NH RESOURCES

**Rural Outright**
Sullivan County & surrounding towns
(603) 542-1848 ext 306
www.tlcfamilyrc.org/ruralhoutright.html
Facebook: @RuralNHOutright
Instagram: @ruralhoutright

**Seacoast Outright**
Portsmouth & surrounding towns
www.seacoastoutright.org
Facebook: @OutrightPride
Instagram: @outrightpride

**PFLAG Lebanon/Upper Valley**
1-800-750-2524 or pflaguv@gmail.com
community.pflag.org/transgender

**Out Proud Net**
http://outproud.weebly.com/

**GLSEN NH**
Concord, NH
(603) 560-6998 or www.glsen.org/newhampshire
Facebook: @glsennh
Instagram: @glsennh

**PFLAG NH**
New Hampshire Chapter
www.pflagnh.org

**The Venture Out Project**
www.ventureoutproject.com
Facebook: @ventureoutproject
Instagram: @theventureoutproject

**Camp Quinebarge**
Moultonborough, NH
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

**GLBT National Help Center**
Hotline: 1-888-THE-GLNH
Youth Talkline: 1-800-246-PRIDE
help@GLBThotline.org
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

Resource Guide
Positive Ways to Influence Health of LGBTQ+ Youth:

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

YOUTH RESOURCES

It Gets Better Project
www.itgetsbetter.org
User-driven LGBTQ video content with 60,000 inspiring personal stories

Sex, etc.
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
Hotline staffed by transpeople for transpeople

Gender Odyssey
www.genderodyssey.org
Education, support & training for families & educators about gender identity/expression

Gender Spectrum
www.genderspectrum.org
Videos & tools about gender-related diversity/ issues

Trans Youth Equality
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
Facebook: @camparanutiq

FAMILY RESOURCES

My Kid is Gay
mykidisgay.com
Resources for parents

Family Acceptance Project
familyproject.sfsu.edu
Videos, research, practice guides & training on family acceptance/rejection

TransYouthFamilyAllies
imatyfa.org/youth.html
Comprehensive basic information, advocacy & links to services for families

Advocates for Youth
www.advocatesforyouth.org
Articles, tips & advocacy information for parents about LGBTQ issues

Human Rights Campaign (HRC)
www.hrc.org/youth-report
Survey, videos & articles about national LGBT youth legislation

National Gay Straight Alliance Network
gsanetwork.org
Network of student-run, inclusive, middle & high school clubs

Gay, Lesbian & Straight Education Network
www.glsen.org
Links for students about upcoming events, GSA club registration & resources

National Center for Transgender Equality
transequality.org
Social justice advocacy organization

KidsHealth
www.kidshealth.org
Health modules for parents, kids, & teens with topics including: sexual orientation, drugs/alcohol & health