

2014

LGBT Resource Guide

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LGBTQIA Online Resource Guide

Growing up outside of the normal heterosexual world can be difficult and many times people need to ask for help. Use these sites if you're questioning, need information, or someone to talk to.

If at any time you or someone you know is feeling suicidal please call The National Suicide Prevention Hotline at: 1-800-273-8255

Sites that encompass all gender identities and sexualities:

<http://www.thetrevorproject.org/> – Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. (taken from their site)

<http://www.glnh.org/> – The GLBT National Help Center is a non-profit, tax-exempt organization that is dedicated to meeting the needs of the gay, lesbian, bisexual and transgender community and those questioning their sexual orientation and gender identity. We are an outgrowth of the Gay & Lesbian National Hotline, which began in 1996 and now is a primary program of the GLBT National Help Center. (taken from their site)

National Hotline: 1-888-THE-GLNH (1-888-843-4564)

<http://gltbnearme.org/> – A site that lists local LGBT centers, including but not limited to support groups, youth groups, and LGBT events.

<http://www.advocate.com/> – Up to date news and information on LGBTQIA in the media.

<http://www.urbanaareapflag.org/> or <http://www.pflag.org> – Founded in 1972 with the simple act of a mother publicly supporting her gay son, PFLAG is the nation's largest family and ally organization. Made up of parents, families, friends, and straight allies united with people who are lesbian, gay, bisexual, and transgender (LGBT), PFLAG is committed to advancing equality and societal acceptance of LGBT people through its threefold mission of support, education and advocacy. PFLAG now has over 350 chapters and 200,000 members and supporters crossing multiple generations of American families in major urban centers, small cities and rural areas in all 50 states.

Champaign-Urbana locations/sites that support LGBTQIA teens and adults:

<http://unitingpride.org/> – The purpose of this Community Center shall be to form a multi-service agency, for youth and adults, to support and promote human care, education, and community-building activities directed at furthering the well-being and development of the lesbian, gay, bisexual, transgender, questioning, and ally community of Champaign County.

PFLAG - Champaign / Urbana Wesley United Methodist Church 1206 W. Green Urbana IL 61801 Phone: 217-344-1120 Email: cufplag@hotmail.com Sub-categories: Family	PFLAG - Tuscola 20 Miles 110 E. Sale Street Tuscola, IL 61953 Phone: 217-649-2586 Email: pflagtuscola@gmail.com Sub-categories: Family
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Therapy Services in Champaign/Urbana

Not all of us can get through life pain free. For those of us who need additional help, therapy (LGBT positive therapy) can help with the guilt and/or help in transitioning transgender people.

<http://www.champaigntherapy.com/>

<http://www.timshealcsw.com/index.html/>