

LGBTQ Youth and Young Adult Resources
for support and suicide prevention

The Trevor Project

The Trevor Project operates the only nationwide, around-the-clock crisis and suicide prevention helpline for lesbian, gay, bisexual, transgender and questioning youth.

The Trevor Helpline is a free and confidential service that offers hope and someone to talk to, 24/7. The Trevor Helpline's trained counselors will listen and understand without judgment.

866-4-U-TREVOR or 866-488-7386

“Dear Trevor” is a non-time sensitive, Question & Answer resource for young people with questions surrounding sexual orientation and identity: www.thetrevorproject.org/asktrevor.aspx

Additional resources and information can be found on the The Trevor Project website: www.thetrevorproject.org

Sacramento Gay & Lesbian Center

The Sacramento Gay & Lesbian Center is located at 1927 L St., Sacramento. The Center sponsors 2 LGBTQ youth groups and an LGBTQ 20-somethings group. Youth groups do *not* require parental consent to attend. For schedules or more information call (916) 442-0185 or check their website: www.saccenter.org

The Center’s Counseling Program is available on a sliding-fee scale, with no one turned away due to lack of funds. Call (916) 442-0185 x102. Counselors may not be available to handle emergency or crisis calls, and phone calls are often answered with voice mail. If an LGBTQ individual is in crisis or suicidal, it may be best to refer them to the Trevor Helpline first.

Gay Straight Alliance (GSA)

Gay Straight Alliance clubs confront issues surrounding discrimination and homophobia experienced by all students who are pursuing their right to a public education. These school-based groups provide a safe space for students to address concerns surrounding sexual orientation and gender identity. GSAs may operate without ever interacting with a national or other group. There are also organizations that work on education matters that do the work of GSAs without the formation of GSAs.

GSA clubs are usually found in high schools and on some middle school campuses. If you or a client is interested in forming a GSA, you can find resources at www.gaystraightalliance.org

PFLAG (Parents and Friends of Lesbians and Gays)

PFLAG's mission is to promote the health and well-being of gay, lesbian, bisexual and transgender persons, their families and friends through: support, to cope with an adverse society; education, to enlighten an ill-informed public; and advocacy, to end discrimination and to secure equal civil rights. Parents, Families and Friends of Lesbians and Gays provides opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.

The Sacramento PFLAG support group meets the third Tuesday of each month from 7:30 - 9:30 P.M. at St Marks United Methodist Church, 2391 St. Marks Way in Sacramento, on the second floor of the education building. It is located at the corner of St. Marks Way and Lusk Drive, behind Country Club Plaza, near the Southeast intersection of Watt Avenue & El Camino Avenue.

E-mail: contact@pflagsacramento.org

Website: <http://pflagsacramento.org>

for the Bible tells me so (a film by Daniel Karlake)

This award-winning documentary brilliantly, and with great sensitivity, reconciles homosexuality and Biblical scripture—and reveals that religious anti-gay bias is based almost solely upon a misinterpretation of the Bible. Now available on DVD (only \$20 on Amazon.com!), this 2007 documentary is highly recommended for anyone grappling with the conflict of homosexuality and religion. One of the families featured in *for the Bible tells me so* may be of special interest to those involved in suicide prevention.