



LGBTQ+ Resources and Self-Advocacy Links

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Below are resources the Youth Outlook staff and young people have found helpful. If you are in immediate danger or need assistance, please contact the Crisis Support resources below or call 911. Youth Outlook is not responsible for the content on the sites listed below.

Email carolyn.wahlskog@youth-outlook.org for additional resources or to be added to this list. Visit youth-outlook.org for the most current version of this list.

Need Advocacy Help in School? [Click here](#)

Crisis Support:

- [The Trevor Project](#): Call 866-488-7386, Text "START" to 678678
- [The Trans Lifeline](#): 877-565-8860
- [Blackline for BIPOC folks](#): 800-605-5841
- [Crisis Text Line](#): Text "REACH" to 741741
- [Desi LGBTQ+ Helpline for South Asians](#): 908-367-3374
- [DuPage County Crisis Line](#): 630-627-1700
- [National Domestic Violence Hotline](#): 800-799-SAFE (7233)
- [RAINN National Sexual Assault Hotline](#): 800-656-HOPE (4673)
- [The National Runaway Safeline](#): 800-RUNAWAY (800-786-2929)
- [988 Suicide & Crisis Lifeline \(formerly The National Suicide Prevention Lifeline\)](#): Dial 988
- [YWCA Rape Crisis Hotline](#): 888-293-2080 (Chicago Region)
- [Check out Imi](#), a series of free guides designed to help LGBTQ+ teens learn practical methods to cope with sexual and gender minority stress.

Comprehensive Resource Lists and Useful Reports:

- [2022 US Trans Survey](#)
- [Black and African American LGBTQ+ Youth Report](#)
- [Bulletin of Applied Transgender Studies](#)
- [Creating Safer Spaces for LGBTQ+ Youth Toolkit](#)
- [Illinois Youth Survey Results](#)



- [Latinx LGBTQ+ Youth Report](#)
- [The List for Us: Chicagoland-based TGNC resources](#)
- [National Survey on LGBTQ Youth Mental Health 2021](#)

Housing:

- [360 Youth Services: Emergency Shelter and Transitional Housing](#)
- [DuPage PADS](#)
- [Illinois Department of Human Services Youth Housing List](#)
- [The Night Ministry \(Chicago\)](#)
- [Streetlight Chicago: Drop In and Emergency Shelter Resource](#)
- [Point Source Youth](#): National org creating LGBTQ+ inclusive housing
- [Cook County Coordinated Entry Access Points](#) (for youth experiencing homelessness in Chicago area)

Terminology:

- [What are Pronouns?](#)
- [Gender Unicorn](#)
- [LGBTQ 101](#)
- [LGBTQ Pride Flags](#)
- [Pronoun Practice App](#)

Podcasts:

- [How to Be a Girl](#)
- [Gender Reveal](#)
- [Making Gay History](#)
- [Queer America](#)

Education:

- [***New* U.S. Department of Education Toolkit: Creating Inclusive and Nondiscriminatory School Environments for LGBTQI+ Students Toolkit**](#)
- [A Roadmap to Truly Inclusive Schools Google Drive](#)
- [Campus Pride: LGBTQ Friendly Colleges and Universities](#)
- [CDC's LGBTQ Inclusivity Checklist for Schools](#)
- [Gender Inclusive Schools](#)
- [Gender Inclusive Schools Assessment](#)
- [GLSEN](#)
 - [Conduct your own School Climate Survey](#)



- [GSA Network](#)
- How to Create a [Gender Support Plan](#)
- [Join Illinois GSA Advisor Listserv](#)
- [Illinois Safe Schools Alliance](#)
- [Illinois Department of Human Rights Guidance Relating to Protection of Transgender, Nonbinary and Gender Nonconforming Students](#)
- [IHSA Policy on Trans Athletes in Illinois](#)
- [ISBE Guidance for Support Trans and Non-Binary Students](#)
- [Teaching Outside the Binary](#)
- [Welcoming Schools](#)
- [Toolkit: Supporting Transgender and Non-Binary Students](#)

Inclusive Curriculum and Comprehensive Sex Ed Resources:

- [Amaze: Age appropriate info on puberty for tweens and their families](#)
- [Advocates for Youth 3 R's K-12 Sexuality Education Curriculum](#)
- [Elementary Appropriate Lesson Plans from Welcoming Schools](#)
- [History Unerased](#)
 - [20 Free LGBTQ History Posters](#)
- [Learning for Justice](#)
- [The Legacy Project](#)
- [The Safe Zone Project Curriculum](#)
- [National Sex Education Standards](#)
- [Rise Up: Stonewall and the LGBTQ Rights Movement](#)
- [Scarleteen](#)

Books:

- [Early Elementary LGBTQ Family-Friendly Books](#)
- [Lee Wind: LGBTQIA2+ Book Guide](#)
- [Gender Inclusive Classrooms K-5 and Spanish Language Booklist](#)
- [HRC Foundation Middle and High School LGBTQ+ Booklist](#)

LGBTQ Scholarships:

- [Point Foundation](#)
- [Best Colleges: Parent and Family Resource Guide](#)
- [Beauty Schools Directory LGBTQ+ Scholarship List](#)

Health, Wellness and HIV Resources:



Physical Health Care Options and HRT:

- [Affirm: The Rush Center for Gender, Sexuality and Reproductive Health](#)
- [Dr. Huma Kahn, MD- Adolescent Medicine](#)
- [The Gender Affirming Letter Access Project](#) (resource for letters of readiness for hormones and surgery)
- [Gender Pathways Program at Northwestern Medicine](#) (18+)
- [Howard Brown Health](#) (all ages)
- [Jessica Lapinski, DO- Northwestern Medicine, Geneva](#) (will be in new practice soon)
- [Lurie Children's Gender Development Program](#) (ages 0-25)
- [Open Door Health Center of Illinois](#)
- [Planned Parenthood of Illinois](#) (offers HRT for ages 16+)

Mental Health Resources:

- Please email carolyn.wahlskog@youth-outlook.org for a list of affirming therapists and psychiatrists
- [Asian Mental Health Collective](#) (Asian, Pacific Islander and South Asian therapist directory)
- [Finding an Affirming Therapist](#)
- [Psychology Today](#) (helpful articles and directory of therapists)
- [NAMI LGBTQ Recovery Support Group](#)
- [National Queer & Trans Therapists of Color Network](#) (directory of queer and trans therapists of color)
- [Latinx Therapists Action Network](#)
- [Latinx Therapy](#) (national directory to find a Latinx therapist)
- [Open Path Collective](#) (directory for affordable in-office and online psychotherapy sessions)
- [Going to Therapy as a QTPOC, Without Being Harmed, Erased or Baffled](#) (article)

HIV Resources:

- [Aids Foundation Chicago](#)
- [PrEP and Young People](#)
- [What is PrEP?](#)

Other Health Resources:

- [Talking to Your Health Provider about Being LGBT](#)
- [Tips for Finding a Provider who is a LGBTQ+ Ally](#)
- [Top Surgery Resource Guide](#)



- [Trans Wellness Conference \(excellent yearly conference in Philadelphia\)](#)
- Lupron Coupon (puberty blockers):
<https://www.lupronped.com/support-savings/print-savings-card.html>
- [World Professional Association for Transgender Health \(WPATH\) Standards of Care](#)
- <https://transequality.org/health-coverage-guide> NCTE's guide to health insurance coverage.
- [List of Businesses with Trans-Inclusive Health Insurance Benefits](#)
- [Colleges and Universities that cover hormones and gender-affirming surgeries](#)

Substance Use and Recovery:

- [Gateway Out in Recovery](#)
- [New Town Alano Club: LGBTQ+ Substance Use Recovery Meetings](#)
- [Pride Institute Recovery Programs \(Minnesota\)](#)
- [SMART Recovery at Kenneth Young Center](#)

Eating Disorder Recovery:

- [Fed Up Collective](#)

DV Support:

- [The Network/La Red](#)

Disability Support:

- [Blind Pride International](#)
- [Deaf Queer Resource Center](#)
- [Rainbow Alliance of the Deaf](#)
- [Queer Sign Language](#)

Binders/Prosestics:

Guides:

- [Binding Safely Guide](#) (Point of Pride)
- [Binding Guide for All Genders and Gender Expressions](#) (Trans Lifeline)
- [Binding 101](#) (Trans Hub)
- [Tucking 101](#) (Trans Hub)

Binder Donation Programs:

- [Free Chest Binders](#) (Point of Pride)
- [FTM Essentials Youth Binder Program](#) (for youth under 24)

Retail Shops:



- [gc2b \(binders\)](#)
- [Underworks](#)

Other Illinois Youth Groups:

- [Virtual: Gender Spectrum Groups](#)
- [Virtual: Q Chat Space](#)
- [Broadway Youth Center \(Chicago\)](#)
- [Center on Halsted Youth Program](#)
- [Kenneth Young Center \(Schaumburg\)](#)
- [The Liam Foundation \(Rockford\)](#)
- [Pinwheels](#) (for trans and non-binary youth and families)
- [The Phoenix Center \(Springfield\)](#)
- [Rainbow Cafe \(Carbondale\)](#)
- [The Up Center \(Champaign\)](#)
- [YEPP: Youth Empowerment Performance Project \(Chicago\)](#)
- [Youth Services of Glenview/Northbrook Pride Youth Program](#)

Others Illinois LGBTQ+ Organizations:

- [Affinity Community Services](#)
- [ALMA: Association of Latino/as Motivating Action](#)
- [Aurora Pride](#)
- [Belong Fox Valley](#)
- [Bolingbrook Pride](#)
- [Buffalo Grove Pride/The Pinta Project](#)
- [Brave Space Alliance](#)
- [Center on Halsted](#)
- [Chicago Therapy Collective](#)
- [DeKalb Pride](#)
- [Equality Illinois](#)
- [Joliet Pride Network](#)
- [Naperville Pride](#)
- [Plainfield Pride](#)
- [Will County Pride Coalition](#)

Support for Youth of Color:

- [Rest for Resistance](#)
- [Black Trans Advocacy](#)



- [Black LGBTQ+ Migrant Project](#)
- [NQAPIA](#)
- [WeRNative](#)
- [CAKE Society Co.](#)

Spanish Language Resources:

- [Latinx vs Latine](#)
- [PFLAG Spanish Language Resources](#)
- [Recursos en Espanol](#)
- Y Ahora Que? is a Spanish-language interactive web experience that guides families through a series of videos, articles, and personal accounts about what it means to have a child who identifies with the LGBTQ+ community.
<https://www.somosfiliabay.org/resources/>
- LGBTQ Center of Orange County offers a Spanish-speaking support group for parents of LGBTQ+ youth. Reach out to Luis Gomez, our Director of Immigration Services, for more information: luis.gomez@lgbtqcenteroc.org
- TransFamily Support Services has a support group for Spanish-speaking parents of transgender and gender diverse children. The group meets every month on the second Saturday, at 6pm (Pacific Time). Here's the [link to register via Google Form](#). We are currently developing our Latine programming and are looking to introduce more Spanish speaking parent groups, so they can keep in touch or send their suggestions over at apoyo@transfamilysos.org.
- The Center Coachella also offers a Spanish-speaking support group for parents and family members of transgender and gender diverse youth, on Zoom. Mis Amores is on the first Friday of every month @ 6:00PM PST. They can reach out to me directly for more information or to register miguel@thecentercv.org

Parent/Caregiver Support:

- [Desi Rainbow Families and Allies](#) (for south asian families with LGBTQ+ children)
- [Family Acceptance Project](#) (resources for families with LGBTQ+ children)
- [New Parent Group at Birth Center of Chicago](#) (queer families welcome)
- [PFLAG Council of Northern Illinois](#) (made up of 16 PFLAG chapters in the Chicago area, including PTI Chicago a group for Parents of Trans Individuals)
- [PFLAG Sauk Valley](#)
- [Pinwheels](#) (for trans and non-binary youth and families)
- [The Neighborhood: A Virtual Hub for LGBTQ+ Families from Family Equality](#)
- [TransFamilies \(many different groups for parents and trans youth\)](#)



- [Rainbows: Parenting Trans Children who are on Multiple Spectrums](#)
- [Virtual: COLAGE](#) (for LGBTQ+ parents with children)
- [Postpartum Support International](#), the largest national non-profit working to support perinatal mental health, hosts a weekly peer support groups for pregnant and postpartum queer and trans parents. This resource is free and virtual. All of the peer facilitators for this group are queer and/or trans parents themselves as well. Please share with anyone who might benefit from the power of peer support. In our support groups, group members receive some education on perinatal mood and anxiety disorder, and then the majority of our 90-minute groups are all about parents connecting with each other and feeling less alone. I have attached the group flyer. Parents and register [here](#) for free. Contact Megan Roberts at groups@postpartum.net if you have any questions!

Recreation, Sports and Camps:

- [Action Camp: LGBTQ+ Leadership Camp](#)
- [Athlete Ally](#)
- [Camp Outright- Vermont](#)
- [Changing the Game: LGBTQ+ student athlete and educator guide](#)
- [OUT! Bowling \(Addison\)](#)

Employment/Jobs:

- [Centerlink Jobs Board](#)
- [FAQs for Trans Job Seekers](#)
- [Hire Trans](#)
- [Out and Equal](#)
- [Werq! LGBTQ Job Fair](#)

Name Change and Identity Documents:

- [Transformative Justice Law Project](#)
- [Transformative Justice Law Project's Intake Form for Name Change Support](#)
- [Illinois Name Change Forms](#) (can be used in any county)
- [Illinois Fee Waiver Forms](#) (use these forms to apply for a waiver of court fees for name change)
- [Odyssey E-file IL \(Platform for filing name change\)](#) (site for electronically filing your name change)
- [National Center for Trans Equality ID Document Center](#) (helpful for knowing how to update your identity documents in each state)



- [Trans Lifeline Microgrants for Name Change and HRT](#) (Grants open 1st-14th of the month for money to use for name change and hormones)

Legal:

- [ACLU of Illinois](#)
- [Black and Pink](#)
- [Chase Strangio](#) (ACLU Trans Program Attorney- a good follow to keep up to date with what is happening)
- [Lambda Legal](#)
- [Liberation Library](#)
- [Legislation Affecting LGBTQ+ People Across the Country](#)
- [Second Parent Adoption Resource](#)

Know Your Rights and Advocacy Toolkits:

- [Advocates for Youth: Youth Advocacy Toolkit](#)
- [Keeping Youth Safe and Healthy Act Fact Sheet](#) (Illinois' Comprehensive Sex Ed Law)
- [Illinois LGBTQ Students Rights](#)
- [Guide to the Juvenile Justice System in Illinois: Know Your Rights](#)
- [Navigating Selective Service when Trans](#)
- [Services for LGBTQI+ Youth in Care \(DCFS\)](#)
 - [Appendix K \(starts on page 115\)](#)
 - DCFS Chief of LGBTQ+ Services is Marla Courts: marla.e.courts2@illinois.gov
 - [Best Practices for Serving TGNC youth in care](#)
- [The Talk: A Guide to Comprehensive Sexual Health Education in Illinois](#)
- [The Savvy Ally: Resources for being an Ally](#)
- [Queer Youth Assemble guides: Coming Out, Pronouns, Safe Relationships, Know Your History, etc.](#)

Professional Resources:

- [Constellation Collective](#)
 - Mental health counseling
 - Training and consultation for youth workers
- [Community Network: Professionals Serving LGBTQ+ Youth](#)
 - Email carolyn.wahlskog@youth-outlook.org to be added to listserv
 - DuPage/Kane Network Meetings on 3rd Thursdays from 1-2p on Zoom
- [Chicago LGBTQ+ Clinical Therapists](#)
- Illinois LGBTQ Roundtable: supporting youth in care of DCFS



- Email Renee LeHocky at rlehocky@lawrencehall.org to join the listserv

National Resources:

- [All Children- All Families Program: Human Rights Campaign](#)
- [Asexuality Visibility and Education Network](#)
- [Centerlink: Community of LGBT Centers](#)
- [Gender Spectrum](#)
- [InterACT](#)
- [National Center for Lesbian Rights](#)
- [National Center for Trans Equality](#)
- [National LGBTQIA+ Health Education Center](#)
- [True Colors United](#)

Affirming Local Faith Communities in the Western Suburbs:

- [Database for LGBT affirming congregations and congregations that honor the leadership and ordination of women](#)
- [Database for LGBTQ affirming churches](#)
- [Keshet](#) (programs and events for LGBTQ+ and ally Jewish teens)
- [Muslims for Progressive Values](#) (resource for LGBTQ+ Muslims)
- [Queer Crescent](#) (support groups for LGBTQI+ Muslims)
- [Beloved Arise](#) (for youth of any faith background, centered in Christian traditions)
- [Q Christian Fellowship](#) (for LGBTQ+ Christians and allies)
- [Dignity USA](#) (serves LGBTQ Catholics)
- [GALVA-108](#) (international organization for LGBTQ Hindus and Vaishnava)
- [Sarbat](#) (volunteer-led group addressing LGBTQ+ issues from a Sikh perspective)
- [Institute for Welcoming Resources](#) (list of welcoming Christian congregations)

Local Faith Communities:

- [Bolingbrook- Friendship United Methodist](#)
- [Chicago- Masjid al-Rabia](#)
- [DeKalb- Bethlehem Lutheran Church](#)
- [DeKalb- First Congregational DeKalb](#)
- [DeKalb- Unitarian Universalist Fellowship of DeKalb](#)
- [Downers Grove First United Methodist Church](#)
- [Downers Grove- First Congregational Church](#)
- [Elmhurst- Bethel United Church of Christ](#)
- [Elmhurst- Epiphany Lutheran Church](#)
- [Elmhurst- First United Methodist Church](#)



- [Elmhurst- Presbyterian Church](#)
- [Geneva- Unitarian Universalist Society of Geneva](#)
- [Glen Ellyn- First Congregational Church of Glen Ellyn](#)
- [Lombard- Congregation Etz Chaim](#)
- [Lombard- First Church of Lombard](#)
- [Naperville- Community United Methodist Church](#)
- [Naperville- DuPage Unitarian Universalist Church](#)
- [Naperville- First Congregational Church](#)
- [Naperville- Hope United Church of Christ](#)
- [Naperville- Wesley United Methodist Church](#)
- [Ottawa- Christ Episcopal Church](#)
- [Ottawa- Open Table United Church of Christ](#)
- [Palatine: Countryside Church Unitarian Universalist](#)
- [Palatine: St. Paul United Church of Christ](#)
- [Sterling- First Presbyterian](#)
- [Wheaton- St. Matthews United Church of Christ](#)