



National Resources for LGBTQ+ Parents/Caregivers

LGBT National Help Center

1-888-843-4564

glnh.org

The LGBT National Help Center provides free and confidential peer-support and local resources.

Advocates for Youth

www.advocatesforyouth.org

Advocates for Youth partners with adult allies and youth-serving organizations to promote access to sexual health information, sexual health services, and resources and tools for parents of LGBTQ+ youth.

National Alliance on Mental Illness

1-800-950-6264 or text "Helpline" to 62640

www.nami.org/Home

The NAMI helpline provides peer support including information, resource referrals and support for individuals with mental illness and their loved ones.

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

niaaaforteens.niaaa.nih.gov

NIAAA helps teens and their caregivers navigate how to approach and address teen drinking, including providing information on risk factors, consequences, and intervention possibilities for unhealthy drinking habits.

Family Equality

www.familyequality.org

Family Equality provides various resources for LGBTQ+ families and parents of LGBTQ+ youth.

My Kid Is Gay

www.mykidisgay.com

My Kid Is Gay is a digital resource providing videos, advice, and resources to help parents understand their LGBTQ+ children.

Parents, Families, and Friends of Lesbians and Gays (PFLAG) pflag.org

PFLAG is a national organization centered on supporting, educating, and advocating for LGBTQ+ people and their families.

Substance Abuse and Mental Health Services Administration Helpline

1-800-662-HELP (4357)

www.samhsa.gov/find-help/national-helpline

SAMHSA's National Helpline provides free and confidential treatment referral and information service for individuals and families facing mental illness and/or substance abuse disorders.

988 Suicide and Crisis Lifeline

Call, text or chat 988

988lifeline.org

The 988 Suicide and Crisis Lifeline provides free and confidential support as well as resources for you or your loved ones.

The National Sexual Violence Resource Center

www.nsvrc.org

The NSVRC offers free and low-cost resources for survivors, friends and family, advocates and educators.

Mapping Transgender Equality

<https://www.lgbtmap.org/mapping-trans-equality>

Tracks legal equality for transgender people across the United States.