	Overview
How to Support Someone Who's Trans and Just Came Out to You - Jewish	https://www.keshetonline.org/resources/how-to-support-someone-whos-trans-and-just-came-out-to-you/	This guide provides ways to respond (and how not to respond) when someone comes out to you as transgender.
Faith Communities - Gender Spectrum	https://www.genderspectrum.org/audiences/faith-communities	View our collection of resources for navigating gender from several faith traditions. We have general resources for those of any faith, and also specific resources on gender for those of Christian, Muslim, Jewish, Buddhist, Confucianist and Taoist, Native Traditional and Indigenous, and Unitarian Universalist faiths.
Coming out as Queer & Spiritual – GLSEN	https://shop.glsen.org/blogs/glsen-blogs/coming-out-as-queer-spiritual	Personal editorial about a person's experience with religion and sexuality being raised in the Catholic Church.
LGBTQ and Muslim Are Not Dichotomous Identities Learning for Justice	https://www.learningforjustice.org/magazine/lgbtq-and-muslim-are-not-dichotomous-identities	Many people in United States hold the mistaken belief that LGBTQ people and Muslims are fundamentally at odds. We can teach the reality that LGBTQ Muslims exist and honor the voices of this identity group.
How to Stop Arguing About Religion but Make Your Point	https://pflag.org/pflag-academy-demand/how-stop-arguing-about-religion-make-your-point-recording-training-toolkit	This workshop's goal is to put religious arguments into perspective, not to argue. To explore strategies to defuse and redirect even the most difficult arguments effectively into the issues that lie beneath the religious arguments where the healing can begin.
I'm Muslim and my Gender Doesn't fit me : a	https://www.advocatesforyouth.org/wp-content/uploads/2019/05/Im-Muslim-My-Gender-Doesnt-Fit-Me.pdf	Resource Guide for Trans and Gender Nonconforming Muslim Youth.

resource for trans muslim youth		
Nonbinary Hebrew Project	https://www.nonbinaryhebrew.com/about-us	We are building a bigger tent for non-binary Jews through a third-gender grammar systematics for Hebrew, guided by our Torah and Talmud that teach us to rejoice that which cannot be neatly categorized.
Reformation Project - Expanding LGBTQ Inclusion in Christianity	https://reformationproject.org/the-need/	As a Bible-based, Christian organization, The Reformation Project's mission is to advance LGBTQ inclusion in the church.
LGBTQ Christian Resources - Queer Theology	https://www.queertheology.com/resources/	At Queer Theology we've developed a ton of resources over the years. On this page we've got them organized by topic so you can find exactly what you're looking for exactly when you need it. From asking if it's okay to be LGBTQ to navigating sex and relationships to reclaiming the Bible. You need support? You can find it here.
Faith-Based Organizations – StrongFamily Alliance	https://www.strongfamilyalliance.org/hopeful-voices/faith-based-organizations/?utm_source=Sumo&utm_medium=Smart	Faith-Based Organizations In almost every faith group, there are resources for support.
Beloved Arise - Christian Teen Support	https://www.belovedarise.org/	Beloved Arise is a movement to fight for the lives of queer youth of faith. We build relationships, offer support, and inspire youth to embrace life to the fullest.
Affirming/Inclusive Bible	https://www.abebooks.com/Inclusive-Bible-First-Egalitarian-Translation-Priests-IVE7rICh3LawEcEAQYAiABEgLrsPD_BwE	A re-imagining of the scriptures and our relationship to them.
Muslim Youth Leadership Council	https://afy1.wpengine.com/about/our-programs/muslim-youth-leadership-council-mylc/	The Muslim Youth Leadership Council (MyLC) is a group of Muslim-identifying people ages 17-24 from across the country, working locally

		and nationally as activists, organizers, writers, leaders and more to promote LGBTQ rights, immigrant rights, and sexual and reproductive health and rights for Muslims.
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Mental Health

Resource Name	Website Link	Overview
LGBTQI NAMI: National Alliance on Mental Illness	https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/LGBTQI	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 Support LGBTQ Mental Health	https://equalityncfoundation.org/virtual_resources_to_support_lgbtq_mental_health/	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 LGBTQ People - Strong Family Alliance	https://www.strongfamilyalliance.org/parent-guide/essential-info/myths-that-stigmatize-lgbtq-people/	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	https://www.trilliumhealthresources.org/outreach	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 Youth From the Risks and Harms of Substance Use	https://drugfree.org/how-to-protect-lgbtq-youth-from-the-risks-and-harm-of-substance-use/	Showing your love, acceptance and support is essential to promoting your child's well-being. This behavior can significantly decrease an LGBTQ+ teen's likelihood of substance use and improve their mental health.
LGBTQIA+ Friendly Drug Rehab Facilities	https://drugrehabus.org/rehabs/treatment/lgbtqa/	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	https://save.org/product/lgbtq-youth-depression/	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	https://lgbtqequity.org/wp-content/uploads/2021/11/FAP-Overview_Helping-Diverse-Families.pdf	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	https://lgbtqequity.org/wp-content/uploads/2021/09/TF-CBT-FAP_Psychiatric-Times.pdf	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	https://www.sewi.org/lgbtq?qclid=Cj0KCQjwhL KUBhDiARIsAMaTLnFxvdZE3c_z- jk0tiGhyAPG8qxQnSqwbqwrV3DLcjsN6irj6VfwYyYaAnGWEALw_wcB	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.
National Queer and Trans Therapists of Color Network	https://nqttcn.com/en/	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	https://www.apa.org/pi/lgbt/programs/safe-supportive/lgbt	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	https://www.hrc.org/resources/mental-health-resources-in-the-lgbtq-community	Compiled resources for LGBTQ+ mental health and wellness.
QTBIPOC Mental Health and Well-Being	https://www.hrc.org/resources/qtbi poc-mental-health-and-well-being	Compiled resources for QTBIPOC mental health and wellness.
Questions to Help QTBIPOC Find Affirming Mental Health Providers	https://assets2.hrc.org/files/assets/resources/BIPOC_Inclusive_Therapist_Questions_073020.pdf?	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.

	_ga=2.67166098.2013463255.1654544970-1563611569.1654544970	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	https://www.verywellmind.com/16-mental-health-resources-to-support-the-lgbtq-community-5188200	Compiled resources for LGBTQ+ mental health and wellness.
True Colors United	https://truecolorsunited.org/	True Colors United implements innovative solutions to youth homelessness that focus on the unique experiences of LGBTQ young people.
Pride Institute	https://pride-institute.com/	Pride Institute offers inclusive and accepting recovery programs for members of the LGBTQ+ community.
Pride Counseling - Professional Therapy for LGBTQ Community	https://www.pridecounseling.com/	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	https://trans-cafe.squarespace.com/posts/2016/11/17/7-things-everyone-needs-to-know-about-being-trans-a-minority-1	An editorial written by a 22 year old trans-masculine student.
The Impact of Racism and Inequality on Sexual Health	https://www.advocatesforyouth.org/wp-content/uploads/2021/08/3Rs_ImpactofRacismInequalityOnSexualHealth_HighSchool_FINAL-1.pdf	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	https://www.hrc.org/resources/communities-of-color	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 -	https://www.hrc.org/resources/black-and-african-american-lgbtq-youth-report	Data collected from Black LGBTQ+ youth, shedding light on their challenges and triumphs encountered while navigating multiple, intersecting identities.
Black & LGBTQ: Approaching Intersectional Conversations	https://www.thetrevorproject.org/resources/guide/black-lgbtq-approaching-intersectional-conversations/	Approaches for before, during, and after a difficult conversation to make sure the dialogue – and your mental health – stays safe.
'Bibi' Lesson 2: Intersectionality	https://www.learningforjustice.org/classroom-resources/lessons/bibi-lesson-2-intersectionality-in-bibi-6-8	Lesson plan that explains intersectionality and how it relates to privilege and oppression.
Supporting Black LGBTQ Youth Mental Health	https://www.thetrevorproject.org/resources/guide/supporting-black-lgbtq-youth-mental-health/	Under the minority stress model, experiences of discrimination, rejection, threats, and violence are compounded, and can lead to negative mental health outcomes.
Learning Resources — LGBTQIA+ People of Color	https://www.lgbtqihealtheducation.org/resources/in/lgbtqi-people-of-color/	Compiled learning resources for LGBTQIA+ People of color.
Coming Out Resources for African Americans	http://assets2.hrc.org/files/assets/resources/ComingOutForAAJune2014.pdf	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	https://students673.ucr.edu/docserver/lgbt/queer_people_of_color_heroes_posters.pdf	An informational collection of prominent queer people of color.
Resources for API Families PFLAG	https://pflag.org/blog/resourcesapifamilies	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	https://www.glsen.org/lgbtq-youth-color	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	https://www.pbs.org/independentlens/content/two-spirits_map-html/	Worldwide, the sheer variety of gender expression is almost limitless. Take a tour and learn how other cultures see gender diversity.

Neuro-divergent Resources

Resource Name	Website Link	Overview
Dating Decision Tree The Birds and The Bees	https://asdsexed.org/2021/05/15/dating-decision-tree/	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	https://asdsexed.org/category/curriculum/my-curriculum-free/	Teaching human sexuality to individuals on the autism spectrum and with developmental disabilities
Why Neuro-divergence is also an LGBTQ+ topic	https://outleadership.com/insights/why-neurodivergence-is-also-an-lgbtq-topic/	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	https://www.ambitiousaboutautism.org.uk/what-we-do/awareness/inclusion/lgbtq	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	https://pflag.org/blog/something-talk-about-live-lgbtq-identities-and-neurodiversity	Discussion on LGBTQ+ Identities and Neurodiversity
Gendervague: At the Intersection of Autistic and Trans Experiences	https://www.aane.org/gendervague-intersection-autistic-trans-experiences/	Editorial with the lived experience of a gender vague, autistic, trans person.
LGBTQ & Intellectual Disability	https://yournacm.com/file_download/inline/9beb6733-12ba-44d2-a776-fe7ac4a286bb	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 individuals that have an intellectual disability and identify as a sexual minority.
Gay and on the Autism Spectrum: My Experience	https://www.respectability.org/2018/06/ericascherlgbtq/	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	https://www.lgbtqihealtheducation.org/wp-content/uploads/2020/08/Neurodiversity-and-Gender-Diverse-Youth_An-Affirming-Approach-to-Care_2020.pdf	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	https://www.additudemag.com/webinar/lgbtq-transgender-adhd-gender-diversity-podcast-350/	In this webinar, discuss the fundamentals of understanding gender diversity and how ADHD affects the journey.

<p>The Double Minority Effect: The Struggles of Identifying as Autistic and LGBTQIA+</p>	<p>https://opendoorstherapy.com/the-double-minority-effect-identifying-as-autistic-and-lgbtq/</p>	<p>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.</p>
<p>Celebrating and Supporting LGBTQ+ People with Intellectual and Developmental Disabilities</p>	<p>https://acl.gov/news-and-events/acl-blog/celebrating-and-supporting-lgbtq-people-intellectual-and-developmental</p>	<p>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.</p>

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You are enough, just as you are.