NH RESOURCES

**Rural Outright**
Sullivan County & surrounding towns  
(603) 542-1848 ext 306  
www.tlcfamilyrc.org/ruralhoultright.html  
Facebook: @RuralNHOutright  
Instagram: @ruralhoultright

**Seacoast Outright**
Portsmouth & surrounding towns  
www.seacoastoutright.org  
Facebook: @OutrightPride  
Instagram: @outrightpride

**PFLAG Lebanon/Upper Valley**
1-800-750-2524 or pflaguv@gmail.com  
community.pflag.org/transgender

**Out Proud Net**
http://outproud.weebly.com/

**GLSEN NH**
Concord, NH  
(603) 560-6998 or www.glsen.org/newhampshire  
Facebook: @glsennewhampshire  
Instagram: @glsennh

**PFLAG NH**
New Hampshire Chapter  
www.pflagnh.org

**The Venture Out Project**
www.ventureoutproject.com  
Facebook: @ventureoutproject  
Instagram: @theventureoutproject

**Camp Quinebarge**
Moultonborough, NH  
www.campquinebarge.com  
Facebook: @camp.quinebarge  
Instagram: @campquinebarge

NEED IMMEDIATE SUPPORT?

**CRISIS HOTLINES:**

**The Trevor Project**
24/7 Lifeline (talk or text)  
1-866-488-7386  
www.thetrevorproject.org

**GLBT National Help Center**
Hotline: 1-888-THE-GLNH  
Youth Talkline: 1-800-246-PRIDE  
help@GLBThotline.org  
www.glbthotline.org/youth-talkline

**Lesbian, Gay, Bisexual & Transgender Helpline**
1 (888)-340-4528

**National Suicide Prevention Help Line**
1 (800) 273-8255  
suicidepreventionhotline.org
**YOUTH RESOURCES**

**It Gets Better Project**  
www.itgetsbetter.org  
User-driven LGBTQ video content with 60,000 inspiring personal stories

**Sex, etc.**  
sexetc.org  
Sexual education, with publications by & for teens addressing gender identity/expression, sexual orientation & health

**Trans Lifeline**  
1-877-565-8860  
www.translifeline.org  
Hotline staffed by transpeople for transpeople

**Gender Odyssey**  
www.genderodyssey.org  
Education, support & training for families & educators about gender identity/expression

**Gender Spectrum**  
www.genderspectrum.org  
Videos & tools about gender-related diversity/issues

**Trans Youth Equality**  
www.transyouthequality.org  
Support for trans children & their families, how-to info for youth, age-appropriate book lists, links to legal resources, retreats & camps

**Camp Aranu’tiq**  
Needham, MA  
www.camparanutiq.org  
Facebook: @camparanutiq

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**Family RESOURCES**

**My Kid is Gay**  
mykidisgay.com  
Resources for parents

**Family Acceptance Project**  
familyproject.sfsu.edu  
Videos, research, practice guides & training on family acceptance/rejection

**TransYouthFamilyAllies**  
imatyfa.org/youth.html  
Comprehensive basic information, advocacy & links to services for families

**Advocates for Youth**  
www.advocatesforyouth.org  
Articles, tips & advocacy information for parents about LGBTQ issues

**Human Rights Campaign (HRC)**  
www.hrc.org/youth-report  
Survey, videos & articles about national LGBTQ youth legislation

**National Gay Straight Alliance Network**  
gsanetwork.org  
Network of student-run, inclusive, middle & high school clubs

**Gay, Lesbian & Straight Education Network**  
www.glsen.org  
Links for students about upcoming events, GSA club registration & resources

**National Center for Transgender Equality**  
transequality.org  
Social justice advocacy organization

**KidsHealth**  
www.kidshealth.org  
Health modules for parents, kids, & teens with topics including: sexual orientation, drugs/alcohol & health