



## LGBTQ Resources

### Suicide Prevention Services

- **The Trevor Project**, <https://www.thetrevorproject.org>  
Suicide hotline for LGBTQ youth. Provides free, round-the-clock crisis counseling by phone, text, or chat. Educational resources available on website provide information about suicide risk, mental health, sexual orientation, gender identity, and related topics. Project also engages in LGBTQ advocacy.
- **Trans Lifeline**, <https://www.translifeline.org>  
Peer support and crisis hotline for transgender people, staffed completely by transgender operators. Phone only. Connects trans people to community, resources, and support.

### LGBTQ Education, Support and Advocacy

- **Family Acceptance Project**, <https://www.lgbtqfamilyacceptance.org>  
A research-based initiative to educate and assist families on health and mental health risks, including suicidal behavior, and promote well-being of their LGBTQ children. Resources include family education booklets and videos. Project also works with schools, social service agencies, and faith-based organizations.
- **Mama Bears**, <https://realmamabears.org>  
A network of groups, websites, special projects, and resources dedicated to supporting, educating and empowering parents of LGBTQ children. Activities include training and engagement in community canvassing and outreach in opposition to LGBTQ bias and discrimination. See "This Group Might Save Your LGBTQ Kid's Life: How the Mama Bears, a nationwide network for parents of queer children, does the impossible: Change people's minds." *Washington Post Magazine*, Britt Peterson, October 26, 2022. <https://www.washingtonpost.com/magazine/2022/10/26/mama-bears-lgbtq-children/>
- **PFLAG, (formerly Parents, Families, and Friends of Lesbians and Gays)**, <https://www.pflag.org>  
The earliest and largest organization dedicated to supporting, educating, and advocating for LGBTQ people and their families. Operates through network of hundreds of affiliated chapters. Resources include PFLAG Academy Online.
- **Centerlink, The Community of LGBQ Centers**, <https://www.lgbtcenters.org>  
A member-based coalition to support local LGBTQ Centers to meet the social, cultural, health, and political advocacy needs of LGBTQ people across the country. Website includes a directory of local LGBTQ Centers and affiliated organizations throughout the country.

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- **Safe Space Alliance**, <https://www.safespacealliance.com>  
An organization that aims to help people identify, navigate, and support safe places for LGBTQ people, including retail and other businesses, health professionals, cultural activities, accommodations, restaurants, personal care, and other services.
- **It Gets Better**, <https://www.itgetsbetter.org>  
Educational project centered on providing uplifting messaging to LGBTQ young people to improve mental health and increase hope and self-pride. Website features short videos collected over the last decade from LGBTQ people across the globe. Resources include educational packets on LGBTQ topics for classroom use.

## Books

### Transgender experience

- *Stuck in the Middle with You: A Memoir of Parenting in Three Genders*, Jennifer Finney Boylan. Details the transition experience of a married parent, focusing on finding one's new normal life with spouse, children, work, and community.
- *Redefining Realness: My Path to Womanhood, Identity, Love, and So Much More*, Janet Mock. A warm, moving, honest account about life as a transgender woman of color and political activist.
- *The Transgender Child: A Handbook for Families and Professionals*, Stephanie A. Brill and Rachel Pepper. Comprehensive, straightforward information for parents, teachers, therapists, and anyone else who lives or works with a child who is or may be trans or gender non-conforming.
- *Becoming Nicole: The Transformation of an American Family*, Amy Ellis Nutt. Story of a family with identical twin boys, one of whom begins to identify as a girl at the age of two, initiating a transition for her entire family.
- *Rethinking Normal: A Memoir in Transition*, Katie Rain Hill. A transgender girl's account of the challenges she faced as she learned to embrace a new meaning of what it means to be "normal."
- *Beyond Magenta: Transgender Teens Speak Out*, Susan Kuklin. Six transgender teens share their stories of coming out.
- *This Is How It Always Is*, Laurie Frankel. A beautiful fictional story of a family with a gender non-conforming child, inspired by the author's own transgender child.

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#### Gay/lesbian experience

- *Boy Erased*, Garrard Conley. A memoir of a young man's experience in Christian ex-gay conversion therapy, and its impact on his life, identity, sexuality, and family relationships.
- *Calypso*, David Sedaris. A collection of humorous and reflective essays on benchmarks in the author's life, including coming out, dating men, married gay life, and aging.
- *The One You Want to Marry (and Other Identities I've Had): A Memoir*, Sophie Santos. A comedian's coming of age autobiography focusing on her search for her true self as a lesbian and artist.

#### Bisexual experience

- *Bi: Notes for a Bisexual Revolution*, Shiri Eisner. A clear-stated manifesto of what bisexuality does and does not encompass.
- *Greedy: Notes from a Bisexual Who Wants Too Much*, Jen Winston. A light-hearted but information-packed account of the experience of being bisexual.
- *Girl, Woman, Other*, Bernardine Evaristo. A compelling collection of stories about the experiences of people with a range of different sexual and gender identities, including a transgender person who identifies as pansexual.

#### Television Series

- *Heartstopper* (Netflix). A highly-rated LGBTQ romantic comedy that follows the lives of two young British men as they navigate coming out, falling in love, and their relationships with family and friends. Authentic and uplifting, three seasons are planned for the series. The first 8-episode season was completed in October 2022.