

LOCAL RESOURCES

The San Diego LGBTQ Community Center (*thecentersd.org*) 619-692-2077

- **Hillcrest Youth Center** (Hillcrest)
 - social support, groups, case management, clothing donations, computer lab, free binders, HIV testing
- **South Bay Youth Center** (Chula Vista)
 - social support, groups, case management, clothing donations, computer lab, free binders, HIV testing
 - Parent support group facilitated in Spanish
- **Behavioral Health Services** counseling@thecentersd.org
 - Individual, family, couples, group counseling
 - Some health plans accepted, sliding scale, grant funding available for youth
- **Housing Services**
 - Emergency overnight shelter
 - Permanent and transitional supportive housing
 - Homelessness prevention services



LOCAL RESOURCES

Trans Family Support Services (*TransFamilySOS.org*) 858-304-0085

- Family Engagement/Support
- Insurance Assistance
- Support Groups for Youth and Caregivers
- Mentorship
- Free Binders



North County LGBTQ Community Resource Center (*ncresourcecenter.org*) 858-994-1690

Oceanside

- Counseling/Therapy
- Support Groups
- Emergency Shelter for youth kicked out of their homes
- Free Binders



LOCAL RESOURCES

San Diego Pride (sdpride.org) youth@sdpride.org

- **Pride Youth Power Hours** – 1st & 3rd Friday of the month 4-6 virtual
 - Virtual hang-out space for youth
 - Youth-led, adult-supported
- **Pride Youth Collective** – 2nd Saturday of the month 11-2
 - Middle School & High School aged youth
 - Leadership, professional development, community meeting
- **Youth Leadership Academy** – November 2023
- **Youth Art Show, Youth Marching Band, Youth Chorus**



LOCAL RESOURCES

Gender Phluid Collective (*thegenderphluidcollective.com*)

- Youth & Caregiver support focused on Black, Indigenous, People of Color (BIPOC)

GLSEN San Diego (*glsen.org/chapter/san-diego-county*)

- School support & advocacy

Our Safe Place – San Diego Youth Services/YMCA 619-525-9903

- LGBTQ+ affirming therapy/counseling for youth with MediCal ONLY

PFLAG San Diego County (*pflag.com*) 619-333-6154

- Parent/Caregiver support groups

San Diego Unified School District Youth Advocacy (*youthadvocacy.us*)

- Student advocacy/Student Rights Information
- Gender Support Plan

Sweetwater Union High School District LGBTQIA+ Equity, Culture & Support

- *equity.sweetwaterschools.org/lgbtq-2/*
- Student advocacy/Student rights information

CRISIS RESOURCES

The Trevor Project *TheTrevorProject.org*

- Reach a crisis counselor 24/7, 365 days a year
- CALL 1-866-488-7386
- TEXT 'start' to 678-678
- CHAT TheTrevorProject.org

Trans Lifeline *TransLifeline.org* **877-565-8860**

- Peer Support Hotline

San Diego Access & Crisis Line **888-724-7240**

- Suicide prevention hotline, crisis intervention, community resources, mental health referrals

988 – Suicide & Crisis Lifeline

- New National Hotline available 24/7
- Dial 988