

LGBTQ Wellness Resources in the Community

24/7 SUPPORT RESOURCES

The Trevor Project (for youth)
1 866 4-U-TREVOR (1 866 488 7386)
<http://www.thetrevorproject.org/>

GLBT National Help Center (for all ages)
1 888 843 4564 (for all ages)
1 800 246 7743 (for youth through age 25)
<http://www.glnh.org/>

U.S. RESOURCES

BiNet USA: (<http://www.binetusa.org/>)

P-FLAG (Parents, Family, and Friends of Lesbians and Gays): (www.pflag.org)

Gay and Lesbian Alliance Against Defamation: (www.glaad.org)

Human Rights Campaign: (www.hrc.org)

Lambda Legal Defense and Education Fund: (www.lamdalegal.org)

National Gay and Lesbian Task Force: (www.nglftf.org)

National Center for Lesbian Rights: (www.nclrights.org)

INTERNATIONAL RESOURCES

International Lesbian, Gay, Bisexual, Trans and Intersex Association: (www.ilga.org)

International Gay and Lesbian Human Rights Commission: (www.iglhrc.org)

TRANSGENDER RESOURCES

The World Professional Organization for Transgender Health (WPATH):
<http://www.wpath.org/>

The Center for Excellence of Transgender Health: <http://transhealth.ucsf.edu/>