

INSIDE OUT

YOUTH SERVICES

At Inside Out Youth Services, we understand that our community is currently confronting an unprecedented public-health emergency that has rapidly changed our daily lives. In addition to [our ongoing online and text services](#), we have compiled this list of resources that can be accessed from home for those needing more support, information, or just some cheering up right now to help provide access to vital support services for LGBTQ+ youth, the LGBTQ+ community more generally, as well as their families and loved ones.

Youth Support Services:

- Trevor Project
 - For LGBTQ+ youth dealing with suicidal thoughts or mental-health problems, 24/7 services
 - Call TrevorLine 1-866-488-7388
 - Text TrevorText by texting START to 678678
 - Chat one-on-one at [TrevorChat](#)
 - Chat with peers at [TrevorSpace](#), an online chat group for LGBTQ+ youth ages 13-24
<https://www.trevorspace.org>
- [Crisis Textline](#)
 - For all youth (though their services are very LGBTQ+-friendly) wanting support during a crisis, including mental-health, family stress, economic issues, and natural disasters
 - Text HOME to 741741
<https://www.crisistextline.org>
- [Trans Lifeline](#)
 - A support hotline for trans* people, by trans* people
 - Call 877-565-8860
- [LGBT National Help Center](#)
 - For LGBTQ+ youth up to age 25, talkline for confidential support
 - Call 800-246-7743
 - Chat with peers at the moderated [Youth Chat Room Lounge](#)
<https://www.glbthotline.org/youthchatrooms.html>
 - Chat one-on-one in [Online Peer-Support Chat](#)
<https://www.glbthotline.org/peer-chat.html>
- [Gender Spectrum](#)
 - Advocacy organization for LGBTQ+ youth offering online chat groups for youth and families

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- Register at [the Lounge](https://genderspectrum.org/lounge/)
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- [OASOS](#) (Boulder County's LGBTQ+ youth support group)
 - Thursday QT's group can be accessed online from 4:30-6:30 by texting Jenna at 719-582-4566 or contacting David Breña at dbrena@bouldercounty.org.
- [Q Chat Space](#)
 - Online support space with virtual programming for teens ages 13-19. Q Chat is anonymous and all conversations are facilitated by youth programming staff at the CenterLink's member LGBTQ+ centers (Inside Out Youth Services is a CenterLink member)
www.qchatspace.org
- [The Northwest Network](#):
 - Confidential talkline for LGBTQ+ survivors of sexual and domestic violence
 - Call 206-568-7777
<https://www.nwnetwork.org/>

Other Youth Services:

- [Two Cor](#)
 - Vocational training for youth ages 15-19 in the Colorado Springs area
 - Offer LGBTQ+-inclusive and -affirming foster care services
<https://www.twocor.org>
- [Planned Parenthood](#) (*In Case You're Curious* and *Blue*)
 - Access sexual-health information anytime, anywhere
 - Youth can opt-in to *In Case You're Curious* (open to all young people) by texting ICYC to 57890 and then sending questions anytime, or follow on Instagram @InCaseYoureCurious.
 - Blue is Planned Parenthood's textline specifically for LGBTQ+ youth; text BLUE to 57890 to opt-in.
- [Believe Out Loud](#)
 - Faith-organization [compiling a list](#) of inclusive and affirming LGBTQ+ spiritual practices offering streaming or online services
<https://twitter.com/BelieveOutLoud/status/1239999982285074432?s=20>

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Families, Parents/Caregivers, and Loved Ones:

- [Colorado 211 Helpline](#)
 - Economic, food, housing, and crisis assistance resources available
 - Confidential crisis counselors available 24/7
 - Call: 719-955-0742
 - Or call: 1-844-493-8255
 - <http://211colorado.communityos.org/cms/home>
- [LGBT National Help Center](#)
 - For LGBTQ+ people of all ages, talkline for confidential support
 - Call 888-843-4564
 - For LGBTQ+ seniors ages 50+, talkline for confidential support
 - Call 888-234-7243
- [Gender Spectrum](#)
 - Advocacy organization for LGBTQ+ youth offering online chat groups for youth and families
 - Register at [the Lounge](#)
<https://genderspectrum.org/lounge/>
- [Substance Abuse and Mental Health Services Administration's \(SAMHSA\) Disaster Distress Helpline](#)
 - Call 1-800-985-5990
 - Text TalkWithUs to 66746. (TTY 1-800-846-8517)
<https://www.samhsa.gov/find-help/disaster-distress-helpline>
 - SAMHSA mental-health resources during social distancing and quarantine
<https://store.samhsa.gov/system/files/sma14-4894.pdf>
- [Centers for Disease Control](#)
 - Recommendations for mental health and coping during COVID-19 prevention measures
https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html
- [Talk With Your Kids](#)
 - For parents/caregivers who want to have/learn how to have conversations with young people about sexuality, sexual health
<https://www.talkwithyourkids.org/sites/default/files/TWYK-User-Guide-July2019.pdf>

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- [University of Colorado Anschutz Department of Psychiatry](#)
 - Resources and strategies for parents about how to help children cope during an emergency
<https://medschool.cuanschutz.edu/psychiatry/covid-19-support/resources-for-kids-parents>
- [*Queer Kids Stuff*](#)
 - Instagram Live Concerts every Wednesday 10am EST/8am MT on @queerkidstuff. The concerts will be recorded and more virtual programming is available through their web series.
<https://instagram.com/queerkidstuff>
- [Believe Out Loud](#)
 - Faith-organization [compiling a list](#) of inclusive and affirming LGBTQ+ spiritual practices offering streaming or online services
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