



Rainbow-Friendly Resources

The Trevor Project: Free suicide & crisis counseling for LGBTQ youth. Call 866-488-7386. The Trevor Lifeline provides 24 hr, 7 day a week, trained help. Put in your phone & share it! Allies can call for resources too.

To live chat or use text counseling: www.thetrevorproject.org/pages/get-help-now

See also their Resources/Support Center tab for Coming Out info.

Trans Lifeline: Peer support, material assistance, etc. Hotline: 877-565-8860 / www.translifeline.org

Trans Youth Equality Foundation: Glossary/info., etc. www.transyouthequality.org

Nat'l. Ctr. For Transgender Equality: Lots of resources. www.transequality.org

Gender Spectrum: Info/resources etc. www.genderspectrum.org

The Rainbow Youth Alliance (RYA), Rockville, MD: No registration required for free, twice-monthly, in-person meetings with adult facilitators to support/inform/connect LGBTQ teens, exclusively for ages 13 – 18: www.rainbowyouthalliancemd.org

PFLAG: Parents, Friends & Family of Lesbian, Gay, Bisexual, & Transgender People. National site has info in 102 languages (translation widget @ top): www.pflag.org

Find in-person support groups in Metro DC/MD/VA: www.pflagdc.org

MoCo LGBTQ Youth Forum, Rockville, MD: Free open-mic coffeehouse 1st Sat. of month + other social or educational events for LGBTQ youth.

www.mocoyouthforum.lgbt