

# LGBTQIA+ YOUTH VT RESOURCES

## LOCAL AND NATIONAL

### FURTHER EDUCATION FOR PARENTS AND FAMILIES

Resource from American Academy of Pediatrics for Parents and Families of TGDY

Resource guide made by the Human Rights Campaign on how to best support and care for TGDY

PFLAG guidebook on family support for TGDY



### EDUCATIONAL RESOURCES FOR YOUTH

IMI, a Youth-focused support for gender and mental health concerns

Tips for safe chest binding from Fenway Health

Tips for safe tucking procedures from OHSU Doernbecher Children's Hospital

### LOCAL COMMUNITY RESOURCES

**Outright Vermont** – LGBTQIA+ community organization offering connections to resources, advocacy, and support for transgender and gender diverse youth and parents Home – <https://outrightvt.org/>

**Pride Center of Vermont** – LGBTQIA+ community organization offering connections to resources, advocacy, HIV/STI testing, and support for transgender and gender diverse adults (18+) – <https://www.pridecentervt.org/>

**Vermont Diversity Health Project** – A running list of healthcare providers across a broad range of specialties who identified as safe, affirming, supportive, and effective for LGBTQIA+ Vermonters – <https://www.pridecentervt.org/programs/health/vdhp/>

**Adirondack North Country Gender Alliance** – Safe space for LGBTQIA+ people in Saranac Lake/North Country area – <https://www.facebook.com/adkncga/about>

### NATIONAL RESOURCES

**PFLAG** – supporting, educating, and advocating for LGBTQ+ people and those who love them – <https://pflag.org/>

**GLSEN** - National network of educators, students, and local chapters who advocate for safe, supportive, and LGBTQ-inclusive K-12 education – <https://www.glsen.org/>

**Family Acceptance Project** – resources for both LGBTQ youth and families to help parents/caregivers to access accurate information about their children's sexual orientation and gender identity and built youth and family resiliency and support - <https://lgbtqfamilyacceptance.org/>



## SUPPORT GROUPS

**OutRight VT** offers a variety of both youth and parent support groups - find more info at <https://outrightvt.org/social-and-support-groups>

**Gender Spectrum** offers free online support groups for parents, caregivers, and other family members - <https://www.genderspectrum.org/articles/gender-spectrum-groups>

**Trevor Project** hosts the TrevorSpace online platform for LGBTQIA+ young people (ages 13-24) – find out more at <https://www.thetrevorproject.org/visit-trevorspace/>

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## MENTAL AND PHYSICAL HEALTH RESOURCES

See **VT Diversity Health Project** above

**River Stone Counseling VT** (Spectrum Youth & Family Services) – Counseling services for teenagers, young adults, and their families to help them identify and work with their strengths in a trauma-informed, inclusive environment to achieve their goals – <https://www.spectrumvt.org/what-we-do/counseling/>

**UVMHC Transgender Youth Program** – Gender-affirming medical care clinic at University of Vermont Medical Center – <https://www.uvmhealth.org/childrens-hospital/pediatric-specialties/transgender-youth-program>

### Community Health Centers

**Planned Parenthood of Northern New England** - reproductive health care and sexuality education provider and advocate in Vermont and Northern New England offering gender- and trans-inclusive medical care and education

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## CRISIS LINES AND RESOURCES

**Suicide & Crisis Lifeline** – 24/7/365 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones – Call or Text 988/Chat (<https://988lifeline.org/chat/>) – Visit <https://988lifeline.org/> for more info

**Trevor Project Crisis Hotline** - 24/7/365 free and confidential support for LGBTQIA+ young people – Call 1-866-488-7386/Text ‘Start’ to 678-678/Chat (<https://www.thetrevorproject.org/get-help/>) – Visit <https://www.thetrevorproject.org/get-help/#lifeline> for more info

**Trans Lifeline** – Trans peer community support that’s divested from police involvement, run by and for trans people – Call (877) 565-886 – Visit <https://translifeline.org/> for more info

**VT Crisis Text Line** – 24/7/365 free crisis text line that will respond quickly and provide live support for any urgent or crisis situation – Text VT to 741741

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## POLICY/LEGAL RESOURCES

**Legal Name & Gender Change Guide** from Outright VT

**Practice Guidelines for School Support** of Transgender and Gender Diverse Students from VT Agency of Education

**VT Legal Aid/Legal Services VT** – Resources for TGD and Intersex Vermonters as well as general free legal support – <https://vtlawhelp.org/trans-resources>

**Lambda Legal** – Resources about legal rights and protections for LGBTQIA+ young people and resources for transgender folks – <https://lambdalegal.org/>



[UVMHealth.org/childrens](https://UVMHealth.org/childrens)