Transgender Teen and Family Narratives Project

Resources – Wave 4

**NATIONAL**

**Crisis Hotlines**

* Trans Lifeline: 1-(877) 565-8860 OR <http://www.translifeline.org/>
  + Hotline staffed by transgender people for transgender people to talk about anything or get help accessing resources.
* National Suicide Prevention Lifeline (Lifeline Crisis Chat): 1-800-273-8255, [www.suicidepreventionlifeline.org](file:///\\Adolescent\Adol_Share\_Adol_private\TTFN%20Project\IRB\To%20Submit%20in%20Next%20Amendment\www.suicidepreventionlifeline.org%20)
  + Online emotional support, crisis intervention, and suicide prevention services
  + Confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress
  + Available 24 hours a day, 7 days a week
* The Trevor Lifeline: 1-866-488-7386, [www.thetrevorproject.org/section/get-help](http://www.thetrevorproject.org/section/get-help)
  + Crisis intervention and suicide prevention for lesbian, gay, bisexual, transgender, queer (LGBTQ) youth
  + Available 24 hours a day, 7 days a week
* Crisis Text Line: <http://www.crisistextline.org/get-help-now/> OR text “start” to 741-741.
  + Access to free emotional support and information via text for young people in any type of crisis
  + Available 24 hours a day, 7 days a week
* IM Hear College Instant Messaging Program: [samaritanshope.org/im-hear-college](file:///C:\Users\ch160144\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\OVMTUM9B\samaritanshope.org\im-hear-college)
  + Online instant messaging program dedicated to providing online emotional support and to the prevention of suicide among college students
  + Available 5-9pm, Monday-Friday
* IM Hear Instant Messaging Program: [imhear.org](file:///C:\Users\ch160144\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\OVMTUM9B\imhear.org)
  + Teen-to-teen online instant messaging program dedicated to providing online emotional support and to the prevention of suicide among teens
  + Available 6-9pm, Monday-Thursday
* LoveIsRespect.org: 1-866-331-9474, <http://www.loveisrespect.org/>, text “loveis” to 22522\*
  + Highly-trained peer advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships. Free and confidential phone, live chat, texting.
  + Available 24 hours a day, 7 days a week

**Online Resources**

* Gender Spectrum: <https://www.genderspectrum.org/resources/>
  + Resources for parents, teens, and community members regarding a variety of topics, including education, legal issues, and faith communities
* TransBucket: <http://www.transbucket.com>
  + Healthcare and surgery resource for transgender individuals
* Transgender Care Listings: <http://www.transcaresite.org>
  + List of transgender-friendly medical and mental health providers by U.S. state
* TrevorSpace: <https://www.trevorspace.org/login>
  + a supportive lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth online community

**Organizations**

* Camp Aranu’tiq: [www.camparanutiq.org](http://www.camparanutiq.org)
  + Weeklong overnight camps in New Hampshire and California for transgender and gender variant youth, ages 8-15 years and 16-18 years.
  + **CONTACT:** 617-467-5830
* GLSEN: <https://www.glsen.org/>
  + provides educators and families with support, training, advocacy tools, and research to create safe and affirming schools for all
  + **CONTACT:** info@glsen.org
* TransParent USA: <http://transparentusa.org/>
  + provides connection, support and resources to families with transgender children, including help with starting local chapters of support groups.
  + **CONTACT:** via form on website
* National Center for Transgender Equality (NCTE): <http://www.transequality.org/>
  + Policy advocates who also provide resources for changing ID documents and administer the Transgender Legal Services Network.
  + **CONTACT:** via form on website

**NEW ENGLAND**

**Organizations**

* GLAD (GLBTQ Legal Advocates and Defenders): [www.glad.org](http://www.glad.org)
  + “Through strategic litigation, public policy advocacy, and education, GLBTQ Legal Advocates & Defenders works in New England and nationally to create a just society free of discrimination based on gender identity and expression, HIV status, and sexual orientation.”
  + **CONTACT:** gladlaw@glad.org;617-426-1350
* Trans Youth Equality Foundation (TYEF): [www.transyouthequality.org](http://www.transyouthequality.org)
  + Maine-based organization that provides education, advocacy and support for transgender, gender non-conforming and transsexual children and youth ages 2-18 years and their families nationwide.
  + **TYEF have an excellent resources page on their main site.**
  + **CONTACT:** [contact@transyouthequality.org](mailto:contact@transyouthequality.org), (207)-478-4087

**Online Resources**

* The Pop-Up Transgender ID Project: <https://www.glad.org/ID>
  + Lawyers from Ropes & Gray LLP, working *pro bono* with GLAD and Massachusetts Transgender Political Coalition, will guide transgender people through the process for a legal name change, including but not limited to: court orders, Social Security card, U.S. passport, driver’s license / state-issued identification card, and birth certificate (issued in New England).
  + Attorneys may also be able to provide guidance with respect to updating other identification, personal and commercial documents to reflect proper name and gender (including birth certificates issued outside of New England).

**CONNECTICUT**

**Organizations**

* PFLAG Hartford: [www.pflaghartford.org](file:///C:\Users\ch160144\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\OVMTUM9B\www.pflaghartford.org)
  + Connecticut chapter of PFLAG that promotes the health and well-being of gay, lesbian, bisexual and transgendered persons, their families and friends through support, education, and advocacy.
  + **CONTACT:** pflaghartford@gmail.com, 860-305-2743/860-505-7346
* True Colors: [www.ourtruecolors.org](file:///C:\Users\ch160144\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\OVMTUM9B\www.ourtruecolors.org)
  + Connecticut-based organization that works with other social service agencies, schools, organizations, and within communities to ensure that the needs of sexual and gender minority youth are recognized and met.
  + **CONTACT:** director@ourtruecolors.org, 860-232-0050

**Support Groups**

* Translation: Trans Youth Support Group:
  + Support group for transgender teens, age 13 years and older, in Connecticut. The group meets in New Haven.
  + **CONTACT:** Tony Ferrariolo (Support Group Facilitator), 203-376-8089, e-mail: nhtranslation@yahoo.com

**Clinics**

* GUPPE Clinic: [http://gme.uchc.edu/programs/pedsfellowships/pedendo\_guppegroup.html](http://gme.uchc.edu/programs/pedsfellowships/pedendo_guppegroup.html%20) 
  + Clinic in Hartford that provides care and support to infants, children and adolescents with gender dysphoria or disorders of sexual differentiation (DSDs).
  + **CONTACT:** 860.545.9520

**MAINE**

**Crisis Hotlines**

* Maine Teen Suicide Prevention: 1-888-568-1112, <http://www.maine.gov/suicide/youth/resources/>
  + Crisis support for youth in Maine
  + Available 24 hours a day, 7 days a week
* The Maine Warm Line: 1-866-771-9276
  + Confidential phone support services for people in Maine for non-crisis situations, including: Peer-to-peer support, social connection, sharing personal victories, overcoming fear, grief or sadness, developing effective strategies for the future, assistance with referrals to community resources, talking to someone when feeling sad, lonely, or discouraged
  + Available 5pm-8am, daily (including weekends and holidays)
* Maine Coalition to End Domestic Violence Helpline: 1-866-83-4HELP, <http://www.mcedv.org/24-hour-helpline>
  + Free, confidential phone support for anyone in Maine who is affected by dating violence or domestic abuse.

**Organizations**

* Maine Transgender Network: [www.mainetransnet.org](http://www.mainetransnet.org)
  + Maine-based organization that provides support and resources for the transgender community, families, and significant others, and raises awareness about the varied forms of gender identity and expression by providing training and consultation for mental health and social service professionals.
  + **CONTACT:** [mtn@mainetransnet.org](mailto:mtn@mainetransnet.org), (207) 370-0359
* Trans Youth Family Allies: [www.imatyfa.org](http://www.imatyfa.org)
  + Maine-based organization that empowers children and families by partnering with educators, service providers and communities, to develop supportive environments in which gender may be expressed and respected.
  + **CONTACT:** info@imatyfa.org, 888-462-8932

**Support Groups**

* Parent Support Group: Support group for parents of transgender youth in Maine. Meetings are held in Portland. **CONTACT:** contact@transyouthequality.org
* Trangender Youth Support Group: Support group for transgender youth in Maine. Meetings are held in Portland. **CONTACT:** contact@transyouthequality.org

**MASSACHUSETTS**

**Crisis Hotlines**

* Fenway Health LGBT Helpline: 1-888-340-4528
  + Anonymous and confidential phone lines that offer lesbian, gay, bisexual, and transgender (LGBT) adults and youth a safe place to call for information, referrals, and support
  + Available 6-11pm, Monday-Friday
* Fenway Health Peer Listening Line: 1-800-399-7337
  + Anonymous and confidential phone lines that offer lesbian, gay, bisexual and transgender (LGBT) adults and youth a safe place to call for information, referrals, and support
  + Available 5-10pm, Monday-Friday
* Greater Boston PFLAG Helpline: 1-866-427-3524
  + Support for family members of LGBT people. Trained parent and family volunteers are available to answer questions, listen, and provide resources. Our volunteers are parents with LGBT sons or daughters, and siblings of LGBT adults.
  + All calls are confidential and anonymous: Messages left will be returned within 24 hours.
* Parental Stress Line: 1-800-632-8188, www.parentshelpingparents.org
  + Support for parents and caregivers in Massachusetts with problems related to their children
  + Available 24 hours a day, 7 days a week
* Samaritans Statewide Helpline: 1-877-870-4673, www.samaritanshope.org
  + Crisis support for people in Massachusetts
  + Available 24 hours a day, 7 days a week

**Organizations**

* The Gay, Lesbian and Straight Education Network (GLSEN) Massachusetts Chapter: [www.glsen.org/chapters/massachusetts](http://www.glsen.org/chapters/massachusetts)
  + Local chapter of a national organization working to make schools safer for all students, regardless of sexual orientation or gender identity/expression.
  + **CONTACT**: 617-684-5736, massachusetts@chapters.glsen.org
* Greater Boston PFLAG: [www.gbpflag.org](file:///C:\Users\ch160144\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\OVMTUM9B\www.gbpflag.org)
  + Boston-based organization that offers help for lesbian, gay, bisexual and transgender (LGBTQIA) youth, their families, and communities around the topics of sexual orientation and gender identity.
  + **CONTACT:** 781-891-5966, info@gbpflag.org
* Massachusetts Transgender Political Coalition (MTPC): [www.masstpc.org](file:///C:\Users\ch160144\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\OVMTUM9B\www.masstpc.org)
  + Organization dedicated to ending discrimination on the basis of gender identity and gender expression.
  + **Contact**: 617-778-0519, info@masstpc.org
* Safe Homes: [www.safehomesma/org](http://www.safehomesma/org)
  + Organization that offers support to LGBTQ youth throughout Central Massachusetts.
  + **Contact**: 508-755-0333, safehomes@thebridgecm.org
* True Colors: [www.thetheateroffensive.org/true-colors/youth-programming](file:///C:\Users\ch160144\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\OVMTUM9B\www.thetheateroffensive.org\true-colors\youth-programming)
  + A community-based theater troupe for LGBTQ youth ages 14-29 years.
  + **Contact**: 617-661-1600, [office@thetheateroffensive.org](mailto:office@thetheateroffensive.org)
* Jane Doe, Inc.: The Massachusetts Coalition Against Sexual Assault and Domestic Violence: <http://www.janedoe.org/find_help/for_lgbtqqi>
  + Links to MA-based and national resources for LGBTQ-identified victims and survivors of intimate partner violence
* The Network/La Red: <http://tnlr.org>, 617-742-4911
  + A survivor-led, social justice organization that works to end partner abuse in lesbian, gay, bisexual, transgender, and queer communities.
  + Resources in English and Spanish.

**Support Groups**

* Boston Area Transgender Support (BATS): [groups.yahoo.com/group/boston-area-trans-support](file:///C:\Users\ch160144\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\OVMTUM9B\groups.yahoo.com\group\boston-area-trans-support)
  + Peer-run support group for transgender young adults (teen, college-age, twenty-something) in and around Boston. The group is inclusive of both female-to-male (FTM) spectrum and male-to-female (MTF) spectrum individuals, genderqueer persons, intersex folks, and those questioning their gender identity.
  + **CONTACT:** Join the online group to receive emails from the mailing list.
* Boston GLASS: [www.jri.org/services/health-hiv-lgbtq-services/health-and-prevention-services/boston-glass](file:///C:\Users\ch160144\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\OVMTUM9B\www.jri.org\services\health-hiv-lgbtq-services\health-and-prevention-services\boston-glass), 75 Amory St, Boston MA 02119
  + Drop-in center for lesbian, gay, bisexual, transgender, queer (LGBTQ) people, ages 13-25 years. The center is a safe space to hang out, make new friends, and relax. A staff of full-time professionals is available to offer support with issues such as coming out, health, relationships, work, school, family and help with questions and finding resources.
  + What’s the T? (a transgender youth of color support group for youth 13-18 years old) meets on the **first** and **third Fridays** of the month from **4:00pm – 5:00pm** at Boston GLASS.
  + In-home therapy and therapeutic monitoring available for LGBTQ+ youth and families who meet eligibility criteria
  + Outpatient behavioral health services, HIV and STI testing and prevention services, LGBTQ+ cultural competency trainings
  + **CONTACT:** Ismael Rivera (Program Director), 617-266-3349 (extension 215), [irivera@jri.org](mailto:irivera@jri.org) OR Akane Kominami (for behavioral health services), [akominami@jri.org](mailto:akominami@jri.org), (857) 399-1920 x2329
* GLBT Youth Group Network of Massachusetts: [www.bagly.org](file:///C:\Users\ch160144\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\OVMTUM9B\www.bagly.org)
  + Support groups for gay, lesbian, bisexual, and transgender (GLBT) youth in Massachusetts, managed by The Boston Alliance of GLBT Youth (BAGLY). The groups offer safe, non-exploitative environments where youth can make friends, discuss experiences, and get support, info and referrals about sexual and gender identity and other issues of concern.
  + **CONTACT:** Jessica Flaherty (Director of Programs), 617-227-4313, jflaherty@bagly.org
* Greater Boston PFLAG Support Groups: [www.gbpflag.org/SupportGroups](file:///C:\Users\ch160144\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\OVMTUM9B\www.gbpflag.org\SupportGroups)
  + Greater Boston PFLAG manages support groups for parents/families & friends of transgender and/or gender non-conforming children of any age; for information on meeting times and places, contact the specific people listed on the webpage.
  + **CONTACT:** 781-891-5966, info@gbpflag.org
* Parent Support Group:
  + Support group for parents of children age 10 years and younger with gender variant behaviors/preferences.
  + **CONTACT:** Dr. Ellen Perrin (Support Group Facilitator), eperrin@tuftsmedicalcenter.org
* Supporting Alternative Youth & Families through Education & Empowerment (SAYFTEE):
  + “Socially conscious organization committed to offering, workshops, groups, and services to meet the needs of gender expansive and LGBTQI youth and families in Massachusetts”
  + Workshop offerings include:
    - Mindfulness Workshop for LGBTQ Teens (15-18), Fridays 4-5:30p, 5-week series
    - Parenting Workshop: Parenting Between the Intersections of Autism\* & Gender, Wednesdays 7-8:30p, 6-week series
  + **CONTACT**: Melissa at [melissa@sayftee.com](mailto:melissa@sayftee.com) or 617-858-6362 to complete family intake process

**Clinics**

* Fenway Health: www.fenwayhealth.org
  + Boston health center for the LGBT community.
  + **CONTACT**: 617-267-0900
* Gender Management Services (GeMS) Clinic: www.childrenshospital.org/centers-and-services/disorders-of-sexual-development-dsd-and-gender-management-service-program/overview
  + Clinic at Boston Children’s Hospital for gender nonconforming and transgender youth.
  + **CONTACT:** 617-355-7476
* Sidney Borum, Jr. Health Center: www.sidneyborum.org
  + Program of Fenway Health that provides safe, non-judgmental care for young people ages 12-29 years.
  + **CONTACT:** 617-457-8140

**NEW HAMPSHIRE**

**Organizations**

* PFLAG New Hampshire: [www.pflagnh.org](file:///C:\Users\ch115548\Downloads\www.pflagnh.org)
  + Local chapter of the national PFLAG organization, which provides support, education, and advocacy for LGBTQ people and their families.
  + **CONTACT:** pflaginfo@pflagnh.org or via web-based form athttp://www.pflagnh.org/contact.html
* Freedom New Hampshire: <http://www.freedomnewhampshire.org/>
  + Nonpartisan coalition working to educate people about what it means to be transgender and the unique hardships that transgender people face—and to grow support for fair and equal treatment of transgender Granite Staters under the law.
  + **CONTACT:** via form on website
* Transgender New Hampshire: [www.tg-nh.org](http://www.tg-nh.org)
  + Organization committed to supporting and building community between transgender and gender non-conforming people, as well as significant others, friends, families, and allies, in New Hampshire.
  + **CONTACT:** via web-based form, www.tg-nh.org/contact.html

**Support Groups**

* Seacoast Outright: <http://www.seacoastoutright.org/>
  + Drop-in youth groups on Fridays from 7-9 pm in Portsmouth
* Transplorations: [www.facebook.com/groups/Transplorations](file:///C:\Users\ch115548\Downloads\www.facebook.com\groups\Transplorations)
  + Support group for parents and families of transgender people. Meetings are held in Nashua.
  + Support group for transgender youth ages 12-18 years. Meetings are held in Nashua on 2nd Wednesdays of the month from 5:30-7 pm.
  + Game night for teens at Relentless Dragon on 4th Wednesdays of the month.
  + **CONTACT:** [transplorations@gmail.com](mailto:transplorations@gmail.com)

**Clinics**

* Transgender Clinic: [www.dartmouth-hitchcock.org/endo/transgender\_clinic.html](http://www.dartmouth-hitchcock.org/endo/transgender_clinic.html)
  + Clinic at Dartmouth Medical Center that offers multidisciplinary health care to patients seeking hormonal and/or surgical reassignment of gender.
  + **CONTACT:** 603-650-8630

**RHODE ISLAND**

**Organizations**

* Thundermist Health Center
  + Runs trans\* health activities including yoga (2nd/4th Tuesdays, 6-7:30pm) and swimming (Sundays, 4-6pm)
  + **CONTACT:** Jaye Watts, [jayew@thundermisthealth.org](mailto:jayew@thundermisthealth.org), 401-615-2800 ext 4303
* TGI Network of Rhode Island: www.tginetwork.org
  + Organization providing support and advocacy for transgender, gender-variant, and intersex communities in Rhode Island and surrounding areas.
  + **CONTACT:** info@tginetwork.org, 401-441-5058

**Support Groups**

* Borderlands: [http://www.tginetwork.org/groups-and-services/borderlands-peer-support-group](https://urldefense.proofpoint.com/v2/url?u=http-3A__www.tginetwork.org_groups-2Dand-2Dservices_borderlands-2Dpeer-2Dsupport-2Dgroup&d=DwMFaQ&c=qS4goWBT7poplM69zy_3xhKwEW14JZMSdioCoppxeFU&r=s_fd2R-VEDqKl9WzATpTkDhQv8EK1EvhPgbCJIlJUPk&m=Fn2SYkareGENKIgnxA3kyTgm-sjMxzYWgbwZPrN-Z3s&s=tTzJvZvPAbMIm-96BXhGrHHeQ_48_8WScAKGXwozRA0&e=)
  + peer-led support group open to TGI (transgender and intersex) people and to those who are exploring whether a TGI identity is a good description of their experience. There is no "dress code" for the meeting; come in whatever clothes make you comfortable. Single-stall, gender-neutral restroom in the building available to anyone.
    - 7-9pm on 1st/3rd Tues of month; 1-3pm on 1st/3rd Sat of month in Providence.
  + **CONTACT:** [borderlands@tginetwork.org](mailto:borderlands@tginetwork.org) for meeting location (withheld for participant privacy)
* TransFamily New England: [www.tginetwork.org/groups-and-services/transfamily-new-england](http://www.tginetwork.org/groups-and-services/transfamily-new-england)
  + Free and confidential group meeting for parents (and other family members) of someone identifying as transgender, gender variant, or intersex. Meetings are held in Providence on the second Monday of each month from 6:30-8:30 pm.
  + **CONTACT:** family@tginetwork.org
* Youth Pride Drop-In Center: www.youthprideri.org/Programs/DropInCenter/tabid/173/Default.aspx
  + Drop-in center for lesbian, gay, bisexual, transgender, queer (LGBTQ) young people in Providence, ages 13-23 years located at 743 Westminster St.
  + **CONTACT:** info@youthprideri.org, 401-421-5626
* Youth Pride Gender Spectrum Support Group: www.youthprideri.org/Programs/SupportServices/tabid/168/Default.aspx#Support%20Groups
  + Support group for trans\*, genderqueer, gender nonconforming, agender, questioning, and other youth whose identities fall outside the gender binary to get together, share information, ask questions and explore their identities in a safe, non-judgmental environment.
  + **CONTACT:** Ethan, [ethan@youthprideri.org](mailto:ethan@youthprideri.org)
* Sojourner House LGBT Intimate Partner Violence Support Group/Workshop: [401-765-3232](tel:401-765-3232), [401-861-6191](tel:401-861-6191), or [egorman@sojournerri.org](mailto:egorman@sojournerri.org)

**VERMONT**

**Organizations**

* Outright Vermont: www.outrightvt.org
  + Organization for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQQ) youth in Vermont.
  + **CONTACT:** info@outrightvt.org, 802-865-9677

**Support Groups**

* Trans Group: www.outrightvt.org/programs/trans-group
  + Support group open to youth ages 13-22 years who are trans identified, non-binary, gender non-conforming, or questioning their gender identity and are looking for a space to be in community with others who share this identity.
  + **CONTACT:** dana@outrightvt.org, micah@outrightvt.org, 802-865-9677
* Youth Drop-In Space: www.outrightvt.org/programs/youth-space
  + Drop-in space in Burlington for queer, questioning and allied youth, ages 13-22 years.
  + **CONTACT:** info@outrightvt.org, 802-865-9677

**Clinics**

* Community Health Centers of Burlington (CHCB) Transgender Health Clinic: www.chcb.org/services-programs/medical-care/transgender\_clinic
  + Clinic for patients seeking healthcare sensitive to the needs and concerns of individuals in the transgender community. This clinic is a safe and trans-affirmative space for patients to receive full-spectrum care including hormone replacement therapy as well as routine medical care.
  + **CONTACT:** 802-864-6309