

## NH RESOURCES

### **Rural Outright**

Sullivan County & surrounding towns  
(603) 542-1848 ext 306  
[www.tlcfamilyrc.org/ruralnhoutright.html](http://www.tlcfamilyrc.org/ruralnhoutright.html)  
Facebook: @RuralNHOutright  
Instagram: @ruralnhoutright

### **Seacoast Outright**

Portsmouth & surrounding towns  
[www.seacoastoutright.org](http://www.seacoastoutright.org)  
Facebook: @OutrightPride  
Instagram: @outrightpride

### **PFLAG Lebanon/Upper Valley**

1-800-750-2524 or [pflaguv@gmail.com](mailto:pflaguv@gmail.com)  
[community.pflag.org/transgender](http://community.pflag.org/transgender)

### **Out Proud Net**

<http://outproud.weebly.com/>

### **GLSEN NH**

Concord, NH  
(603) 560-6998 or [www.glsen.org/newhampshire](http://www.glsen.org/newhampshire)  
Facebook: @glsennewhampshire  
Instagram: @glsennh

### **PFLAG NH**

New Hampshire Chapter  
[www.pflagnh.org](http://www.pflagnh.org)

### **The Venture Out Project**

[www.ventureoutproject.com](http://www.ventureoutproject.com)  
Facebook: @ventureoutproject  
Instagram: @theventureoutproject

### **Camp Quinebarge**

Moultonborough, NH  
[www.campquinebarge.com](http://www.campquinebarge.com)  
Facebook: @camp.quinebarge  
Instagram: @campquinebarge

## NEED IMMEDIATE SUPPORT?

### **CRISIS HOTLINES:**

#### **The Trevor Project**

24/7 Lifeline (talk or text)  
1-866-488-7386  
[www.thetrevorproject.org](http://www.thetrevorproject.org)

#### **GLBT National Help Center**

Hotline: 1-888-THE-GLNH  
Youth Talkline: 1-800-246-PRIDE  
[help@GLBThotline.org](mailto:help@GLBThotline.org)  
[www.glbthotline.org/youth-talkline](http://www.glbthotline.org/youth-talkline)

#### **Lesbian, Gay, Bisexual & Transgender Helpline**

1 (888)-340-4528

#### **National Suicide Prevention Help Line**

1 (800) 273-8255  
[suicidepreventionhotline.org](http://suicidepreventionhotline.org)



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## LGBTQ+ YOUTH & FAMILIES



## Resource Guide

## YOUTH RESOURCES

### **It Gets Better Project**

[www.itgetsbetter.org](http://www.itgetsbetter.org)

User-driven LGBTQ video content with 60,000 inspiring personal stories

### **Sex, etc.**

[sexetc.org](http://sexetc.org)

Sexual education, with publications by & for teens addressing gender identity/expression, sexual orientation & health

### **Trans Lifeline**

1-877-565-8860

[www.translifeline.org](http://www.translifeline.org)

Hotline staffed by transpeople for transpeople

### **Gender Odyssey**

[www.genderodyssey.org](http://www.genderodyssey.org)

Education, support & training for families & educators about gender identity/expression

### **Gender Spectrum**

[www.genderspectrum.org](http://www.genderspectrum.org)

Videos & tools about gender-related diversity/issues

### **Trans Youth Equality**

[www.transyouthequality.org](http://www.transyouthequality.org)

Support for trans children & their families, how-to info for youth, age-appropriate book lists, links to legal resources, retreats & camps

### **Camp Aranu'tiq**

Needham, MA

[www.camparanutiq.org](http://www.camparanutiq.org)

Facebook: @camparanutiq



## ***Positive Ways to Influence Health of LGBTQ+ Youth:***

- Talk and Listen with Respect
- Provide Support
- Stay Involved
- Be Proactive



## FAMILY RESOURCES

### **My Kid is Gay**

[mykidisgay.com](http://mykidisgay.com)

Resources for parents

### **Family Acceptance Project**

[familyproject.sfsu.edu](http://familyproject.sfsu.edu)

Videos, research, practice guides & training on family acceptance/rejection

### **TransYouthFamilyAllies**

[imatyfa.org/youth.html](http://imatyfa.org/youth.html)

Comprehensive basic information, advocacy & links to services for families

### **Advocates for Youth**

[www.advocatesforyouth.org](http://www.advocatesforyouth.org)

Articles, tips & advocacy information for parents about LGBTQ issues

### **Human Rights Campaign (HRC)**

[www.hrc.org/youth-report](http://www.hrc.org/youth-report)

Survey, videos & articles about national LGBT youth legislation

### **National Gay Straight Alliance Network**

[gsanetwork.org](http://gsanetwork.org)

Network of student-run, inclusive, middle & high school clubs

### **Gay, Lesbian & Straight Education Network**

[www.glsen.org](http://www.glsen.org)

Links for students about upcoming events, GSA club registration & resources

### **National Center for Transgender Equality**

[transequality.org](http://transequality.org)

Social justice advocacy organization

### **KidsHealth**

[www.kidshealth.org](http://www.kidshealth.org)

Health modules for parents, kids, & teens with topics including: sexual orientation, drugs/alcohol & health