

## LGBTQ+ Support Resources

A collection of community and national resources for LGBTQ+ individuals and families to find counselors, peer support, support groups, toolkits, and emotional health specialists.

### Community Resources:

#### **BGLAD**

- <https://www.youtheastideservices.org/services/community-based/bglad>
- LGBTQ+ Youth weekly, confidential support group, Thursday 6-8pm
- During COVID, held via Zoom and cost is free

#### **Gay City: Seattle's LGBTQ Center**

- <https://www.gaycity.org>
- (206) 860-6969; Email: [info@gaycity.org](mailto:info@gaycity.org)
- Resource Helpline: (206) 323-LGBT; 24-Hour Crisis Line: (866) 427-4747
- Queer N'Teen live chats at <https://www.gaycity.org/queernteen>

#### **Ingersoll Gender Center**

- <https://ingersollgendercenter.org>
- (206) 849-7859
- Provides mutual support through peer led support groups, advocating in navigating resources, community organizing, and education

#### **King County Trans Resource and Referral Guide**

- <https://kctransguide.org>

#### **Lambert House**

- <https://www.lamberthouse.org>
- (206) 322-2515
- Provides support groups, planned meetings, youth programs

#### **PFLAG**

- <https://pflag.org>
- (202) 467-8180
- Organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies

#### **Seattle Children's Gender Clinic**

- <https://www.seattlechildrens.org/clinics/gender-clinic>
- (206) 987-2028
- The only multidisciplinary clinic (adolescent, endocrine, and emotional health specialists) in our region for youth who are transgender or gender nonconforming

#### **Seattle Counseling Service (SCS)**

- <https://seattlecounseling.org>
- Provides counseling and support groups for the LGBTQ+ community
- Also support for Substance Use Disorders, Sexual Health, and Immigrants/Refugees

#### **Snohomish County Trans Resource and Referral Guide**

- <https://ingersollgendercenter.org/snohomish-resourceguide>

## National Resources:

### Gender Spectrum

- <https://www.genderspectrum.org>
- Offers, resources for challenging times, online consulting, online groups for most ages

### Q Chat Space

- <https://www.qchatspace.org>
- Provides online discussion groups for LGBTQ+ teens ages 13-19
- Facilitated, supportive live chat during pre-scheduled times. No video or audio

### Trans Lifeline

- <https://translifeline.org>
- (877) 565-8860
- Organization that connects trans people to community, support, and resources

### Trans Student Educational Resource

- <http://transstudent.org>
- Youth-led organization dedicated to transforming the educational environment for trans and gender non-conforming students through advocacy and empowerment