LGBTQ+ Resources for young people and their parents

**Books for youth (non-fiction)**
- *This Book is Gay* by Juno Dawson
- *The Letter Q* by Sarah Moon and James Lecesne
- *The ABC’s of LGBT+* by Ashley Mardell
- *Queer: 2nd Edition* by Kathy Belge
- *LGBTQ: The Survival Guide for Lesbian, Gay, Bisexual, Transgender, and Questioning Teens* by Kelly Huegel Madrone
- *The Book of Pride: LGBTQ Heroes Who Changed the World* by Mason Funk
- *Unashamed: A Coming-Out Guide for LGBTQ Christians* by Amber Cantorna

**Books for youth (fiction)**
- *Cinderella is Dead* by Kalynn Bayron
- *Date Me, Bryson Keller* by Kevin van Whye
- *Even If We Break* by Marieke Nijkamp
- *The Fascinators* by Andrew Eliopoulos
- *Felix Ever After* by Kacen Callendar
- *I’ll Be the One* by Lyla Lee
- *Simon vs The Homo Sapiens Agenda* by Becky Albertalli

**Online resources for LGBTQ+ YOUTH**
- **The Trevor Project** — This organization provides crisis support and suicide intervention to LGBTQ+ people under the age of 25. Call the hotline 24/7 at 866-488-7386; Text “Trevor” to 202-304-1200 Monday-Friday 3pm-10pm EST.
- **Trans Lifeline** — This hotline is staffed by transgender people to support the wellbeing of transgender people. Call 877-565-8860 daily between 11am-5am EST.
- **Trans Families** — This site offers information and resources for the transgender community and their loved ones.
- **GLBT Near Me** — Find local support resources for the LGBT community.
- **LGBT Campus** — Information and resources to support LGBT college students, including a directory of LGBTQ+ support centers.
- **Gay-Straight Alliance (GSA) Network** — This national youth leadership organization connects school-based GSA groups to each other.
- **Campus Pride** — This organization works to empower LGBT college students and campus groups.
- **Campus Pride Index** — Prospective students and families can find LGBTQ-friendly college campuses.
- **LGBT National Help Center** — This site offers hotlines, peer support, moderated chat rooms and community resources for LGBT youth and teens.
- **It Gets Better Project** — The It Gets Better Project provides inspiration to empower and support LGBTQ youth.
- **Q Card Project** — The Q card helps queer and transgender youth communicate with their health care providers.
- **Resources for LGBT youth and friends/supporters** — Includes sections with resources for educators, parents, guardians and family members.
- **Healthy Place** — Gender and GLBT resources and information.

**Books for parents**

- **This is a Book for Parents of Gay Kids** by Dannielle Owens-Reid
- **Unconditional: A Guide to Loving and Supporting Your LGBTQ Child** by Telaina Eriksen
- **Embracing the journey: A Christian Parents’ Blueprint to Loving Your LGBTQ Child** by Greg and Lynn McDonald
- **The ABC’s of LGBT+** by Ashley Mardell
- **Helping Your Transgender Teen** by Irwin Krieger

**Online resources for parents**

- **Parents, Families & Friends of Lesbians & Gays (PFLAG)** — Find your local PFLAG chapter as well as helpful resources and information.
- **Children of Lesbians and Gays Everywhere (COLAGE)** — This is a national group of children of LGBTQ parents.
- **Family Acceptance Project** — This organization offers information to help families support the well-being of their LGBT children, including this helpful guide.

This material provides a general overview of the topic. Health information is not a substitute for diagnosis or treatment by a therapist, physician or other health care professional. Contact a health care professional with any questions or concerns about specific health care needs.