

Resources for Teachers, Parents, Families, Friends, & Allies of LGBTQ Youth

Guide by GLSEN for teachers and school mental health providers on best practices to support and advocate for their LGBTQ+ students.

https://www.glsen.org/sites/default/files/2019-11/GLSEN_LGBTQ_Mental_Health_Resource_2019.pdf

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Schools in Transition, by the ACLU, HRC, NCLR, NEA, and GenderSpectrum: an in-depth guide for teachers of trans students and those looking to create a more consciously inclusive space for trans children in their classroom.

<https://www.ncirights.org/wp-content/uploads/2015/08/Schools-in-Transition-2015-Online.pdf>

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Our Children: Questions and Answers for Families of Lesbian, Gay, Bisexual, Transgender, Gender-Expansive and Queer Youth and Adults: Resource by PFLAG offering answers to many questions commonly asked by parents and families of LGBT+ children, and a glossary of terms related to LGBT+ issues and identities.

https://pflag.org/sites/default/files/OUR%20CHILDREN_PFLAGNational_FINAL.pdf

- **Spanish version:** [Nuestras/os Hijxs: Preguntas y respuestas para familias de jóvenes y adultxs gays, lesbianas, bisexuales, transgenero, de genero expansivo, y queer](#)

Supportive Families, Healthy Children: Helping Families with Lesbian, Gay, Bisexual & Transgender Children: Resource by Family Acceptance Project SFSU for families coming to terms with their child's LGBT+ identity. Offers tools and suggestions for families to support their LGBT+ child in ways that will bolster their child's mental health and self esteem.

https://familyproject.sfsu.edu/sites/default/files/FAP_English%20Booklet_pst.pdf

- **Spanish version:** [Niños saludables con el apoyo familiar: Ayuda para familias con hijos e hijas lesbianas, gays, bisexuales y transgénero](#)

Resources for LGBTQ+ Students and Their Teachers

ACLU (American Civil Liberties Union) Southern California's guide to the rights of LGBTQ+ students in California schools, and what to do if a student is experiencing harassment or discrimination at or by their school.

<https://www.aclusocal.org/en/know-your-rights/lgbtq-student-rights>

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Guide by ACLU and GLSEN to the rights of transgender and gender non-conforming students in US schools.

<https://www.aclu.org/other/know-your-rights-guide-trans-and-gender-nonconforming-students>

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The Trevor Project Support Center: answers to common questions and advice for LGBTQ+ youth and their allies.

<https://www.thetrevorproject.org/resources/trevor-support-center/>

GSA Network of California

A GSA, which can stand either for Genders & Sexualities Alliance or Gay-Straight Alliance, is a student-run club/organization for students in the LGBTQIA+ community.

<https://gsanetwork.org/gsa-network-of-california/>

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[Step-by-step procedures from the ACLU for starting a GSA at your school](#), and advice for how to deal with administrative resistance.
<https://www.aclu.org/other/how-start-gay-straight-alliance-gsa>

Orange County Community Resources

[The LGBTQ Center Orange County](#) is an organization dedicated to supporting and advocating for the lesbian, gay, bisexual, transgender, and queer communities of Orange County. They offer weekly social groups for youths and young adults, individual, family, and group therapy, and HIV prevention and testing. Trans*Itions is their medical support program for trans individuals.

Main location:

1605 N. Spurgeon Street
Santa Ana, CA 92701
Lobby hours: Monday-Friday 10am – 6pm, Saturday and Sunday by appointment

LGBTQ Center on 4th

305 E. 4th Street
Santa Ana, CA 92701
Lobby hours for Center on 4th are by appointment only

Phone (Office): 714-953-LGBT (5428)\

Phone (Counseling): 714-953-5428 extension 330

Fax: 714-246-8907

Email: info@lgbtqcenteroc.org

<https://www.lgbtqcenteroc.org/>

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[The LGBTQ Center OC offers a variety of weekly groups for young adults](#) of different age ranges and identities in various areas around the county.

- InBeTweeners: LGBTQ youth ages 10-13
- Study With Pride: homework and tutoring group for LGBTQ youth ages 13-18. Meets weekly.
- Rainbow Group: social group for LGBTQ youth ages 13-18
- Trans*Fusion: social group for trans, non-binary, gender non-conforming, and gender questioning youth ages 13-18
- South County Rainbow Group: social group for LGBTQ youth ages 13-18 in South Orange County
- South County Breaking Binaries: group for transgender, non-binary, gender non-conforming, and gender-questioning youth ages 13-18 in South Orange County
- South County Groups are held at Shanti Orange County, 23461 South Pointe Dr., Suite 100, Laguna Hills, CA 92653
- North County Rainbow Group: group for LGBTQ youth ages 13-18 in the northern part of Orange County, including the Fullerton, Anaheim, Placentia, Orange, and Yorba Linda areas. North County Group is held at 109 E Wilshire Ave, Fullerton, CA
- Civic engagement groups:
 - Youth Empowered to Act (YETA): LGBTQ youth leaders engaging in issues of social justice, activism, and advocacy. They organize Orange County's yearly LGBTQ youth conference, OC LGBTQ Youth Convening. Meets weekly.
 - Genders And Sexualities Alliance Leadership Club: group of middle and high schoolers involved in leading their school's Gay-Straight Alliance/Genders and Sexualities Alliance. Meets monthly.
 - **Q Chat Space:** online facilitated chat space for LGBTQ youth ages 13-19
 - **Trans*Itions:** Trans*Itions is the OC LGBTQ+ Center's trans-specific medical support program. They offer social and medical services including individual and group therapy, assistance finding gender-affirmative healthcare and changing one's legal name and gender marker,

Orange County PFLAG Groups

The PFLAG acronym originally stood for "Parents, Families, and Friends of Lesbians and Gays"; their current mission is a commitment to all those under the LGBTQIA+ umbrella and their loved ones. They offer regular meetings for LGBTQIA individuals and their family and friends.



These are the local chapters in and around Orange County:

Orange County

Phone: 562.569.1767
Email: Brendathompsonpflag@gmail.com
<http://www.lbpflag.org/orange-county.html>

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South Orange County

Phone: (949) 424-3987 (for assistance or support from a PFLAG parent)
Email: pflagsouthoc@gmail.com
<http://www.lbpflag.org/south-orange-county.html>

Newport Beach

Phone: (954) 326-9740
Email: pflagnewportbeach@gmail.com
<https://pflagnewportbeach.org/>

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Long Beach

Phone: (714) 743-1926
Email: pflaglb@yahoo.com
<http://www.lbpflag.org/long-beach.html>

API (Asian and Pacific Islander) PFLAG Chapter located in the San Gabriel Valley. They offer translators at their meetings for those who request them, in Chinese (Putonghua/Mandarin and Cantonese), Tagalog (Filipino), Japanese, Korean, Vietnamese, and other languages if requested. They also organize and facilitate smaller social events upon request through their Afternoon Tea and Family Circle programs.

Their website has language resources in Bengali, Cambodian, Chinese, Filipino (Tagalog & Ilocano), Hmong, Hindi, Punjabi, Urdu, Indonesian, Japanese, Korean, Lao, Thai, & Vietnamese.

Email: sgvapipflag@gmail.com
<http://www.sangabrielvalleyapipflag.com/>

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San Fernando Valley, South Los Angeles, Boyle Heights, East Los Angeles

Phone: 1-888-735-2488 #2
Email: Info@pflagEspaNoISoCal.org
<https://www.pflagla.org/esp-meetings-zoom/>

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BIENESTAR: Healthcare and social services focused organization serving the greater Los Angeles area with a focus on the Latinx and LGBTQ+ populations. They offer bilingual mental health services in English and Spanish.

For further information on their mental health program contact:

Nery Melendez, MSW
Program Director
mromero@bienestar.org
(866) 590-6411

Long Beach location:
2690 Pacific Ave # 300
Long Beach, CA 90806
(866) 590-6411 ext. 301
Monday – Friday: 10AM – 7PM

<https://www.bienestar.org/>

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VIETROC: Viet Rainbow of Orange County. Provides support and hosts meeting groups for Vietnamese LGBTQ+ people in and around Orange County and their friends and families. They offer a scholarship (Viet Rainbow of Orange County Scholarship) for Vietnamese-American LGBTQIA students.

Phone: (657) 206-5428
Email: info@vietroc.org or vietrainbowoc@gmail.com
Parents of Rainbow Children: Support group for parents, family, and friends of LGBTQ individuals
Youth Mentoring Program: Support group for Vietnamese LGBT youth ages 17-24
<https://www.vietroc.org/>



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ALIANZA TRANSLATINX: Organization led by, and supporting, transgender people of color in Orange County. Formed in response to the COVID-19 pandemic and the lack of public services tailored to the needs of transgender people of color. They offer healthcare referrals, assistance navigating the legal name and gender change process, and various weekly social groups.

- Ballet Folklorico: dance training group | Mondays at 5:00 PM
- TRANS-Crafting: crafting group | Tuesdays at 2:00 PM
- Miercoles de Comida: drop-in support group and evening meal | Wednesdays at 1:00 PM

206 W. Fourth St. Suite 420
Santa Ana, CA 92701
(714) 760-4465
<https://alianzatratinx.org/>

Orange County Healthcare Resources

RADIANT HEALTH CENTERS: Radiant Health Centers is a healthcare center dedicated to serving the LGBTQ+ community in Orange County. They offer individual and group therapy sessions in both English and Spanish, medical care from physicians specialized in working with LGBTQ+ patients, and HIV prevention and testing.

17982 Sky Park Circle,
Suite J
Irvine, CA 92614-6482
Monday – Friday
8:30 a.m. – 5 p.m.
Phone: (949) 809-5700
<https://www.radianthealthcenters.org/>

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UCI PEDIATRIC GENDER DIVERSITY PROGRAM: UC Irvine's Pediatric Gender Diversity Program is a comprehensive and holistic program dedicated to providing for transgender and gender-expansive children, young adults, and their families. Their services offered include counseling for patients and their families and educational support, as well as puberty blockers and hormone therapy.

714-456-6025
UCI Medical Center
101 The City Drive South
Orange, CA 92868
UCI Health Gottschalk Medical Plaza
1 Medical Plaza Drive
Irvine, CA 92697
<https://www.ucihealth.org/medical-services/pediatric-gender-diversity>

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ORANGE COUNTY COMMUNITY COUNSELING & SUPPORTIVE SERVICES (CCSS): Orange County Community Counseling and Supportive Services (CCSS) provides counseling, support groups, and other mental health services to Orange County residents, specializing in caring for members of the LGBTIQ+ community and other underserved groups.

4000 W. Metropolitan Dr. Suite 405
Orange CA 92868
Phone: (714) 645-8000
Fax: (714) 954-2985
<http://ochealthinfo.com/bhs/about/pi/early/ccss>



Greater Los Angeles Area/California State Resources

LOS ANGELES LGBT CENTER: The Los Angeles LGBT Center provides many different services to the LA LGBT+ communities, including but not limited to mental and medical healthcare, group and individual therapy, HIV treatment and prevention services, trans-specific care, housing support, legal services, and arts programs. They have a large number of locations in Los Angeles, listed on their website.

<https://lalgbtcenter.org/>

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LIFEWORKS LA: Lifeworks is the Los Angeles LGBT Center's youth program, offering mentorships, counseling, and weekly programs for LGBTQ+ youth under 24. They also offer a wide variety of scholarships to eligible LGBTQ+ high school seniors to assist them in pursuing a college education.

lifeworks@lalgbtcenter.org
(323)860-7373
The Village at Ed Gould Plaza
1125 N McCadden Place
Los Angeles, CA 90038
<https://lifeworksla.org/>

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TRANS* LOUNGE: Trans* Lounge hosts the LA LGBT Center's trans, non-binary, and gender non-conforming focused programs. They offer a wide range of educational classes, workshops, and social support groups, exclusively for members of the trans, non-binary, and gender non-conforming communities.

<https://translounge.org/>

LAUREL FOUNDATION: The Laurel Foundation is a Pasadena group dedicated to providing support and events for trans and GNC (gender non-conforming) youth, as well as youth affected by HIV/AIDS.

626-683-0800
<https://laurel-foundation.org>

Laurel Foundation's Camp Mulberry: A cost free summer camp for trans and gender-diverse youth ages 6-17.
<https://laurel-foundation.org/programs/campmulberry/>

API EQUALITY LA (ASIANS AND PACIFIC ISLANDERS FOR LGBT EQUALITY): API Equality LA seeks to empower members of the API (Asian and Pacific Islander) LGBTQ+ community through workshops, activism training, and youth development programs, which include school outreach and internships.

(213) 580-1800
contact@apiequalityla.org
<https://www.apiequalityla.org/>

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TRANSFORMING FAMILY: Transforming Family is an LA-based network of support groups seeking to empower trans children at all stages of development, from young childhood to late teens, as well as support their parents and siblings.

FamilySupport@TransformingFamily.org
<https://www.transformingfamily.org/>

Healthcare Resource (LA/CA)

LA LGBT CENTER MENTAL HEALTH SERVICES: The LA LGBT center offers sliding scale therapy for members of the LGBT+ community, as well as group therapy sessions tailored to various identities, groups, and mental health circumstances.

1625 N. Schrader Blvd.
Los Angeles, CA 90028-6213
323-993-7500 extension 5, Monday through Friday 8:00 a.m. to 5:00 p.m.
<https://lgbtcenter.org/health-services/mental-health/mental-health-services-overview>

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UCLA GENDER HEALTH PROGRAM: UCLA's Gender Health Program offers a comprehensive range of services for trans and gender-diverse individuals. In addition to trans-specific care such as puberty blockers, hormone therapy, and surgery, they also offer general care, such as primary care, pediatric care, psychiatry, and therapy, from providers sensitive to the needs of trans and gender-diverse patients. They also offer referrals to trans-affirming healthcare providers in other locations.

(310) 267-4334.
genderhealth@mednet.ucla.edu
<https://www.uclahealth.org/gender-health/>

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THERAPY FOR QUEER PEOPLE OF COLOR: Therapy for QPoC is a mental health network which aims to connect queer and trans people of color with quality, affirmative mental healthcare. Their QPoC Therapist Directory allows users to search therapists by various criteria including location, gender identity, specialization, payment options.

(404) 981-7012
<https://therapyforqpoc.com/>

Hotlines

NAMI OC WARMLINE: Confidential telephone line providing emotional support and services to Orange County residents.

24 hours a day, 7 days a week
Call or text: (714) 991-6412
Toll Free: (877)-910-9276
<https://www.namio.org/oc-warmline>

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GLBT NATIONAL YOUTH TALKLINE: Talkline for LGBT+ youth up to age 25, staffed by volunteers from the LGBT+ community.

800-246-7743
Monday-Friday 1pm-9pm & Saturday 9am-2pm
<https://www.glbthotline.org/talkline.html>

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THE TREVOR PROJECT LIFELINE: Crisis intervention and suicide prevention hotline for LGBT+ youth. Text chat is also available through their website.

1-866-488-7386
For text, text START to 678-678
24/7
<https://www.thetrevorproject.org/>

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TRANS LIFELINE: Hotline phone service run by and for trans people. Available in English and Spanish.

US (877) 565-8860
Oprima numero 2 para español / Select option 2 for Spanish
<https://translifeline.org/>



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TEEN LINE: Emotional support line for teens run by teen and adult volunteers.

Call:

(310) 855-HOPE (4673)
(800) TLC-TEEN (852-8336) (nationwide toll-free)
6pm to 10pm PST

Text:

Text "TEEN" to 839863
6:00pm to 9:00pm PST

<https://www.teenlineonline.org/>

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DESI LGBTQ+ HELPLINE FOR SOUTH ASIANS: Confidential support line for members of the LGBTQ+ South Asian American community staffed by volunteers from the community. They can also be reached via email for questions through the Contact Us form on their website.

5:00-7:00 PM, Thursdays and Sundays

908-367-3374

<https://www.deqh.org/>

Resources for Unhoused LGBTQ Youth

CASA YOUTH SHELTER - Los Alamitos, Orange County: Provides shelter, counseling, and support services to youths age 12-17 who are struggling with homelessness, abuse, or are otherwise in crisis. They are welcoming and affirming of LGBTQ+ youth.

24 hour crisis hotline: (800) 914-CASA (2272)

Phone: (562) 594-6825 or (714) 995-8601

10911 Reagan St., Los Alamitos, CA 90720

<https://www.casayouthshelter.org/>

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LA LGBT CENTER HOMELESS YOUTH PROJECT: Offers temporary housing, food, resources, and housing referrals to homeless LGBTQ+ youth ages 12-24.

<https://lalgbtcenter.org/social-service-and-housing/legal-services/homeless-youth-project>

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LA CONTROLLER'S LGBTQ RESOURCE MAP: Map of organizations that offer housing and/or resources to homeless LGBTQ+ youth in the greater Los Angeles area.

<https://lacontroller.org/data-stories-and-maps/lgbtq-resource-map/>

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NATIONAL RUNAWAY SAFELINE: Hotline and other support services (chat, text, email) for youth experiencing homelessness.

1-800-RUNAWAY (1-800-786-2929)

24/7

Live chat, email, forums, and text services available via their website.

<https://www.1800runaway.org/youth-teens/get-help>