

National and Local

LGBTQ Youth Resources

Last Updated: April 15, 2020

Local

Inside Our Minds (Local, online & phone)

Inside Our Minds is a peer-controlled, radical mental health organization that works to elevate the voices of people with lived experience of mental illness, madness, and other conceptualizations of mental health. Inside Our Minds hosts **Mental Health Cafe**, a monthly community conversation on mental health, mental illness, and madness over coffee and treats. Mental Health Cafe focuses on informal discussions and friendly mutual aid in a welcoming space for all. [Mental Health Cafe has moved to Zoom meetings]

<http://www.insideourminds.org/>

PERSAD Center

PERSAD Center is offering therapy sessions via telehealth to LGBTQIA+ youth and adults. Call 412-441-9786 to set up an appointment.

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

PRISM of Beaver County,

PRISM (Pride. Respect. Inspiration. Safety. Mentoring.) was created as an outreach program for the LGBTQ+ youth, ages 13-25, of Beaver County.

<https://www.prismofbeavercounty.org>

National

Q Chat (Online)

Q Chat is staffed by staff from LGBTQ centers all across the USA. They have a wide range of topics and activities, including chats specific to identity and games like D&D.

Find and give support, have fun, connect around shared interests and get good information. Chat with like-minded peers in live chats designed for you & by you, facilitated by folks who care. All live chats, no audio or visual capabilities (for your privacy) Ages 13-19

<https://www.qchatspace.org>

Trevor Space by the Trevor Project (Online)

TrevorSpace is an affirming international community for LGBTQ young people ages 13-24. You can customize your profile, chat in forums, or join communities based on your interests.

<https://www.trevorspace.org>

TrevorLifeline (Phone)

Has trained counselors are here to support you 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the TrevorLifeline now at 1-866-488-7386.

<https://www.thetrevorproject.org>

Trill Project (Mobile App)

Trill is a combination of the words true and real. Everyone needs some cyber space, so they've created a social network to anonymously and freely express yourself.

Trill is a safe space to express all the thoughts, hopes, insecurities, wishes, questions, or ideas you have that you may not be ready to publicly share, or are not supposed to be sharing. And our first priority is your safety.

Username are assigned based on your color of choice, so Trill is completely anonymous. Additionally, you can easily change your color choice as needed

to generate a new identity. Our moderators and proprietary machine learning work hand in hand to ensure our community remains a positive and supportive place.

<https://trillproject.com/#>

Gender Spectrum Lounge

The Lounge is a space for teens, parents, and professionals to connect with one another. Members can form their own groups and participate in our broader online community. Meet new people and connect with friends and colleagues online. They have groups specifically for [pre-teens \(ages 11-12\)](#) and [teens](#).

<https://genderspectrum.org/lounge/>

Trans Lifeline (Phone)

Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive. There is a call line and also mini-grants available for transgender people.

<https://www.translifeline.org> 877-565-8860