

Resources

- **PFLAG National** <https://pflag.org> (202) 467-8180
 - Our Mission-To create a caring, just, and affirming world for LGBTQ+ people and those who love them
 - Our Vision-An equitable, inclusive world where every LGBTQ+ person is safe, celebrated, empowered, and loved.
- **Gay, Lesbian & Straight Education Network (GLSEN)** www.glsen.org (212) 727-0135
 - As GLSEN was founded by a group of teachers in 1990, we knew that educators play key roles in creating affirming learning environments for LGBTQ youth. But as well as activating supportive educators, we believe in centering and uplifting student-led movements, which have powered initiatives like the Day of Silence, Ally Week, and more.
- **The National Youth Advocacy Coalition (NYAC)** <http://www.nyacyouth.org> (800) 541-6922
 - Discussion pages concerning aspects of coming out, bullying, and other issues.
- **Gay-Straight Alliance Network** <https://gsanetwork.org> (415) 552-4229
 - GSA Network is a next-generation 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.
- **National Center for Transgender Equality** <http://www.nctequality.org> (202) 642-4542
 - A nationwide community of transgender people. This group works for policy change to advance transgender equality.
- **Interact- Advocates for Intersex Youth** <https://interactadvocates.org>
 - Interact uses innovative legal and other strategies to advocate for the human rights of children born with intersex traits.
- **Sexual Minority Youth Assistance League (SMYAL)** www.smyal.org

- SMYAL creates opportunities for LGBTQ youth to build self confidence, develop critical life skills, and engage peers and community through service and advocacy.
- **Lavender Youth Recreation and Information Center (LYRIC)**
<http://www.lyric.org> (415) 703-6150
 - LYRIC's mission is to build community and inspire positive social change through education enhancement, career training, health promotion, and leadership development with LGBTQ youth, their families, and allies of all races, classes, genders, and abilities.
- **Bisexual Resource Center** <http://www.biresource.org>
 - The Bisexual Resource Center works to connect the bi + community and help members thrive through resources, support, and celebration.
- **National Gay and Lesbian Task Force** <http://www.thetaskforce.org>
 - We build political power, take action and create change to achieve freedom and justice for LGBTQ people and our communities.
- **COLAGE (Children of Lesbians and Gays Everywhere)** www.colage.org
 - COLAGE is the only national organization dedicated to supporting people with one or more LGBTQ caregivers.
- **Family Pride Coalition** <http://www.familypride.org>
 - To advance legal and lived equality for LGBTQ families, and for those who wish to form them, through building community, changing hearts and minds, and driving policy change.
- **Gay and Lesbian Alliance Against Defamation (GLAAD)**
<http://www.glaad.org>
 - GLAAD works through entertainment, news, and digital media to share stories from the LGBTQ community that accelerate acceptance.
- **Human Rights Campaign** <http://www.hrc.org> (202) 628-4160
 - The Human Rights Campaign envisions a world where every member of the LGBTQ+ family has the freedom to live their truth without fear, and with equality under the law.
- **Sexuality Information and Education Council of the United States (SIECUS)** <http://www.SIECUS.org> (212) 265-2405
 - SIECUS continues to advocate for the rights of all people to access and enjoy accurate and comprehensive sexuality information, education, and related health services.
- **Lambda Legal Defense and Education Fund** www.lambdalegal.org

- Lambda Legal, a 501(c)(3) nonprofit, is a national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and everyone living with HIV through impact litigation, education and public policy work.
- **National Center for Lesbian Rights** <http://www.nclrights.org> (415) 392-6257
 - NCLR is a national legal organization committed to advancing the civil and human rights of lesbian, gay, bisexual, and transgender people and their families through litigation, legislation, policy, and public education.
- **Drug Watch – LGBTQ+ Health Guide**
 - Health: <https://www.drugwatch.com/health/lgbtq/>
 - Anxiety: <https://www.drugwatch.com/mental-health/how-to-deal-with-anxiety/>
- **Rainbow Wardrobe** <https://tcpride.org/rainbow-wardrobe/> – Free gender affirming wardrobe items, new and gently used, at Twin Cities Pride Office.
- **Spanish Language Resources**
<https://pflag.org/events/latino-community-comunidad-latina/>

FAMILY RESOURCES:

- **Center for Disease Control and Prevention – LGBTQ Youth Resources**
<https://www.cdc.gov/lgbthealth/youth-resources.htm>
- **Gender Spectrum** <http://www.genderspectrum.org>
 - Gender Spectrum works to create gender sensitive and inclusive environments for all children and teens.
- **National Center for Transgender Equality** <https://transequality.org>
 - Name change/document changes
- **The Trevor Project** 1-866-488-7386
 - Crisis intervention and suicide prevention for LGBTQ youth.
www.thetrevorproject.org
- **Gender-bread Person 1.0**
<https://www.itspronouncedmetrosexual.com/2018/10/the-genderbread-person-v-4/>
 - Breaking down a complicated concept into bite-sized pieces
- **Trevor Support Center Glossary – key terms**
https://www.thetrevorproject.org/trvr_support_center/glossary/

- **Family Acceptance Project** <https://familyproject.sfsu.edu/>
 - Research, intervention, education and policy initiative to prevent health and mental health risks and to promote well-being for LGBTQ children and youth
- **River Valley Behavioral Health and Wellness Center** – Savage, MN
www.rivervalleybhwc.com
- **Hennepin County Cope Mobile Crisis Teams** – Adult and Child Mental Health Emergencies
<https://www.hennepin.us/residents/emergencies/mental-health-emergencies>
- **Scott County Mobile Crisis Services**
<https://www.canvashealth.org/location/scott-county-mobile-crisis/>
- **Secure Base Counseling Services** – via telehealth – Northfield, New Prague
<https://www.securebasecounselingcenter.com>
- **Reclaim** – RECLAIM’s mission is to increase access to mental health care so queer and trans youth may reclaim their lives from oppression in all its forms. RECLAIM is one of Minnesota’s only resources where queer and trans youth ages 12-25 can get financially accessible, specialized mental health care.
<https://www.reclaim.care/>
- **Social Media and Cyberbullying** <https://www.securebasecounselingcenter.com>
- **NAMI MN** (National Alliance on Mental Illness – Minnesota)
<https://www.namimn.org/> – Resources to get help and to learn about a wide range of topics

COUPLES WITH A PARTNER WHO IS TRANSITIONING:

- **Couples in Transition** : <https://couplesintransition.org>
 - Couples in Transition provides support for couples experiencing a gender transition within a committed relationship. Our group goal is to support the relationship, since so much of what we struggle with during gender transitions is a common experience among us.
- **Affinity Psychology Services**
<https://affinitypsych.com/couples-with-a-partner-who-is-transitioning/>
 - Our belief is that the best way to break down that stigma is to provide a level of service that clients are actually excited to tell their family and friends about

Helplines

- **The Trevor Project:** (<https://www.thetrevorproject.org>) (212) 695-8650
 - Call, text, or chat with us anytime you need support. If you are thinking about suicide, or feeling lonely, we're here to listen.
- **The Gay & Lesbian National Hotline:** <https://www.lgbthotline.org/hotline.html> (888) 843-4564
 - The LGBT National Hotline is for all ages.
 - We provide a safe space that is anonymous and confidential where callers can speak on many different issues and concerns including, but not limited to, coming out issues, gender and/or sexuality identities, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, suicide, and much more.
- **The GLBT National Youth Talkline** (800) 246-7743 (*youth serving youth through age 25*)
 - We provide a safe environment on the phone or internet for people of all ages to discuss issues that they don't feel comfortable talking about anywhere else.
- **The National Runaway Safeline:** <https://www.1800runaway.org>
 - Switchboard: 1-800-RUNAWAY
 - For more than 50 years, the National Runaway Safeline has been responding to youth and families in crisis, serving as the national communications system for runaway and homeless youth. We continually transform technology, training and services to meet the current needs of vulnerable youth and ultimately achieve an end to youth homelessness.
- **Trans Lifeline** – 877-565-8860
- **Minnesota Crisis Text Line** – send “MN” to 741741
- **Southern Valley Alliance serving Carver and Scott counties in Minnesota**
 - 24 hour crisis line (952) 873-4214
 - <http://www.svamn.org>
 - Southern Valley Alliance is a non-profit organization dedicated to providing victims of domestic violence and their families with support,

referrals, protection and advocacy. We proudly serve Carver and Scott counties in Minnesota.

- **Turningpoint for Victims of Domestic and Sexual Violence**, River Falls, WI
 - 24 hour crisis line: (800) 345-5104
 - Text hotline: (715) 821-8626
 - <https://www.turningpoint-wi.org/>
 - Weekly LGBTQIA+ virtual support group
- **NYC Anti-Violence Project**
 - 24/7 bilingual English/Spanish hotline: 212-714-1141
 - The AVP is a national organization working to end all forms of violence against LGBTQ+ and HIV-impacted people.
 - Text hotline: (715) 821-8626
 - <https://www.turningpoint-wi.org/>
 - Weekly LGBTQIA+ virtual support group

For HIV/AIDS Information:

- **National AIDS Hotline** (800) 342-AIDS
 - In Spanish: (800) 344-7432 TDD: (800) 243-7889
 - The National AIDS Hotline (NAH), a service of the Centers for Disease Control (CDC), is an information resource for the population of the United States, its Territories, and Puerto Rico concerning the human immunodeficiency virus (HIV) and acquired immunodeficiency syndrome (AIDS)

Support Groups

- **TransWomen: Tea Time** peer-led support group in Minneapolis for transwomen and femme-presenting individuals. Contact luna@aliveness.org or 612-244-0426 for more info

- **Turningpoint for Victims of Domestic and Sexual Violence**, Weekly virtual support group for LGBTQIA+ survivors, 715-425-6751 for more info

Books, Movies, etc

Books for Adults

- “The Bible and the Transgender Experience (How Scripture Supports Gender Variance)” by Linda Tatro Herzer
- “What Does God Think? Transgender People and the Bible” by Cheryl B Evans
- “This Is How It Always Is” by Laurie Frankel
- “Becoming Nicole, The Transformation of an American Family” by Amy Ellis Nutt
- “Guide to Being a Straight Ally” available from PFLAG Bookstore
<http://bookstore.pflag.org/site/>
- “Never a Girl, Always a Boy” by Jo Ivester
- “NonBinary for Beginners – Everything You’ve Been Afraid to Ask About Gender, Pronouns, Being An Ally and Black & White Thinking” by Ocean Atlas
- “Authentic Selves – Celebrating Trans and Nonbinary Parents and Their Families” Interviews by Peggy Gillespie
- [Pflag.org](http://pflag.org) – [Transgender Reading List for Adults](http://pflag.org)

Books for Kids

- “George” by Alex Gino
 - Ages 8-12. About a child who people say is a boy, but the child knows she is not a boy
- “If You’re a Kid Like Gavin” by Gavin Grimm, Kyle Lukoff
 - Ages 4-8. Autobiographical true story of how a young boy stood up for himself.
- “Red: A Crayon’s Story” by Michael Hall

- Picture book. Ages 3-7. A blue crayon mistakenly labeled as “red” suffers an identity crisis.

Teen/Young Adult

- “Gender Queer: A Memoir” by Maia Kobabe

Movies

- Trevor Project: Learn with Love Episode 1, The documentary short film features the compelling stories of three transgender young people and adults in their lives.
- “Gender Revolution”, National Geographic documentary hosted by Katie Couric
- “Anything’s Possible”, a modern Gen Z coming-of-age story that follows Kelsa, a confident high school girl who is trans, as she navigates her senior year of high school. Amazon original. Directed by Billy Porter.