

LGBTQIA+ RESOURCES-2022

Youth, Family, and Individual Resources

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Seattle/King County LGBTQ Youth Resources

- [Gay Lesbian Straight Education Network \(GLSEN\) Washington State](#) wants every student, in every school, to be valued and treated with respect, regardless of their sexual orientation, gender identity or gender expression.
- [Lambert House](#) empowers lesbian, gay, bisexual, transgender, and questioning youth through the development of leadership, social, and life skills. They have amazing resources listed.
- [TransFamilies.org](#) has groups for trans youth up to age 22, and has groups for parents of trans youth as well.
 - ◆ [Gender Odyssey Conference](#) an international conference focused on the needs and interests of transgender and gender diverse children of all ages, their families and supporters, and the professionals who serve them. Produced by TransFamily.
- [The NW Network of Bi, Trans, Lesbian, and Gay Survivors of Abuse](#) offers a wide range of supports to lesbian, gay, bisexual, trans, queer, and questioning youth and young adults (13-24) around issues of violence and crime, such as dating violence, bullying, hate violence, physical and sexual assault, exploitation, theft, police harassment and experiences in the sex trades.
- [BGLAD at Youth Eastside Services \(YES\)](#) is a free drop-in support group open to youth ages 13 to 19 who identify as LGBTQ+ (lesbian, gay, bisexual, transgender or queer, plus other identities like non-binary, gender non-conforming, etc.) and for youth who may be questioning or exploring their gender or sexual identities.
- [Greater Seattle Business Association College Scholarships \(GSBA\)](#) - Applications generally available from early October through early January. Apply for both GSBA and Pride Foundation scholarships with just one application. GSBA scholarships include a commitment of funding through graduation for scholarship recipients.
- [Pride Foundation College Scholarships](#) - Applications generally available from early October through early January.

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**Edits and additions, Katie Taylor, May 2022



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→ **Noor** is all-inclusive LGBTQI (and Questioning) confidential meeting space for individuals (ages 18+) in the greater Seattle area that have ever identified as Muslim* They aim to build a conscious community and solidarity with other movements that resist anti-blackness, islamophobia, cissexism, and harmful masculinity. They view solidarity as unity amongst folx with the common interest of removing the isolation their identities are inflicted with. E-mail seattle.qtm@gmail.com

Suicide Intervention & Prevention Resources

- **TeenLink** is a King County program that empowers youth to make positive and self-respecting decisions about their lives and provides resources and assistance to help them. Teen Link includes a statewide teen-answered help line every evening between 6-10 PM at 1-866-833-6546, online chat support every evening between 6-9:30pm, youth suicide prevention training, community outreach and education, as well as the distribution of their free *Where to Turn for Teens* resource guides.
- **24-Hour Crisis Line** provides immediate help to individuals, families and friends of people in emotional crisis. We can help you determine if you or your loved one needs professional consultation and we can link you to the appropriate services. We are a primary source for linking Seattle-King County residents to emergency mental health services. Help is just a phone call away at 1-866-427-4747.
- **The Trevor Project** is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. Trained counselors are available 24/7 at 1-866-488-7386.
- **Trans Lifeline** is a 501(c)3 non-profit dedicated to the well being of transgender people. They run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have; just call 1-877-565-8860.

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Shelter, Food, and other Resources

- [Safe Place](#) is a national program that provides on-site case management and support to youth ages 12-17 to find a safe place to sleep, including transportation 24 hours a day, 7 days a week. King and Snohomish counties have safe place programs that can collaborate if a minor is in Snohomish and needs to go to King, and visa versa.
 - ◆ Text “SAFE” and your current address/location to 4HELP (44357) for the nearest Safe Place site where you can wait safely for a Safe Place staffer or call 1-800-422-TEEN (8336)
- [New Horizons](#) provides food, showers, laundry, case management, and medical services to youth ages 13-25, and shelter to youth ages 18-25.
- [ROOTS](#) provides food, showers, laundry, clothing, case management, and shelter to youth ages 18-25.
- [YouthCare](#) provides drop-in services and shelter for youth 12-24. Other services include meals, computers, showers, laundry, clothing, case management, and more.
- [Teen Feed](#) provides dinners for teens in the University District, at different locations, seven days a week, along with other supportive services for homeless teens & youth.
- [YMCA Social Impact Center](#) has Resources for individuals, families, schools, and partners including behavioral, mental, and emotional support for all ages; a safe place for all youth and young adults; foster care and family reunification; support for youth and young adult development.
- [Seattle Hygiene and Bathroom Resource Map](#) is compiled by the City of Seattle Human Services Department and includes resources within the City of Seattle

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Parent/Family Resources

- [Seattle Parents and Friends of Lesbians and Gays \(PFLAG\)](#) is a group of people in the greater Seattle area who are united with LGBT people to move equality forward.
 - ◆ Find PFLAG Chapters here: <https://pflag.org/find-a-chapter/>
- [TransFamilies.org](#) has year-round family support groups, including groups for parents and groups for children, in Seattle and surrounding Puget Sound communities, produces the annual Gender Odyssey conference, and provides private consultation services to parents.
- [Seattle Children's Gender Clinic resources](#) for patients & families.
- [HRC's Guide on Supporting Your Young Gender Non-Conforming Child](#) for parents.
- [GOING PUBLIC: IS PUBLIC ADVOCACY RIGHT FOR YOU AND YOUR FAMILY? A Guide for Parents of Transgender and Gender-Expansive Youth](#)

Washington LGBTQ Youth Programs & Resources

- [GLOBE Youth](#) in Everett has a mission to make Snohomish County a safe and nurturing community for GLBTQ youth by enhancing the physical, emotional, sexual, and spiritual well-being of youth, providing positive interaction with adult role models, providing community education, and developing resources for and about GLBTQ youth.
- [Oasis Youth](#) in Tacoma transforms the lives of queer youth by creating a safe place to learn, connect, and thrive. Oasis envisions a world in which queer youth are valued in the community as strong, creative leaders.
- [Stonewall Youth](#) in Olympia is an organization of youth, activists, and allies that empowers lesbian, gay, bisexual, trans, queer, questioning, intersex, and asexual (LGBTQQIA) youth to speak for themselves, educate their communities, and support each other.

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- [Rainbow Teen Advisory Board \(RTAB\)](#) is a group of LGBTQ+ and ally teens planning social events for LGBTQ+ and ally teens on the east side of Lake Washington. The group meets twice per month and plans quarterly social events.
- [Queer Youth Project](#) in Bellingham, WA is a Northwest Youth Services program dedicated to supporting and advocating for at-risk and homeless LGBTQ youth.

LGBTQ Health Resources

- [Scholarships and resources](#) for transgender students interested in medical field careers.
- The [Jim Collins Foundation's](#) mission of the Jim Collins Foundation is to provide financial assistance to transgender people for gender-confirming surgeries.
- The [Seattle Children's Gender Clinic](#) is the first major interdisciplinary youth gender clinic in the Pacific Northwest.
- [Neighborcare Health Youth Clinic](#), at 1629 North 45th Street, services are for youth and young adults (ages 12-23) who are currently homeless, have been homeless at some point in the last 12 months, or do not have a stable, permanent, safe place to live.
- [University of Washington Youth Clinic](#), formerly Country Doctor Youth Clinic, still held at Country Doctor, and now also ROOTS Young Adult Shelter, and Nexus Youth and Family Services in Auburn.
- [Ingersoll Gender Center](#) resource referrals including transition related resources and a healthcare providers database.
- [Free Teen Clinics outside of Seattle](#)
- [Refuge Restrooms](#) is a web (and iOS) application that seeks to provide safe restroom access for transgender, intersex, and gender nonconforming individuals.
- [At the Q Card Project](#), we believe that all queer/trans* youth deserve quality, sensitive healthcare that meets their needs, recognizes their agency, and empowers them to be active participants in their health.

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- [The Gay and Lesbian Medical Association \(GLMA\)](#) was founded in 1981 to help ensure equality in healthcare for the LGTB community. They offer an online directory of non-judgmental and culturally competent doctors, therapists, nurses, dentists and other providers that you can trust. Find online provider directory at: www.glma.org/referrals
- [Center for Multicultural Health](#) promotes the health and well-being of diverse communities. Located on 12th Avenue just south of Seattle University.
- [Gay City Wellness Center](#) offers confidential and anonymous HIV testing and STI screening six days per week, and health insurance navigation.
- [Vaccinations for Men Who Have Sex with Men](#) is a helpful info sheet from immunize.org.
- [Lesbian, Gay, Bisexual, and Transgender Health](#) - Information about LGBT Health from the Office of Disease Prevention and Health Promotion.
- [Trans/Non-binary Yoga](#): Donation-based, all levels, gentle flow yoga practice for trans, non-binary, gender-non-conforming, genderqueer, and questioning folk.

Other Internet Resources

- [Q Chat Space](#): Online chat support groups for LGBTQ youth, facilitated by staff at LGBTQ community centers around the United States. This is a great way for LGBTQ youth that don't have local resources to connect with peers, give and receive support!
- [Help Me See Myself](#) is an online collection of interviews and stories of LGBTQ+ adults, including Lambert House volunteers, created by a Girl Scout as their Gold Award project.
- The [Trans Youth Handbook](#) is a legal resource guide that covers the rights of trans youth across such a wide spectrum of situations, including identity documents, school, health care, non-affirming care environments, and work.
- [Road Map](#), a site mostly for MTF transfolk. The truly rad bit would be the information on transitioning young; while the info is slanted towards MTF, a lot of it would apply to ftm transitions as well.

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- [HRC](#), is one of the big national queer lobbying organizations. Their page is very activist oriented, with a lot of opportunities to write your local congressman and let them know what you think. Youth highlights include the coming out section and some of the HRC's youth activist training programs.
- [Letters to a Young Gay Christian](#)

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