

Local & National

Caregiver Resources for Supporting LGBTQ Youth

Last Update: April 15, 2020

Local

Greater Pittsburgh PFLAG Warmline

The Greater Pittsburgh PFLAG chapter welcomes calls to their warmline.

All phone calls received are kept confidential and callers remain anonymous.

PFLAG volunteers are trained to actively listen, empathize with your concerns, and empower you to choose the path that gives you hope.

412-833-4556

Beaver County Warmline, 724-775-9507

Check out **Our Trans Loved Ones**, a guide made by PFLAG for caregivers of trans and gender expansive youth.

National

Gender Spectrum, <https://www.genderspectrum.org/>

Gender Spectrum has compiled an extensive list of [Parenting and Family Resources](#).

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.

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

Family Acceptance Project, <https://familyproject.sfsu.edu/>

The Family Acceptance Project is a research, intervention, education and policy initiative that works to prevent mental health risks for LGBTQIA+ children and youth and has a multitude of resources for families.

Supporting Your LGBTQ Child,
<https://calliinstitute.com/supporting-lgbtq-child/>

A straightforward guide with some frequently asked questions about supporting LGBTQIA+ children put together by The Calli Institute.

Serendipitydodah, <https://www.facebook.com/groups/Serendipitydodah/>

A group for mothers of LGBTQIA+ children to support each other and their youth.