Virtual Support Resources

While we may feel physically distant, we are fortunate to live in a time when we can connect virtually with others who can be a source of support.

**PFLAG**
www.pflag.org
Sometimes the best support is the love of one’s own family. PFLAG helps family members to understand and accept gender identity and or/sexuality.

**Ally Parents**
www.standwithtrans.org/ally-parents
Ally parents are parents of trans and nonbinary youth who volunteer their time to support young people who may lack, or not yet have, parental support. Youth can select ‘parents’ by location to call or text.

**Chat Rooms**

Often the best support is connecting with others who understand and don’t question your identity and/or orientation.

**Discord**
https://discord.com/
No matter what you identify as or how open you are, you’ll find friends among LGBTQ Discord Servers.

**Q Chat**
https://www.qchatspace.org/
Online facilitated discussion groups for LGBTQ+ teens ages 13-19.

**Gender Spectrum Lounge**
https://genderspectrum.org/lounge
Space for teens, parents, and professionals to connect with one another and have conversations about gender outside of the boxes.

**SMYAL**
https://www.smyal.org/
Providing safe and supportive environments for LGBTQ youth. Topic-based daily chat rooms via Discord Server.

**Other Virtual Resources**

- **Glitterary Magazine** A safe space for LGBTQ youth to share their writing in a supportive community, http://glitterarymagazine.org
- **InQluded** A magazine for queer teens of color, http://inqluded.org
- **Project Contrast** Feel loved through listening to the amplified voices of LGBTQ youth through the power of storytelling, http://projectcontrast.org.

**You’ve Got This!**

“Never give up. If things are difficult for you now, remember the one constant in life is that things do not remain constant. The pain you are going through now will not be permanent… Your story has yet to be told. The world awaits who you will become and the things you will accomplish.” - Ron Holt, *Pride Coloring Book*