

**foster
advocates**

**See Us, Support Us:
Recommendations
from LGBTQ2S+
Fosters for Providing
Affirming Care**

Our Mission

Foster Advocates is not just our name. It's what we do.

We foster advocacy, organizing, and systems change in Minnesota by partnering with Fosters and impacted communities.

We envision a MN where everyone involved in the state's foster care system has the same access to opportunities and outcomes as their peers, and where Foster voices are respected and community expertise is sought in every aspect of the child welfare system.

Our work

Focused on:

- Relationships with Fosters across the state through support & leadership programs
- Research to elevate issues for change
- Reform and advocacy behind the scenes and at the MN Capitol supporting Foster-envisioned systems changes

Building a Foster Rights Movement in Minnesota (and beyond!)



Foster-led legislative accomplishments

1
2020

Keeping Fosters in School Act

Reduces K-12 education disruption by affirming priority for Fosters to stay in their original district, as well as tracking school move data and requiring enrollment within seven school days.

2
2021

Fostering Higher Education Act

Created the Fostering Independence Grants (FIG), the most comprehensive college support for Fosters in the country! Eligible Fosters (anyone in state foster care age 13+) receive full cost-of-attendance for their post-secondary education in Minnesota.

3
2022

Maya's Law

Closed a Minnesota loophole to put our state in line with best national practices, ensuring children have the right to be interviewed separately from adults in the home related to allegations of abuse or neglect.

4
2022

Office of the Ombudsperson for Foster Youth

Created an Office with structural power to investigate individual cases and hold systems accountable. Prior to this law, there was no lifeline or resource available to Fosters when facing abuses or challenges within the foster care system.

5
2023

Foster Success Expansion

Provided a one-time appropriation for education mentoring and critical wraparound services such as housing supports, job and workforce readiness, and other needs unique to Fosters to reduce barriers to their education goals.

6
2024

Fostering Independence Grant Funding

Secured funding in a non-budget year to cover unanticipated shortfall of \$5 million for FIG, as demand for grant and increased cost-of-living outpaced initial appropriation, ensuring no Fosters waitlisted for the 2024-2025 school year

7
2024

Survivor Benefits Notification

Requires county agencies who apply to be a payee for a child's SSI, retirement and/or survivor benefits to provide written notice, and must keep accounting records for benefits received starting July 1, 2024.

Our Foster Community

Early leaders in our network stated foster care creates a significant cultural identity, akin to other immutable characteristics, that goes unrecognized once they are reunited with family, adopted, or age out. In response, we use the term **Foster** to name and claim this unique identity.

Agenda

- Intros
- Grounding Terms
- Round 1: The Why (data dive)
- Round 2: Know Your Rights
- Round 3: Affirming Care and Resources
- Q&A & Closeout

**Foster
Advocates
Leadership
Principles**

- Nothing about us without us. Those impacted by the system must be given the power to direct systems change, while not being alone in change-making work.
- Young people are experts and leaders *now* and deserve to be heard and valued for their voices, experiences, and ideas.
- We believe deeply in the power of individual stories to spark change, while using data to identify trends across the foster care experience.
- To address the disproportionate impacts & systemic injustices in the foster care landscape, we focus on root causes & upstream thinking to guide advocacy priorities.
- Movements for change require adaptive leadership: leaning into curiosity around knowledge, practices, and behaviors to imagine and implement new possibilities.
- Cultivating community & advocacy are inherently intertwined. Advocacy happens within relationships and is transformational to individuals & communities.

- No bad questions! This is a space to build your cultural competency and confidence
- We welcome curiosity (cards for questions)
- This space is interactive
- We accept LGBTQ2S+ youth as full human beings deserving of respect and honor their expertise in knowing their identity
 - Gender identity and sexual orientation are not choices, a phase or a mental illness

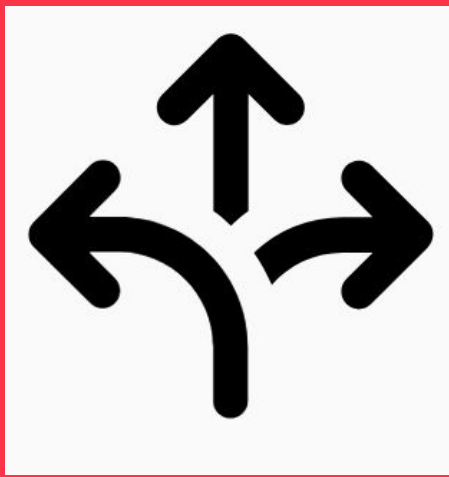
Let's Define: LGBTQ2S+ Terms

- **SOGIE:** sexual orientation, gender identity and expression
- **Sexual orientation:** sexual, romantic, and/or emotional attraction to others
 - Lesbian, Gay, Bisexual, Queer, Asexual, Pansexual, Questioning, Straight, Demisexual
- **Gender Identity:** One's internal sense of self and identity related to gender, including self-image, appearance, and embodiment of gender (man, woman, non-binary, genderqueer, gender fluid, agender, etc)
 - **Sex:** person's sex assigned at birth (male, female, intersex)
 - **Gender Expression:** how one embodies gender attributes, presentations, and roles (masculine, feminine, androgynous)
 - **Cisgender :** Identity that society considers to “match” the sex assigned at birth ('cis' prefix means “on this side of” or “not across from”)
 - **Transgender:** Broad term that describes people whose gender identity is different from the sex they were assigned at birth ('trans' prefix means “across” or “on the other side of”)
- **Two-spirit:** contemporary term for Native people whose gender identity falls outside of the colonial binary. Usually refers to a person identifying with both masculine and feminine spirit; used by some Native people to describe sexual, gender, and/or spiritual identity
- **Queer:** umbrella term for minority gender identities and sexual orientations

Round 1: The Why

LGBTQ2S+ Leaders Human-Centered Design

**Understanding
MN Fosters
experience**



**Identifying
directions for
change**



**Testing
solutions**

**What is the issue we're
trying to understand?**

Design
Challenge

**LGBTQ2S+ Fosters are
overrepresented in
MN foster care, and
aren't being fully
supported by the child
welfare system.**

What do we already know about the issue?

-



What are our assumptions?

-

What is the MN context?

-



What do we need to learn more about?

-

- **MN (2020):**
 - 27% identify as LGBTQ+, 2% are unsure
 - 4% transgender, non-binary, or genderqueer
- **NY & CA (2019)**
 - 34% and 30% respectively identify as LGBTQ+
- **Ohio (2023)**
 - 32% identify as LGBTQ
- **Nationwide average (non-Fosters)**
 - 9% of youth age 13-17 years old identify as LGBTQ+

- Experience more placements; more likely to be placed in group home and residential care
- Report more adverse experiences in care (inadequate planning, absence of resources, being told directly “hard to place”)
- More likely to experience victimization in school
- More likely to experience sexual or physical harassment and assault
- More likely to experience homelessness as a teenager and young adult
- Higher well-being risk factors: substance abuse, mental health diagnoses / hospitalizations, engagement in survival sex, engagement in self-harm
- Higher risk for suicidal ideation and attempts *if not accepted and supported*

Why do we care about LGBTQ2S+ Overrepresentation?

HCD Learnings

- Lack of data collection or being asked about their sexual orientation or gender identity by child welfare personnel
- Overlap for LGBTQ2S+ Fosters with experiences of sexual abuse, homelessness, substance abuse as a coping mechanism, and survival sex (which is backed up by larger non-Foster specific data for LGBTQ+ youth)
- Lack of accessible knowledge for Fosters about gender identity and sexual orientation
- **Prototype:** State workgroup on data collection and protection

Round 1: Conversation Time!

- How does SOGIE data show up in your work?
 - How does this data impact you? What are your instinctive reactions to learning about or asking about sexual orientation or gender identity?
 - How does it impact the youth and families you are serving?
- How is SOGIE data safeguarded in your work? What is in your power and control to safeguard?
- What remaining questions do you have about SOGIE data for Fosters?

Round 2: Know Your Rights

HCD Learnings

- Regular occurrences with hearing homophobic or transphobic comments in foster homes
- Segregation: Group homes asking about sexual identity not for supports but to restrict LGBTQ2S+ individuals to private rooms for “safety issues” (even though that limits their access to peer connection and support)
- Lack of clarity on LGBTQ2S+ rights in care and who to talk to if rights not fulfilled
- **Prototype:** Know Your Rights guide for MN Fosters

Know Your Rights: LGBTQ2S+ Fosters

MN Know Your Rights Guide

This guide is intended for Fosters age 10-21 in the MN foster care system & under MN juvenile state court jurisdiction for Child in Need of Protection or Services (CHIPS). Fosters under tribal court jurisdiction or in delinquency court may face other legal considerations or restrictions. Please check with your caseworker, GAL, and/or lawyer about the specifics for your case, or call DCYF Child Safety & Permanency constituent services at 651-431-4661. For Fosters with questions or concerns about their rights, care, safety, or placement, contact the Office of the Foster Youth Ombudsperson at mn.gov/oofy.

1. Right to an attorney

If you are 10 years old or older, you have a right to be represented by an attorney. Your attorney is your advocate. You can tell your attorney if you're being mistreated by anyone, if you feel your rights are being violated in any way, or if you have questions about your case. Anything you share with your attorney is confidential, meaning they cannot tell others what you share with them unless you give them permission to do so, or if you plan to harm yourself or others.

Minn. Stat. § 260C.163 subd. 3

If you are 10 years or older, need an attorney, and one is not being provided for you by the County, connect with [Children's Law Center of Minnesota](#).

2. Right to be protected from abuse & neglect

Your gender identity and sexual orientation cannot be used to justify abuse or neglect by any caregiver. You have the right to have your basic needs met, which includes ensuring you have food, shelter, clothing, medical care, and any other care you need for your physical or mental health. Your parents, legal guardian, foster parents, relatives, and other caregivers cannot physically, sexually, verbally, or emotionally abuse you. Your caregiver cannot bully or harass you, verbally assault you or call you names, withhold love or affection from you, or create a climate of fear, among other harmful behaviors.

If you have questions about what is abuse or neglect, or about something that has happened to you, you can talk to your case worker, your attorney, or another adult you trust.

Minn. Stat. 260E.03 subd. 14 and 18

3. Right to be placed with relatives/close family friend & maintain sibling connections

You have the right to be placed with a relative or close family friend before being placed with a family you do not know in foster care. The term "relative" can include a youth's chosen family or friend as well, even if they are not related by blood, marriage, or adoption.

Siblings have a rights to maintain connection if they choose. See full [Sibling Bill of Rights](#).

Minn. Stats. § 260C.212 subd. 2(a) & 2(d); § 260.012e(4); § 260C.008

4. Right to receive services & supports required to meet your needs

You have a right to receive all services and supports required to meet your needs, including:

- A foster home that meets your needs whether you're staying with a relative, a friend, someone else, or in a group home or other facility.
- To have frequent visits and contact with your parents, siblings, and relatives if safe to do so. Some LGBTQ2S+ youth have described not feeling safe around some family members who have mistreated or abused them due to their gender identity. If you do not wish to see certain family members or would like another trusted adult to be present during visits, you can request this by talking with your attorney or your case worker.
- You have a right to receive the services and supports you need in your educational setting.
- You have a right to receive the health care you need including medical, mental and dental health care.

If you have concerns about the services and supports you're receiving, you have the right to request different services and the right to ask for a lawyer to help you get the services and supports you need.

Minn. Stat. § 260C.607 subd. 4(a)(2)

5. Right to request a new foster home, group home, or other facility if you don't feel safe in the setting you're currently in

If you don't feel safe and supported in the foster home or facility you currently reside in (even if you're placed with a relative or friend), you have the right to request a different placement. You can talk with your attorney about what is happening in your current placement and discuss your options with them.

6. Protection from "conversion therapy" or "reparative therapy"

As of 2023, "conversion therapy" is banned in Minnesota. No mental health provider can engage in "conversion therapy" with a client younger than 18 or with a vulnerable adult.

Minn. Stat §214.078

7. Right to request gender-affirming care including counseling, medication (hormones/blockers), & other supportive services

While gender-affirming healthcare providers are not always easily accessible in all areas of the state, you have a right to request to receive gender-affirming health care services. Generally, gender-affirming surgery is only available for people ages 18 and up, however, top surgeries may be available to trans males under age 18.

You may want to ask your attorney or case worker to consult with [Family Tree Clinic](#), [Gender Justice](#), [Minnesota Transgender Health Coalition](#), or [Rainbow Health](#) to help identify gender-affirming providers or to address other barriers in accessing gender-affirming care.

Know Your Rights: LGBTQ2S+ Fosters

MN Know Your Rights Guide

8. Right to consent to specific health-related services without the consent of a guardian

Youth in foster care able to consent for their own health care on the same basis as other youth. Under Minnesota law, a minor can consent to receive medical, dental, mental health, or emergency treatment and generally do not need the consent of an adult (i.e., a parent, foster parent, or legal guardian) to receive health-related services related to pregnancy, alcohol or drug abuse, or sexually transmitted infections/HIV. As of 2023, minors age 16 and older do not need the consent of an adult to receive outpatient mental health services.

Please be aware that healthcare professionals have significant discretion to inform legal guardians of treatments provided to minors.

Minn. Stat. § 144.341-.347 & 144.3431; Minn. Stat. § 253B.04 subd. 1

You also have a right to have an abortion without government interference or bias, and without notifying a parent, foster parent, or other legal guardian. On July 11, 2022, the Second Judicial District Court of Minnesota held in *Doe v. Minnesota* that various statutory requirements restricting access to abortions are unconstitutional and permanently blocked their enforcement, including the former requirement that a minor's parents must be notified before receiving an abortion. This means any minor in Minnesota can choose to access abortion care without notifying their parents, foster parents, or other legal guardians. Note: Since some clinics have not yet changed their policies in light of this ruling, you may want to call a clinic in advance, or have an adult you trust call for you, to ensure the clinic has updated its policy.

Minn. Stat. § 145.409; Doe v. Gomez 542 N.W.2d 17 (Minn. 1995); Minn. Stat. § 144.343 subd. 1-4; Doe v. Minnesota

9. Right to be free from discrimination

You have the right to be free from discrimination in schools, housing, businesses, and government agencies (which include foster care agencies and juvenile detention facilities), on the basis of your sexual orientation, sex, gender identity, gender expression, and transgender status. If you have been discriminated you may want to ask your attorney or caseworker to consult with Gender Justice or Outfront Minnesota.

Minn. Stat. § 363A.11-.15

This Know Your Rights guide was envisioned by LGBTQ+ and Two-Spirit Foster Leaders working with Foster Advocates in 2022, who identified the need to clarify LGBTQ2S+ rights in foster care to support their peers in the Minnesota child welfare system.

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Thank you to the Institute to Transform Child



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GENDER

RESOURCES: LGBTQ2S+ Fosters

MN Know Your Rights Guide

Minnesota

Avenues for Youth: ConneQT
612-968-1672
avenuesforyouth.org/host-home-youth-support
Host homes for LGBTQ youth ages 16-24

Family Tree Clinic
612-473-0800 (call or text)
familytreeclinic.org
Reproductive and sexual health care (Minneapolis, MN); health sexuality education; youth drop-in program

Gender Justice
651-789-2090 | info@genderjustice.us
genderjustice.us
Trans and gender non-conforming legal services

MN LGBTQ+ Therapists Network
lgbttherapists.wildapricot.org
Searchable LGBTQ+ mental health practitioner database

Minnesota Transgender Health Coalition
612-823-1152
mntransgenderhealth.org
Support groups (online); HIV prevention/testing

Outfront MN
612-822-0127 | Helpline: 800-800-0350
outfront.org
Anti-violence crisis support; youth leadership council

Queer Space Collective
info@queerspacecollective.org
queerspacecollective.org
Mentorship for LGBTQ+ youth age 12-17 in Twin Cities

Rainbow Health
612-341-2060
rainbowhealth.org
Therapy (in person St. Paul or online); HIV testing & prevention; peer groups (statewide); basic needs support

Reclaim
612-235-6743 | info@reclaim.care
reclaim.care
Individual and group therapy (in person St. Paul or online) for queer and trans youth ages 13-25

National
Healthy Native Youth 2S+ Resource Hub
healthynativeyouth.org/lgbt-resource-hub/

Q Chat Space
qchatspace.org
Online groups for LGBTQ+ teens ages 13-19; identity resources, social connections; multiple language options

Trans Lifeline
877-565-8860
translifeline.org/hotline
Confidential, anonymous chats with trans/nonbinary peer operator; Spanish available

Trevor Project Crisis Line
866-488-7386 | Text 'Start' to 678-678
thetrevorproject.org/get-help (online chat available)
Confidential chats with trained counselors

TrevorSpace
thetrevorproject.org/visit-trevorspace/
Online community for LGBTQ+ young people between 13-24 years old: peer connection, mental health support, identity resources

This guide was last updated to version 3.0 in September 2024. The resource list is a starting place and not fully comprehensive; it has a range of mental health, sexual health, support groups, and advocacy resources available in Minnesota.

- Children's Bureau:

“Research and best child welfare practices clearly demonstrate that every child and youth in foster care should be affirmed and supported, including children and youth who are LGBTQ+ or who have a non-conforming gender identity or expression...All children in the child welfare system, including LGBTQ+ children, are entitled to protections against harassment, abuse, and mistreatment, regardless of their placement.”

- Title IV-E and IV-B funding requires grantees to be intentional and responsive to the needs of LGBTQ+ Fosters and families, including:
 - Case plan that includes safe placements that support the whole of each youth's well-being
 - Supporting parents and kin develop skills and capacity to effectively parent LGBTQ+ youth
- 2026: requirement for designated LGBTQ+ foster care placements
 - Commit to establishing an environment that supports LGBTQ+ identity
 - Provider trained with appropriate knowledge and skills to provide for needs related to youth's self-identified SOGIE
 - Provider must facilitate child's access to developmentally appropriate resources, services, and activities

Louisiana Foster Youth Bill of Rights

- The right to privacy concerning the youth's personal and confidential information
- The right to be in a stable and supportive setting that is free from neglect and emotional, verbal, physical, and sexual abuse or exploitation, and that is the least restrictive to meet the youth's needs
- The right to participate in case plan meetings, to include supportive adults of the youth's choice on the planning team...
- The right to have the youth's medical and mental health needs met on a regular and timely basis
- The right to be provided adequate trauma-based counseling and therapeutic services throughout the youth's time in foster care.
- The right to be free from discrimination of any kind on the basis of the youth's race, color, sex, language, religion, political or other opinion, national, ethnic, or social origin, property, disability, birth, or other status.

2023 Healthcare Ban

- Prohibits: Gender-affirming surgeries, hormone therapies, and puberty-blocking therapies for people under 18
- Allows:
 - Mental health services
 - Gender-affirming surgeries, hormone therapies, and puberty-blocking therapies for emancipated minors and people over 18.
 - Social transitioning, such as changing one's name and pronouns and wearing different clothing or hairstyles.
 - Going to another state to get access to gender-affirming care where it is legal; taking someone 18 or older to another state to access gender-affirming care; taking a minor to another state to access gender-affirming care (with permission from minor and minor's parent / legal guardian)
 - Sharing information about how to access gender-affirming care and related resources

2024 Anti-LGBTQ2S+ Laws

- HB608: Gender Regulation Bathroom Bill
 - Forces bathroom use to bathroom of sex assigned at birth in public schools, DV shelters, and adult/juvenile correctional facilities
- HB122: Don't Say Queer Bill
 - Bans the discussion of sexual orientation and gender identity in schools
- HB121: Name and Pronoun Regulation in Schools
 - Forces school officials to use name/pronouns that correlate with birth certificate unless a parent provides explicit written consent to do otherwise

- Social Worker Code of Ethics:
 - self-determination
 - informed consent
 - cultural competence
 - privacy and confidentiality
 - derogatory language

Round 2: Conversation Time

- Where have you seen LGBTQ2S+ Foster rights respected? Disrespected?
- How do you see the intersection between rights and professional ethics on this issue? What is your role within that?

Round 3: Affirming Care and Resources

HCD Learnings

- Lack of guidance for workers/placements that want to provide affirming care from DHS, and the state best practices guide is over 10+ years old
- Deep harm caused when the system attempts to be "neutral" vs provide proactive supportive, as well as disconnect from supportive queer communities
- Google should not be youth's first teacher and only resource!
- **Prototype:** Photovoice Project & Oped

I draw my strength from remembering that if I had a hard day, I always have someone in my corner, whether it's God or my significant other. A lot of my strength is actually just me trying not to have trauma of mine repeated. What inspires me is that I have a person that will be by my side and help me with problems even if I cannot deal with them myself or try and it isn't healthy.

-Isaiah, Twin Cities region

Where do you draw your strength from as a LGBTQ2S+ Foster? What inspires you?



Art has a way of allowing people to take awe of expression typically filtered from society. This painting is one that I painted several years ago. I call it "My confiscated thoughts/My Autistic Brain". This painting represents who I was, who I am, and who I aim to be. I grew up in foster care a bisexual autistic child. My thought held hostage in my brain because of fear of what would happen if I ever let them out. Only able to be who I was around my mom and the family I found in my LGBTQI+ community.

What does love and care look like to you?

So, for me, without a doubt, love and care mean acceptance. An unconditional kind that welcomes us to be who we are unapologetically. Love is having someone who is willing to be a safe space for you. A space where one can be their true self without fear of rejection for the way they choose to express themselves. No holding back. Just true unequivocal, indisputable acceptance.

-Nia, West Central region



COMMENTARIES

New Voices: Being LGBTQ in foster care is to encounter discrimination, ambiguity

The first step for the state is to gather good data.

By Jana Harris, Shawna Bullen-Fairbanks and Travis Matthews

AUGUST 26, 2022 AT 5:30PM



- Ask youth what name they want to use and call them by that name. Do not assume it is the name in their case file or on their legal ID. Allow youth to take the lead in using whatever terminology they feel comfortable using.
- Use the terms and pronouns! Be comfortable with them, signals you're someone to talk to about these identities.
- Use gender neutral framing (“are you dating anyone?”)
- Don't look for LGBTQ2S+ cues in youth (there is no one way to “look” queer): send out personal clues that you are comfortable discussion gender identity, expression, and sexual orientation.
- Add affirmative visuals to your workspace.
- Do not make or tolerate jokes or negative comments about anyone based on race, culture, national origin, gender identity, expression, ability, age, religion or sexual attraction/orientation – and be clear about why.

- When a youth discloses to a caseworker that they are LGBTQ2S, the caseworker should respond in an affirming, supportive way; anticipate concerns about confidentiality; and relay the message that caseworkers are willing to talk about any issue, fear, and celebration related to coming out.
- What are your local resources?
- Ongoing training and review of policies to increase cultural competence and reduce discrimination.
- Recognize what's in your sphere of control: upholding the dignity and worth of every Fosters

- SOGIE Center (sogiecenter.org)
 - Training, resources, model policies
- RHEP (fosterreprohealth.org)
 - Resources, Foster-led podcast
- Scarleteen (scarleteen.com/)
 - Resources, message boards

Round 3: Conversation Time

- What is an affirming skill you want to put into practice?
- What do you need to boost your confidence about being affirming and culturally competent with LGBTQ2S+ Fosters?
- *How are you giving LGBTQ2S+ Fosters hope?*

Key Takeaway

Non-affirming placement and services for LGBTQ2S+ Fosters is maltreatment in care.

Affirming Fosters' identity is critical for their safety, connection, and hope.

Takeaways

- LGBTQ2S +youth are more than their sexual orientation or gender identity. They are just like other youth who need support, appropriate adult role models, care, concern, guidance and flexibility.
- There is always something we can do individually to support LGBTQ2S+ Fosters, and we have an ethical (and legal) responsibility to do so.
- You can be the positive change that impacts (and possibly saves) an LGBTQ2S+ Foster's life.



Questions?

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Reach out to elena@fosteradvocates.org

- [SOGIE Center](#) (LOTS of training, resources, best practice guide from their pilot programs over the past 5+ years) Example resources:
 - [Eight Essential Affirming Elements](#)
 - [AFFIRM Youth](#) training (promising practice, CA Evidence-Based Clearinghouse for Child Welfare)
 - Michigan: [A Practice Guide for Working with LGBTQI2S+ Youth in Michigan's Child Welfare System](#)
- Children's Bureau:
 - [Equality for LGBTQ+ Individuals resource page](#)
 - [Guidance](#) for Title IV-B and IV-E Agencies When Serving LGBTQ+ Children and Youth
 - [Federal Funding](#) opportunity to support LGBTQ2S+ Children, Youth, and Families
 - [Designated Placement Rule](#)
- Foster Advocates:
 - HCD [overview page](#) and [Photovoice](#)
 - LGBTQ2S+ Leader [group oped](#) and individual [Oped](#)

- [LA Trans Advocates](#)
- [LGBT+ Archives project](#) (See resource page for list of New Orleans, Baton Rouge, and Lafayette organizations)
- [PFlag New Orleans](#) (support groups for LGBTQ+ youth and their families; focused on support, education, and advocacy)
- [House of Tulip](#) (housing and supports for trans and gender nonconforming people in New Orleans)
- [Queer Northshore](#) (events, community building, Pride)
- [Forum for Equality](#)
- [Campaign for Southern Equality](#)

- [Healthy Native Youth Two-Spirit+ Resource Hub](#)
- [Q Chat Space](#)
 - Online groups for LGBTQ+ teens ages 13-19; resources, social connections; multiple language options
- [Trans Lifeline](#) 877-565-8860
 - Confidential, anonymous chats with trans/nonbinary peer operator; Spanish available
- [Trevor Project Crisis Line](#) 866-488-7386 | Text 'Start' to 678-678 (online chat available)
 - Confidential chats with trained counselors
- [TrevorSpace](#)
 - Online community for LGBTQ+ young people between 13-24 years old: peer connection, mental health support, identity resources
- [LGBT National Help Center](#) 800-246-7743 (youth talkline)
 - Hotline & peer support chat, weekly youth chatrooms
- [Crisis Resource](#) roundup from Center of Excellence for LGBTQ+ Behavioral Health Equity