



# Even More Resources for LGBTQI+ Folx

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It's been awhile since I updated my resource list. I'm what most would consider to be a lifelong learner. So I'm always on the lookout for new tools available to help out my LGBTQI+ folx. Check out the new things I've found! If I missed something you think it's important for me to know about, please shoot me an email so I can learn more. 🌈

- **Groups**

- **Gender Spectrum**

- Online groups for preteens, teens, parents/guardians. They even host an annual family conference.
- <https://www.genderspectrum.org/articles/gender-spectrum-groups>

- **Stand with Trans**

- Online groups for preteens, teens, parents/guardians
- <https://standwithtrans.org/support-groups/>

- **LGBT National Help Center**

- Offers chat rooms 4 days a week for youth 19 and under to find a supportive community on a variety of topics
- <https://www.lgbthotline.org/youthchatrooms.html>

- **Instagrams I currently love**

- [@gender\\_spectrum](#)
- @gender\_spectrum (I know I mentioned them for groups above, but their IG is also fun)
- [@qchatspace](#)
- [@imiguide](#)

- **Microgrants**

- **Trans Lifeline**

- Microgrants provide trans and nonbinary people with low-barrier funds and support to correct names and/or gender markers on identifying legal documents, and support our trans siblings behind bars.
    - <https://translifeline.org/microgrants/>

- **Reducing Substance Use**

- **Bicycle Health**

- This team reached out to me and I'm so happy they did! They have a great article, linked below, specifically about substance use in the LGBTQI+ community. While their goal is to reduce opioid use through suboxone treatment, what I think is great is that they have care available 24/7, accept most major insurance plans, AND are telehealth! Their article also features several resources specific to the LGBTQI+ community in regards to allied medical care in general. Well worth the read!
    - <https://www.bicyclehealth.com/blog/substance-use-disorder-lgbtq-community>

- **Gay and Sober Meetings**

- This links to daily meetings by country and can be broken down to individual states in the US.
    - <https://www.gayandsober.org/meetings>

- **Hotlines**

- **Trans Lifeline**

- Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. A place to call if you need someone trans to talk to, even if you're not in crisis or if you're not sure you're trans.
    - **1-877-565-8860**

- **The Trevor Project** has several direct online resources specifically for LGBTQ youth:

- Trevor Lifeline is a crisis intervention and suicide prevention phone service available 24/7 at **1-866-488-7386**.
    - TrevorChat is a confidential online instant messaging with a Trevor Counselor, available 24/7, during times of crisis at [trevorproject.org/get-help-now/](https://trevorproject.org/get-help-now/).
    - TrevorText is a confidential text messaging with a Trevor Counselor, available 24/7/365, by texting **START to 678678**.
    - TrevorSpace is an affirming international community for LGBTQ young people ages 13-24 available at [trevorspace.org](https://trevorspace.org)

- **Q Chat Space**

- 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. Everyone is chatting during the same pre-scheduled time. [Check out their upcoming groups](#)

- Topics include BIPOC trans youth, fashion, coming out stories, Marvel, religion, substance use, and on & on (I love this!)
  - **Born this way foundation**
    - I love this service, it's basically a worldwide search engine that will direct you to ALL of the text/chat/phone hotlines for your needs and specific to things like veterans, elders, teens, LGBTQ, BIPOC, AAPI, and more!
    - <https://bekind.findahelpline.com/>
  - **LGBT National Hotline 888-843-4564**
    - Anonymous and confidential to get support on a variety of issues
    - I love that they also have a help email [help@LGBThotline.org](mailto:help@LGBThotline.org)
    - And a number specific for youth up to age 25 LGBT National Youth Talkline **800-246-7743**
    - As well as one for seniors 50+ **888-234-7243**
- **Self-guided exploration**
  - **Imi (pronounced I'm Me!)**: this page is beautiful and so colorful. I love looking at it :)
  - **Human Rights Campaign**: if you're looking for activism and ways to get involved, HRC is a great place to get started <https://www.hrc.org/>
  - **GLBT National Resource Database**
    - Oh, wow, this is THE most comprehensive list of any and every resource you could ever possibly need. It's insane and worth a save!
    - <https://www.glbtnearme.org/GLBTNearMeResults.php?national=Yes>
  - **CenterLink**
    - Helps you locate LGBTQ community centers near you (in MD we have 2!)
    - <https://www.lgbtcenters.org/>
  - **QueerDoc**
    - The LGBTI community unfortunately does not always have the same access to medical care (particularly gender affirming care). Queer Doc helps with this by having LGBTQI medical providers that can be accessed via telemedicine. Unfortunately, they're not currently available in MD, but please check out their articles because they're extremely comprehensive and informative! <https://queerdoc.com/blog/>

As with my previous list, this is by no means an exhaustive resource. Each one of these pages have **huge** resource lists in their own right. My list is just to get you started, but please feel free to reach out to me to chat further if you have more questions!



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