



LGBTQ+ Resources

Helplines

Trevor Lifeline 1-866-488-7386 or text START to 678-678

Trans Lifeline– 877-565-8860

Trans Lifeline is a non-profit dedicated to the well being of transgender people. We run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have. The Trans Lifeline is a crisis line staffed entirely by transgender operators.

Youth Talkline is 1-800-246-PRIDE (1-800-246-7743).

Youth Line CALL 877-968-8491 TEXT 'teen2teen' to 839863 24/ 7; 4-10 PM with teens

Lines for Life 800-273-8255

Movement Advancement Project. April 2019.

Where We Call Home: LGBT People in Rural America. www.lgbtmap.org/rural-lgbt

Gender Unicorn <https://transstudent.org/gender/>

Articles on Disability and LGBTQ+

<https://www.respectability.org/resources/lgbtq/#articles>

Cultural

Native Youth Sexual Health Network-sexual and reproductive health, rights and justice throughout the United States and Canada for Indigenous youth under age 30.

<https://www.nativeyouthsexualhealth.com/>

Black and Beyond the Binary-healing and advocacy for Black- African transgender, queer, nonbinary, and intersex (TQNI+) Oregonians.

<https://www.facebook.com/BBBCollective/>

<https://itgetsbetter.org/blog/initiatives/organizations-serving-black-lgbtq-community/>

Many Voices www.manyvoices.org

Familia es Familia-Building support among Latinx communities for acceptance of gay and lesbian family members- www.familiaesfamilia.org

UTOPIAPDX- Queer and Trans Pacific Islanders (QTPIs) heal through the love for our culture and the love for our people- <https://www.utopiaportland.org>

Social Supports

From: <https://www.lambdalegal.org/know-your-rights/article/youth-ally>

Everyone

- Don't make assumptions about people's sexual orientation or gender identity.
- Speak out against homophobia, transphobia and anti-LGBTQ harassment and discrimination.
- Speak out against the use of antigay slurs.
- Be supportive of anyone who chooses to come out.
- Attend LGBTQ events.
- Read, learn about and discuss LGBTQ issues and the rights of LGBTQ students.
- Wear or display LGBTQ-friendly buttons, stickers or posters.

Parents and Family Members

- Support your children and their friends who question their sexuality or identify as LGBTQ.
- Be available to meet with school faculty or staff about these issues.
- Help your children or their friends file complaints about discrimination or harassment.
- Help organize events like celebrations for LGBTQ History Month.
- Hold your child's school accountable for violating the school district's nondiscrimination policy or state laws.

<https://www.trevorspace.org/> TrevorSpace is an affirming international community for LGBTQ young people ages 13-24. Sign up and start a conversation now.

Good Connection: A Social Support group for Gender-Diverse Tweens

A weekly therapy group for gender-diverse tweens (transgender, non-binary, other gender-expansive or questioning tweens, ages 8-13) to find friendship, support, and talk about the weirdness of online social life.

Talk with other gender-diverse kids who are missing friends, figuring out video chat hangouts, and facing the #AwkwardMoment of online school.

We'll play games, share stories, learn tips for taking care of our minds and emotions, and—just maybe—make some new friends over video.

\$30 Tween - <https://www.fullspectrumpx.com/groups>

Gender Spectrum Lounge: Meet new people and connect with friends and colleagues online- <https://genderspectrum.org>

Oregon Supports

BENTON/LINN COUNTIES

Corvallis High School Sexuality and Gender Alliance <https://chs.csd509j.net/student-life/activities-clubs/>

Intersection Connection via Zoom Safe space for all queer middle schoolers to build community. Meets 2nd & 4th Monday from 4–5 pm. Participants must RSVP to get the Zoom password. <http://www.oldmillcenter.org/events/intersection-connection/>

Out-N-About Linn & Benton counties only LGBTQQIP (Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Pansexual) youth group. A safe and welcoming environment for high school aged youth to find support, understanding, friendship, and information about LGBTQQIP issues. Contact us via Facebook or outnaboutyouth@gmail.com or <https://www.facebook.com/ONAsupportourstudents/> + <https://www.facebook.com/groups/6750158637/>

Mid-Willamette Trans Support Network The Mid-Willamette Trans Support Network is a source for local transgender, nonbinary, gender diverse, gender nonconforming, and questioning people and their families. Resource for those who are seeking support, assistance, and education about topics related to living as a trans, nonbinary, gender diverse, gender nonconforming, or questioning person. <https://www.facebook.com/MidWillametteTransSupport/>

Jackson Street Youth Shelter Homeless and runaway teens. Youth in crisis. Jackson Street Youth Shelter in Corvallis, Oregon, gives youth a safe place to live and resources that get them on the road to a better life. Founded to fill a gap in local support services

for housing homeless youth, we serve Linn and Benton Counties and rely on donations and partnerships from throughout the Corvallis and Albany areas. Provides transitional housing for youth age 10-17.

24-Hour Hotline: 800-901-2904 Corvallis shelter: 555 NW Jackson Ave. 541.754.2404. Albany contact information is: 541.223.8844

Oregon State University Pride Center <https://dce.oregonstate.edu/pc>

Cheldelin Middle School Pride Club <https://cheldelin.csd509j.net/student-life/activities-clubs>

CLACKAMAS COUNTY

Youth ERA The Clackamas Drop is staffed by Youth Peer Support Specialists who are committed to helping young adults empower themselves and successfully transition into adulthood. Our programs and services help youth/young adults become leaders in their own lives and communities. We provide opportunities to build leadership and advocacy skills through team-based learning and activities. <https://www.youthera.org/clackamas-drop>

The Living Room Through peer support, youth share space with someone who has shared lived experience to learn together, build relationships, and move from fear toward hope and possibility <https://www.facebook.com/TheLivingRoomLGBTQ/>

Milwaukie High School & Milwaukie Academy of the Arts Gay-Straight Alliance <https://www.nclack.k12.or.us/mhs/page/gsa>

Clackamas High School Gender & Sexuality Alliance <http://gsaclackamas.weebly.com/>

Oregon City High School Gay-Straight Alliance <https://www.ochspioneers.org/ochs/gay-straight-alliance-gsa>

CLATSOP COUNTY

Astoria High School Rainbow Alliance <https://sites.google.com/a/astoriak12.org/rainbow-alliance/>

Seaside High School https://shs.mpusd.net/apps/pages/index.jsp?uREC_ID=978912&type=d&pREC_ID=1299902

Lower Columbia Q Center The mission of the Lower Columbia Q Center is to be a safe and welcoming resource and support service to the LGBTIQIA+ community, friends, families and allies of the Lower Columbia Region <https://www.lowercolumbiaqcenter.org/>

COLUMBIA COUNTY

Scappoose High School FLATH/GSA <https://www.scappoosek12.org/Page/1929>

Queer-friendly Columbia County therapist listing
<https://www.psychologytoday.com/us/therapists/gay/or/columbia-county>

CLATSOP COUNTY

Astoria High School Rainbow Alliance <https://sites.google.com/a/astoriak12.org/rainbow-alliance/>

Seaside High School
https://shs.mpusd.net/apps/pages/index.jsp?uREC_ID=978912&type=d&pREC_ID=1299902

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CROOK COUNTY

PFLAG Central Oregon <https://pflagcentraloregon.webs.com/>

PFLAG Prineville Facebook <https://www.facebook.com/pflagcoprineville/>

OUT Central Oregon Out Central Oregon is committed to developing events to encourage and support community involvement to promote inclusivity, visibility, and equality for gay, lesbian, bisexual, and transgender Central Oregonians and their families: <https://www.meetup.com/OUTCentralOregonLGBTQ/>

DESCHUTES COUNTY

Human Dignity Coalition <https://www.facebook.com/pg/HumanDignityCo/posts/>

Central Oregon Pride <https://centraloregonpride.org/>

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PFLAG Central Oregon <https://pflagcentraloregon.webs.com/>

Mountain View High School Gender & Sexuality Alliance

<https://www.bend.k12.or.us/mountainview/student-life/activities-and-clubs>

DOUGLAS COUNTY

Umpqua Unitarian Universalist Church <https://www.uua.org/lgbtq>

Umpqua Community College Queer Student Advocacy <https://www.umpqua.edu/clubs-organizations>

PFLAG Douglas County <https://pflagrsbg.wixsite.com/pflagroseburg>

HOOD RIVER COUNTY

Columbia Gorge Pride <https://columbiagorgepride.com/>

Hood River Valley High School Gay-Straight Alliance <https://hrv-gsa.weebly.com/>

JACKSON COUNTY

Brave Space LLC Support Groups- Free Online Support Groups! 18 years or older from anywhere in Oregon.

Trans & LGBTQ+ People of Color Online Support Group

To get started, fill out our survey: <http://bit.ly/3tzk1k7>

Wednesdays 6:00-7:30 pm | Starts Feb 17, 2021

Facilitator: Gabriella Luther (she/her), PhD in progress

"As a bisexual and mixed-race woman, I know how living at the intersections of stigmatization can make navigating systems of power and privilege all the more traumatic and isolating. I also know that with diverse experiences comes incredible strength, flexibility, and community. My hope is that this group can help you reconnect to yourself and others, and through that connection, you can heal old wounds and better access your strengths."

Trans Women & Nonbinary Femmes Weekly Hangout

To get started, fill out our survey: <http://bit.ly/2Lvb8qA>

Wednesdays 6:00-7:30 pm | Starts Feb 17, 2021
Facilitator: Danielle Meyer (she/her), Activist, Advocate

"I identify as Transgender woman. I want to share the unique happiness that is living our true selves and I want to help other trans women at all stages in their journeys, to find their own peace and personal acceptance through engagement and sharing in a safe group environment. Additionally, I see it as vital to our individual success to have a connection with others who encounter similar hardships that we face in a world that is just beginning to accept trans-identities."

Queer Coffee House

https://jcls.bibliocommons.com/list/share/1238168377_jcls_business_elanna/1775327129_queer_coffee_house_the_virtual_library First Saturday every month on Zoom
10:00 a.m. - 12:00 p.m. Register Here: <https://jcls.libcal.com/event/7098843>

Youth ERA <https://www.youthera.org/medford-drop>

Southern Oregon Queer Resource Center <https://inside.sou.edu/grc/index.html>

Phoenix High School Gay-Straight Alliance <https://www.phoenix.k12.or.us/domain/1114>

JEFFERSON COUNTY

OR LGBTQ+ Resources and Supports

<https://www.facebook.com/LGBTQJeffersonCountyOr/>

Central Oregon Pride <https://centraloregonpride.org/>

OUT Central Oregon is committed to developing events to encourage and support community involvement to promote inclusivity, visibility, and equality for gay, lesbian, bisexual, and transgender Central Oregonians and their families

<https://www.meetup.com/OUTCentralOregonLGBTQ/>

JOSEPHINE COUNTY

Southern Oregon LGBTQ Resources <https://www.facebook.com/solgbtq/>

PFLAG Grants Pass <https://www.meetup.com/Grants-Pass-PFLAG/>

Grants Pass High School Southern Oregon Pride

<https://www.grantspass.k12.or.us/domain/782>

KLAMATH COUNTY

Oregon Institute of Technology Treehouse <https://www.oit.edu/campus-life/student/programs/campus-life-resource-centers> Study space, printing, meditation area.

Oregon Institute of Technology LGBTQ Support <https://rainbowowlsoit.blogspot.com>

LANE COUNTY

University of Oregon Lesbian, Gay, Bisexual, Trans, and Queer Services
<https://dos.uoregon.edu/lgbt>

Youth ERA Eugene The Eugene Drop is a safe space for young people to feel heard, supported, and capable of creating change: <https://www.youthera.org/eugene-drop>

South Eugene High School Gender & Sexuality Alliance https://sehs.4j.lane.edu/wp-content/uploads/2019/10/2019_2020-South-Club-List.pdf

Sheldon High School Gender & Sexuality Alliance <https://shs.4j.lane.edu/clubs-3/>

Churchill High School Gender & Sexuality Alliance <https://chs.4j.lane.edu/clubs/>

Willamette High School Gender & Sexuality Alliance
<http://www.bethel.k12.or.us/schools/willamettehighschool/clubs-organizations>

Trans*Ponder offers several monthly meetings, special events for trans/gender diverse folks and allies <https://transponder.community/meetingsevents> Resource Directory for gender-affirming providers <https://transponder.community/resource-directory/>

LGBTQ Youth Group of Eugene/Springfield Conversational youth group using virtual meeting space to build community supports. Contact Laura Philips by email at lphilips@earthlink.net , Sponsored by PFLAG

LINCOLN COUNTY

Yachats Pride celebrates the free expression of gender, culture and sexual orientation of LGBTQ+ people and their Allies by hosting fun and educational events that celebrate diversity and help to eradicate discrimination and violence: <https://yachatspride.org/>

The Bravery Center seeks to foster bravery, empowerment, and advocacy within LGBTQ+ youth in our community. Bravery Center was created from the need to address the isolation, social rejection, and lack of resources facing rural LGBTQ+ youth. With courage and compassion, we strive to create safe space, promote visibility and acceptance, build equitable resources, and strengthen our community
<https://www.facebook.com/braverycenter/>

PFLAG Oregon Central Coast <https://occpflag.org/lincoln-county-lgbt-gatherings/>

Newport High School Gay-Straight Alliance <https://nhs.lincoln.k12.or.us/our-school/clubs/>

Sammy's Place-co housing <https://www.facebook.com/groups/152987659206242/>

MARION/POLK COUNTIES

Youth ERA <https://www.youthera.org/virtual-support> <https://www.youthera.org/salem-drop>

Salem Rainbow Youth COVID Update: Rainbow Youth is not doing in person meetings, but they are providing a discord server. To be invited to the discord server you can message Salem Rainbow Youth on their Facebook. <https://www.facebook.com/SalemRainbowYouth/>

Planned Parenthood Salem <https://www.plannedparenthood.org/health-center/oregon/salem/97305/salem-center-2412-91400>

PFLAG Salem <https://www.facebook.com/pflagsalem/>

Willamette University Gender Resource and Advocacy Center <https://willamette.edu/student-life/diversity/grac/index.html>

MULTNOMAH COUNTY

Q Center: <https://www.pdxqcenter.org/home>

Sexual Minority Youth Recreation Center: <http://www.smyrc.org/>

Outside In: <https://outsidein.org/young-adult-services/lgbtqiaplus/>

P:ear: <https://www.pearmentor.org/youth/>

PFLAG Portland: <https://www.pflagpdx.org/>

PRISM Health (LGBTQ+ specific health clinic): <https://prismhealth.org/>

FTM Peer Support Group Meets every Tuesday 7pm-9pm using Zoom <https://us02web.zoom.us/j/2842735220> Email finn.lin.email@gmail.com for password

Queer Youth group Sign-up for Queer Youth Group: <https://bit.ly/gcgyg>

SHERMAN COUNTY

Rural Organizing Project is a state-wide organization that supports a multi-issue, rural-centered, grassroots base in Oregon. We work to build and support a shared standard of human dignity: the belief in the equal worth of all people, the need for equal access to justice and the right to self-determination. <https://rop.org>

UMATILLA COUNTY

PFLAG Pendleton <https://www.facebook.com/PFLAG.Pendleton/>

Blue Mountain Community College <https://www.bluecc.edu/support-services/services/lgbtq-resources>

UNION COUNTY

Eastern Oregon University Gender & Sexuality Resource Center
<https://www.eou.edu/mc/multicultural-clubs/gender-and-sexuality-resource-center/>

PFLAG Union County <https://sites.google.com/site/pflagunioncounty/>

Eastern Oregon Gender and Sexuality Resource Center
<https://www.eou.edu/mc/multicultural-clubs/gender-and-sexuality-resource-center/>

WASHINGTON COUNTY

Hillsboro High School Gay-Straight Alliance <https://www.hsd.k12.or.us/domain/544>

Pacific University Center for Gender Equity
<https://www.pacificu.edu/academics/academic-support/centers-institutes/center-genderequity/lgbtq-issues>

Beaverton High School Gay-Straight Alliance
<https://bhs.beaverton.k12.or.us/activities/clubs>

Sherwood High School Sexuality & Gender Acceptance Club
<https://shs.sherwood.k12.or.us/athletics-activities/activities/clubs/>

Tualatin High School Gay-Straight Alliance <https://www.ttsdschools.org/Page/6100>

Tigard High School Genders and Sexualities Alliance
<https://www.ttsdschools.org/cms/lib/OR02215771/Centricity/Domain/4841/Master%20List%20of%20ALL%20Clubs%20-%20Clubs.pdf>

YAMHILL COUNTY

PFLAG Newberg <https://pflagnewberg.org/>

McMinnville Public Library LGBTQ Teen Group Safe place for local teens to write, do art & craft projects, hear guest speakers, discuss books & movies, etc in an accepting, supportive environment. Call Kris for more information: 503-435-5572.

WASCO COUNTY

Wasco County Public Library PRIDE Book Club (Ages 18 and over)
<https://www.wascocountylibrary.com/pride>

Statewide

<https://www.211info.org/>

Basic Rights Oregon-BRO is ensuring all LGBTQ Oregonians live free from discrimination and be treated with dignity and respect. <http://www.basicrights.org/>

Fierce Families Network of families who cherish our transgender children, grandchildren and other family members. www.basicrights.org/get-involved/fierce-families-network/

Affirming Church Directory™ https://www.gaychurch.org/find_a_church/list-churches-by-state/?loc=OR

Education

Resources for professional to offer insight on how youth thrive and create safer spaces.

https://www.advocatesforyouth.org/resources-tools/?_sft_audience=for-professionals

504 Plan or Individual Education Plan (IEP) Help

www.codsn.org

www.factorogon.org

<http://www.basicrights.org/get-involved/fierce-families-network/>

<https://pridefoundation.org/find-funding/scholarships/guidelines/-next>

www.transstudent.org Due April 5, 2021

List: <https://www.publicservicedegrees.org/financial-aid/lgbtqia-students-scholarships-resources/>

Transgender Resources

Transfamilies-online support groups and forums for parents of trans youth. Sliding membership \$0 and up/month <https://transfamilies.org/>

Transgender Teen Survival Guide

<https://transgenderteensurvivalguide.com/>

Safe Binding https://www.pointofpride.org/professionals/Flyer_BindingSafely.pdf

Safe Tucking https://www.pointofpride.org/professionals/Flyer_TuckingSafely.pdf
<https://www.gc2b.co>

<https://pointofpride.org> -free binders (pay cost of shipping)

Health

Positive environments are important to help all youth thrive. However, the health needs of LGBT Youth can differ from their heterosexual peers. On this page, find resources from the CDC, other government agencies, and community organizations for LGBT Youth, their friends, educators, parents, and family members to support positive environments. <https://www.cdc.gov/lgbthealth/youth-resources.htm>

Oregon Health Plan

You can apply for medical coverage with the Oregon Health Plan. Enrollment for OHP is open all year for Medicaid plans. Apply with an Oregon Health Plan-certified community partners: They are trained and certified to assist clients with Health Coverage Options. Their services are free of charge and they can even assist with some forms. <https://healthcare.oregon.gov/Pages/find-help.aspx>

Oregon Health Sciences University (OHSU) <https://www.ohsu.edu/transgender-health/transgender-health-program-faq>

Legacy Transgender Health <https://www.legacyhealth.org/services-and-resources/services/adult/gender-and-sexual-health-program/transgender-health-services>

PRISM Health (LGBTQ+ specific health clinic): <https://prismhealth.org/>

Mental Health

Trans Lifeline – 888-843-4564

Quest Center for Integrative Health – 503-238-5203

Psychologytoday.com find a therapist <https://www.psychologytoday.com/us/therapists>

Stories of LGBTQ+ teens: www.anxietycanada.com

Parenting

Stay Close, Because Relationships Are Too Precious To Lose. Relationships are precious. PFLAG (Parents, Families and Friends of Lesbians and Gays) encourages

families and friends to stay close to the gay, lesbian, bisexual and transgendered people in their lives. <http://www.stayclose.org/>

Adoption Resources:

https://www.codsn.org/uploads/6/0/6/9/6069575/00_lgbtqresources_20201013_expand.pdf

Family Acceptance Project Posters- <https://familyproject.sfsu.edu/poster>

Gay Parent Magazine <https://gayparentmag.com/family-resources/>

COLAGE unites people with lesbian, gay, bisexual, transgender, queer, intersex, and/or asexual parent/s into a network of peers and supports them as they nurture and empower each other to be skilled, self-confident, and just leaders in our collective communities. <https://www.colage.org/resources/>

Expand Your Knowledge- <https://pflagpdx.org/our-work/knowledgebase/>

PFLAG supports groups-Free Access to Zoom Pro Account, tutorials on how to run meetings, guidance on safety and security and help with offering support programs and services <https://pflag.org/start-chapter>

Friendometry- <https://friendometry.com/> Free code: Friends

Allyship

Becoming an Askable Ally: 10 Simple Strategies to Start a Conversation About Sex & Sexuality <https://otac.academy.reliaslearning.com/Becoming-an-Askable-Ally-10-Simple-Strategies-to-Start-a-Conversation-About-Sex-Sexuality--617089.aspx>

From Ally to Advocate: 10 Tips, Tools and Resources for Supporting a Person's Sexual Health This training offers practical ideas for addressing a person's sexual health, including: conversations with parents and legal guardians about sexual issues, engaging in sexual supported decision-making, responding to sexual crises, providing trauma-sensitive case management and more!

<https://otac.academy.reliaslearning.com/From-Ally-to-Advocate-10-Tips-Tools-and-Resources-for-Supporting-a-Person-s-Sexual-Health--636833.aspx>

GLSEN- Gay, Lesbian, and Straight Education Network (GLSEN) For students teachers <https://www.glsen.org/>

Freed Hearts LGBTQ+ dealing with family, religious and community wounds <https://www.freedhearts.org>

Freed Hearts Parents Parents of LGBTQ+ children and struggle with issues in the Christian faith <https://www.freedhearts.org>

- Lines for Life 800-273-8255
- Reach Out Oregon 1-833-REACH-OR or 1-833-732-2467
www.reachoutoregon.org
- www.211info.org CALL 211 or 1-866-698-6155 TEXT your zip code to 898211 (TXT211)
- Oregon Coalition <https://www.ocadsv.org/find-help>
- NAMI (National Alliance for Mental Illness) www.nami.org
- Racial Equity Support Line 503-575-3764
- UTOPIAPDX-Pacific Islanders [https://www.utopiaportland.org/Senior Loneliness Line](https://www.utopiaportland.org/Senior_Loneliness_Line) 503-200-1633
- TTY: 800-846-8517 COVID-19 Pandemic mental or emotional effects 24/7

It Gets Better-growing up isn't easy, especially when you are trying to affirm and assert your sexual orientation and/or gender identity. It can be a challenging and isolating process – but, the good news is, no one has to do it alone. The hotline is 1-888-843-4564. <https://itgetsbetter.org/media/> great education videos

Youth Talkline is 1-800-246-PRIDE (1-800-246-7743).

Central Oregon Disability Support Network www.codsn.org

Melissa www.inspiredboldness.com IG: Inspired_Boldness

Request Iden to train your staff or group <http://www.basicrights.org/resources/trainings-speakers/>

Learn more about Basic Rights Oregon <http://www.basicrights.org/>

You can reach out to Shauna: www.shaunasignorini.com

Stay involved. Support how you are able!

Listen to your youth.

Share resources with everyone because you don't know who will benefit.

Don't make assumptions

Create spaces where hate speech is neither accepted nor tolerated

Continue to read and learn more about those you want to support