

# LGBTQIA2S+ RESOURCE GUIDE

(Lesbian - Gay/Gender Nonconforming  
Bisexual - Trans\* - Queer/Questioning  
Intersex - Asexual - 2Spirit - and beyond!)

This is a working document periodically updated to include helpful resources aimed at uplifting, supporting, and healing folks within the LGBTQIA2S+ community and their families, friends, allies/accomplices.

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## FEATURED GEMS

### [The Trevor Project Coming Out Handbook for LGBTQ Youth](#)

A guide covering a wide range of topics to support LGBTQIA+ young people in exploring their journey of self-discovery and self-disclosure (formerly called “coming out”)

### [Guide to Being an Ally to Transgender and Nonbinary Youth](#)

“It can be tough for transgender and nonbinary people to bear the burden of educating others about their lived experience. That’s why we’re publishing this guide: to help begin your education on the basics of gender identity and expression. You’ll be able to better support the trans and nonbinary folks in your lives, and help to create a safer, kinder and more accepting world.”

### [Robbie’s Hope – Fighting Teen Suicide](#)

written by teens, for adults!

“We are a movement. An uprising of teens to help other teens. We’ve made it our mission to stop the suicide epidemic that’s taking the lives of our friends.” An easy to read handbook written by teens, for adults to combat teen depression and suicide.

### [The Family Acceptance Project](#)

Initiative working to prevent health risks for LGBTQ youth, including suicide, homelessness, drug use and HIV – in the context of their families, cultures and faith communities. We use a research-based, culturally grounded approach to help ethnically, racially and religiously diverse families learn to support their children.

### [Culture-Based Resources Page](#)

Connecting LGBTQ youth and families with organizations, events and activities that affirm ethnic, racial, spiritual and LGBTQ and Two Spirit identities.

This list includes culture-based resources for youth, together with general resources to provide information for youth and families, as well as access to culture-based community events and activities, including Pride events.

### [Why Personal Pronouns Matter](#)

A practical resource dedicated to the empowering and inclusive use of personal pronouns in the English language.

This website will help you understand why and how to use the pronouns someone goes by.

## [Gender-Affirming Hormone Therapy for LGBTQ Youth Can Help Save Lives, Study Finds](#)

*Time article by: Madeleine Carlisle*

## [The Body Is Not An Apology](#)

*by Sonya Renee Taylor*

The Body Is Not an Apology offers radical self-love as the balm to heal the wounds inflicted by these violent systems. World-renowned activist and poet Sonya Renee Taylor invites us to reconnect with the radical origins of our minds and bodies and celebrate our collective, enduring strength. As we awaken to our own indoctrinated body shame, we feel inspired to awaken others and to interrupt the systems that perpetuate body shame and oppression against all bodies. When we act from this truth on a global scale, we usher in the transformative opportunity of radical self-love, which is the opportunity for a more just, equitable, and compassionate world—for us all.



## [50 MUST-READS BOOKS ABOUT LGBTQ HISTORY FOR PRIDE MONTH](#)

*Queer: A Graphic History*  
*by Dr. Meg-John Barker*

Activist-academic Meg-John Barker and cartoonist Julia Scheele illuminate the histories of queer thought and LGBTQ+ action in this groundbreaking non-fiction graphic novel. A kaleidoscope of characters from the diverse worlds of pop-culture, film, activism and academia guide us on a journey through the ideas, people and events that have shaped ‘queer theory’. From identity politics and gender roles to privilege and exclusion.

Queer explores how we came to view sex, gender and sexuality in the ways that we do; how these ideas get tangled up with our culture and our understanding of biology, psychology and sexology; and how these views have been disputed and challenged.

# CRISIS RESOURCES

**If there is an emergency dial 988.**

## Colorado Crisis Services

1-844-493-8255 (TALK)

Text: Talk to 38255

Chat online from 4 pm to 12 am at:

[coloradocrisiservices.org](https://coloradocrisiservices.org)

Provides free, professional, confidential, and immediate support for any mental health, substance use, or emotional concern.

Open 24/7, 365 days of the year.

## Jefferson County for Mental Health

303-425-0300

Mental health counseling for adults, children, families, veterans, seniors includes emergency and crisis care, suicide prevention, and substance use.

**Nearest Walk-In Crisis Center (for adults and teens)**

4643 Wadsworth Blvd.,  
Wheat Ridge, CO 80033

## The Trevor Project

TrevorLifeline: 1-866-488-7386

TrevorText: START to 678678

**TrevorChat:** Confidential online instant messaging with a Trevor counselor at:

[thetrevorproject.org](https://thetrevorproject.org)

Provide crisis intervention and suicide prevention for LGBTQ youth.

Counselors available 24/7, 365 days of the year.

## Safe 2 Tell // [safe2tell.org](https://safe2tell.org)

1-877-542-7233 | Text: S2T to 274637

Anonymously report anything that concerns or threatens you, your friends, your family or your community.

## Trans Lifeline

877-565-8860 (United States)

Trans Lifeline is a national trans-led organization dedicated to improving the quality of trans people's lives through community support and outreach.

## National Crisis Line/ National Suicide Prevention Lifeline

1-800-273-8255 (TALK)

Chat online at: [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

You're not alone. Confidential help is available for free. The National Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

## RAIN – National Sexual Assault Hotline

800-656-HOPE (4673)

Rape, Abuse, and Incest National Network providing emotional support, info on local resources, and connections to health facilities trained in forensic exams for survivors

# DOMESTIC VIOLENCE AND SEXUAL ASSAULT RESOURCES

## SPAN

### **Safehouse Progressive Alliance for Nonviolence**

**24-Hour Crisis Line: 303-444-2424**

Support and services for adults, youth and children who have been impacted by domestic or dating violence. Crisis intervention, shelter/housing assistance, legal advocacy, and outreach counseling services for victims of interpersonal violence in Broomfield and Boulder counties.

## MESA

### **Movement to End Sexual Assault**

**Hotline: 303.443.7300 or  
Text BRAVE to 20121**

Emotional support, hospital or local police department accompaniment, information about legal resources, and therapeutic support groups for those who have experienced rape, sexual assault, or any form of sexual violence. Reach out if you are a survivor, if you struggle with a history of sexual trauma, if you aren't sure if you have been assaulted or harassed, and/or if you are a loved one of a survivor.

Email:

[info@movingtoendsexualassault.org](mailto:info@movingtoendsexualassault.org)

1455 Dixon Ave. Suite #210  
Lafayette, CO 80026

## RAINN

### **Rape, Abuse and Incest National Network**

**National Sexual Assault Hotline:  
800-656-HOPE (4673)**

RAINN is the nation's largest anti-sexual violence organization. Partners with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

## SOL

### **Survivors Organizing for Liberation**

**303-839-5204**

Formerly known as Colorado Anti-Violence Program offers support for lesbian, gay, bisexual, transgender, intersex, and questioning survivors of violence and hate crimes, as well as educational resources for the community.

1600 Downing Street  
Denver, CO 80218

# SUPPORT GROUPS AND COUNSELING CENTERS

## [Resilience1220](#)

**Free, confidential counseling** for young people ages 12-20 who reside in the mountain communities west of the Denver metro area in Colorado. Individual counseling and group counseling services provided by registered therapists.

Check out Resilience’s group offerings here: [resilience1220.org/groups](https://resilience1220.org/groups)

## [Monthly Support Group: Beyond the Rainbow](#)

Two separate groups for Teens/ Young Adults and Curious Parents/ Caregivers. Both groups center around building supportive and understanding community for LGBTQIA+ youth and their families.

**Teen Group** – a supportive social group for folks ages 12-20 focusing on connection, creativity, and fun. Supportive of LGBTQIA+ folks, friends, allies, and folks who are questioning.

**Parent Group** – A support group for parents and guardians that want to talk about raising and LGBTQ+ child and connect with each other.

## [Queer Asterisk](#)

is a nonprofit organization providing queer-informed counseling services, educational trainings, and community programming.

Locations in Boulder, Denver, Longmont, and Fort Collins

## [The Center](#)

**303-733-7743**

The Gay, Lesbian, Bisexual, Transgender Community Center provides support groups, PrideFest organizing, peer support, phone help lines, and more.

Call to inquire about referrals to gay-friendly resources such as AA meetings, counselors, and jobs programs.

1301 E. Colfax Ave., Denver, CO 80218

## [Out Boulder County](#)

works to facilitate connection, advocacy, education, research and programs to ensure LGBTQ+ people and communities thrive in Boulder County and beyond... in an inclusive, equitable, just and connected world.

## [\(OASOS\) The Open and Affirming Sexual Orientation Support](#)

**303-678-6259**

Program offers free and confidential services for lesbian, gay, bisexual, transgendered, intersexed, and questioning (LGBTIQ) youth, including: peer support groups in Boulder and Longmont, advocacy and counseling services, referrals to health and community services, free testing for HIV and sexually transmitted infections, and more.

529 Coffman Longmont, CO 80501

## [Parents and Friends of Lesbians and Gays \(PFLAG\)](#)

Vision: Create a world where difference is celebrated, and all people are valued inclusive of their sexual orientation, gender identity, and gender expression. Peer-to-peer support and education opportunities available.

## [Rainbow Alley](#)

A safe, brave space where LGBTQ+ youth (ages 11-21) and their allies find support and acceptance in Denver, Colorado. Provides (virtual) drop-in spaces, youth-led events and activities, counseling and support groups, health services and life skills.

## [SAGE of the Rockies](#)

A welcoming space to take an engaging class, try a new activity, attend a fun event, or find social support for older adults (age 50+).

## [Pathlight Mood and Anxiety Center](#)

**1-866-704-9256**

Residential support for children and teens (ages 8 through 17) of all genders in need of higher levels of treatment for mood and anxiety disorders. This well-established program offers comprehensive, life-changing treatment designed to help patients learn and develop the skills and tools they need to live a healthy and fulfilling life. Higher levels of care can include: Residential services, Partial Hospitalization programs, and/or IOP (Intensive Outpatient Programs).

## [Second Wind Fund](#)

Focuses on improving access and delivery of suicide care. Their unique program provides an avenue for families to obtain actual treatment services for youth (ages 19 and younger) at risk for suicide by breaking down financial and transportation barriers. Support Programs and BIPOC mental health resources: [thesecondwindfund.org/prevention-and-resources/](https://thesecondwindfund.org/prevention-and-resources/)



# RESOURCES FOR PARENTS, GUARDIANS, AND CARING ADULTS

## My Kids Gay

Free e-care package for parents and loved ones of trans kids (and adults!) called “Breathe, Learn, Act” — an incredible collection of resources compiled by a brilliant team of people.

[mykidisgay.com/ecare](http://mykidisgay.com/ecare)

## The Family Acceptance Project

AA research, intervention, education and policy initiative that works to prevent health and mental health risks for lesbian, gay, bisexual and transgender (LGBTQ) children and youth, including suicide, homelessness, drug use and HIV – in the context of their families, cultures and faith communities. We use a research-based, culturally grounded approach to help ethnically, racially and religiously diverse families learn to support their LGBTQ children.

[familyproject.sfsu.edu/](http://familyproject.sfsu.edu/)

## TYES

(Trans Youth Education and Support) Empowers and supports families and caregivers of gender expansive youth by providing resources, education, outreach, and advocacy, in order to create supportive environments that allow youth to experience the joy of authenticity.

## 7 Things Not to Say to a Child Wrestling With Their Sexuality

*By Ramona Rio*

[thebodyisnotanapology.com/magazine/what-not-to-say-to-a-child-wrestling-with-their-sexuality/](http://thebodyisnotanapology.com/magazine/what-not-to-say-to-a-child-wrestling-with-their-sexuality/)

## The Genderbread Person: Breaking Through the Binary

A tasty guide that is meant to be an appetizer for gender and sexuality understanding. It’s okay if you’re hungry for more. In fact, that’s the idea. Get your own copy of this useful intro guide here: *Breaking Through the Binary* by Sam Killermann

## GenderSpectrum.org

Like the Google search engine, but Queer! Gender Spectrum helps to create gender sensitive and inclusive environments for all children and teens. Great basic education and links to free support groups for Q+ teens and/or their parents.

## 5 Ways to Help Kids Think Outside of the Gender Binary – Maya Gittelman

[thebodyisnotanapology.com/magazine/5-ways-to-help-kids-think-outside-the-gender-binary/](http://thebodyisnotanapology.com/magazine/5-ways-to-help-kids-think-outside-the-gender-binary/)

## 7 Things I Teach My Kids About Consent, Sexual Harassment, and Assault

*Louisa Leontiades*

[thebodyisnotanapology.com/magazine/7-things-i-teach-my-kids-about-consent-sexual-harassment-and-assault/](https://thebodyisnotanapology.com/magazine/7-things-i-teach-my-kids-about-consent-sexual-harassment-and-assault/)

## Sexing the Body: Gender Politics and the Construction of Sexuality

*By Anne Fausto-Sterling*

In this brilliant & provocative book, the acclaimed author argues that even the most fundamental knowledge about sex is shaped by the culture in which scientific knowledge is produced. Drawing on astonishing real-life cases and a probing analysis of centuries of scientific research, Fausto-Sterling demonstrates how scientists have historically politicized the body.

[goodreads.com/book/show/52595010-sexing-the-body](https://goodreads.com/book/show/52595010-sexing-the-body)

## Podcast Ep. 140 on Clearly Clinical:

[Authenticity Isn't Easy: Navigating Through Grief During Gender Transition](#)

Gender expert Zander Keig, LCSW, joins us for an overview of the various responses to the potential ambiguous loss experienced during a gender transition (medical, social, legal) by those who undergo a gender transition and their loved ones.

## [Self-Care Guide](#)

Simple ways to practice self-care at home, at school, and in public. [TrevorProject.Org](https://www.trevorproject.org)

## [Supporting Transgender Youth During the COVID-19 Pandemic](#)

Psychologist Huong Diep, Psy.D., ABPP explains how to be an ally for transgender youth during a pandemic.

# MEDICAL HEALTH RESOURCES

## My Kids Gay

Free e-care package for parents and loved ones of trans kids (and adults!) called “Breathe, Learn, Act” — an incredible collection of resources compiled by a brilliant team of people.

[mykidisgay.com/ecare](http://mykidisgay.com/ecare)

## TRUE Center for Gender Diversity at Children’s Hospital Colorado

A comprehensive care center in the Rocky Mountain region specifically set up for gender-diverse children, adolescents and young adults. A multidisciplinary team works with each unique individual and their family to help them achieve the gender expression that’s right for them.

## Health Clinics for LGBTQ+ by State & City:

[cdc.gov/lgbthealth/health-services.htm](http://cdc.gov/lgbthealth/health-services.htm)

## ICYC’s BLUE LGBTQ+ Sexual Health Textline

Text the keyword “BLUE” to 57890

“A FREE LGBTQ+ sexual health text line that was developed to meet the needs of LGBTQ+ youth. Text and you’ll receive a confirmation text. Now you can text your questions whenever you have them! You will receive a response within 24 hours.”

## Planned Parenthood of the Rocky Mountains

is a great resource for information on sexual health, consent, gender-affirming care, and more!

[Check out this page specifically for teens](#), where you can find information on everything from STI’s, gender and sexuality, birth control, and even a text/chat service for extra assistance!

You can also follow [@incaseyourecurious](#) on instagram, or text INSTA to 57890 to ask your questions.

# SOCIAL MEDIA RECOMMENDATIONS

## Alok Vaid-Menon

(they/them) @alokvmenon

[ALOK](#) is a gender non-conforming writer and performance artist... As a mixed-media artist, Alok uses poetry, prose, comedy, performance, fashion design, and portraiture to explore themes of gender, race, trauma, belonging, and the human condition.

Listen To A Sample From [Beyond The Gender Binary](#)

Alok Vaid-Menon challenges the world to see gender not in black and white, but in full color. Taking from their own experiences as a gender-nonconforming artist, they show us that gender is a malleable and creative form of expression. The only limit is your imagination.

## Pattie Gonia

(she/hers) @pattiegonia

Queer drage queen fighting for environmental justice, inclusivity, and finding joy in nature! Awesome content on her insta as well as her website where there is a Queer+ job/ hiring board:

<https://linktr.ee/pattiegonia>

## Queer Nature

(community) queernature

[queernature.org](http://queernature.org)

Queer Nature facilitates nature-based workshops and multi-day immersions intended to be financially, emotionally, and physically accessible to LGBTQ2+ people (Lesbian, Gay, Bisexual, Trans, Queer, Two-Spirit) and QTBIPOCs (queer and trans black and indigenous people of color).

## Inclusive Therapists

(mental health community)

@inclusivetherapists

Therapy directory that celebrates all: Identities, Abilities and Bodies Decolonize, Liberate, Heal! Therapists for Justice & Liberation: [tap.bio/@inclusivetherapists](http://tap.bio/@inclusivetherapists)

## Schuyler Bailar

(he/him) @pinkmantaray

Schuyler is the first trans athlete to compete in any sport on an NCAA D1 men's team, and the only to have competed for all four years. He is an internationally-celebrated inspirational speaker and a respected advocate for inclusion, body acceptance, and mental health awareness.

<https://pinkmantaray.com>

## Rain Dove

("I") *@raindovemodel*

I am I. No labels. No limits. Representing "human" in fashion, film and activism. Come as You are. Welcome. I Love You.

## Julian Gavino

(he/him)

*@thedisabledhippie*

Sharing his life as a transgender man and his journey with Ehlers Danlos Syndrome...Julian gets real about gender performance, his experiences as a wheelchair-bound model and how the beauty industry can \*always\* do more for disabled people.

[feelunique.com/thelounge/beauty-and-me-thedisabledhippie](http://feelunique.com/thelounge/beauty-and-me-thedisabledhippie)

## Global Girl Hood

(community) *@globalgirlhood*

Global Girl Hood aims to inspire storytelling, foster intercultural dialogue, and build connections with womxn & femmes of all ages, backgrounds, identities.

[globalgirlhood.org](http://globalgirlhood.org)

## 25 Bisexual-Friendly Books For Bi Awareness Week/Bi Visibility Day

Great list of mature young-adult books centering queer characters, bisexuality, and more.