

Crisis + Mental Health Support

- ✚ **24/7 Axis Care Hotline** 970.247.5245
- ✚ **24/7 Axis Crisis in Walk-in Center**, Montrose, 970.252.3203
- ✚ Colorado Crisis Services: <https://coloradocrisisservices.org/>

Text "talk" to 38255

- ✚ **The Trevor Project** - <https://www.thetrevorproject.org>

1-866-488-7386— phone service available 24/7Trevor

Text "START" to 678678—Available Monday through Friday between 3pm–10pm

Trevor Chat- www.thetrevorproject.org/get-help-now/ —Available 7 Days A Week, (3pm–10pm)

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

- ✚ **I Matter Colorado** Free therapy for youth <https://imattercolorado.org/>
- ✚ **National Suicide Prevention Lifeline:** (800) 273-8255, Online Chat , Deaf or Hard of Hearing
- ✚ **Nacional de Prevención del Suicidio En Español:** 1-888-628-9454
- ✚ **Trans Lifeline:** 877-565-8860 — 7am-1am PST / 9am-3am CST / 10am-4am EST.
- ✚ **SAMHSA Substance abuse hotline:** 800-662-HELP (4357)
- ✚ **Pride Institute:** (800) 547-7433 24/7 Chemical dependency/mental health referral and information hotline for the LGBTQ community.

LGBTQ Resources

- ✚ **Four Corners Rainbow Youth Center** - <http://www.rainbowyouthcenter.org/>

Four Corners Rainbow Youth Center works to build a brave, anti-racist, anti-oppressive, non-judgmental, and visible space and community for Two Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, Asexual (2SLGBTQIA+) youth, families, and allies in Southwest Colorado. Their site includes a range of resources and training.

- ✚ **Transvisor Dictionary** - <https://transvivor.com/dictionary>

This site provides one of the longest LGBTQ+ dictionary lists that I have found. If you're looking for more terms than I have provided, this is an excellent resource to use.

- ✚ **One Colorado** - <https://one-colorado.org/take-action-now/>

One Colorado also has some great resources and is the leading LGBTQ+ organization in Colorado. This link goes to their "take action" page, which provides ideas and recommendations for advocacy actions.

✚ **Human Rights Campaign (HRC)** - <https://www.hrc.org>

The HRC is the largest national lesbian, gay, bisexual, transgender, and queer civil rights organization. Their goal is to ensure that every LGBTQ+ person is free to live their life openly, with their equal rights ensured.

✚ **Impact Program Gender Identity Map** - <https://www.impactprogram.org/lgbtq-youth/gendermap/>

This is a resource to start the conversation about gender identity. It is also helpful in generally understanding the incredible amount of information that comes with gender identity.

✚ **The National SOGIE Center** <https://www.sogiecenter.org/>

The National Center for Youth with Diverse Sexual Orientation, Gender Identity, & Expression (The National SOGIE Center) provides a centralized site for accessing resources on providing culturally responsive care to children, youth, young adults with diverse sexual orientation, gender identity, and gender expression (SOGIE) and their families across systems, including child welfare, juvenile justice, mental health (including school mental health), substance use systems, and housing and homelessness. The SOGIE Center provides training, technical assistance, and implementation support on creating culturally responsive systems for children, youth, and families with diverse SOGIE.

✚ **Out and Equal Resources** - <https://outandequal.org/toolkits-guides/>

This resource is specific to LGBTQIA+ equality in the workplace and includes toolkits and helpful resources.

✚ **ADL Pride Month and Education Resources** <https://www.adl.org/education/resources/tools-andstrategies/lgbtq-pride-month-and-education-resources>

If you are looking for resources to use in the classroom at various levels, the ADL offers lesson plans on different LGBTQ+ topics.

✚ **Family Acceptance Project** - <https://familyproject.sfsu.edu/The-Family-Acceptance-Project>

(FAP) is a research, intervention, education, and policy initiative at SF State University that works to decrease family rejection and risk for serious health concerns like suicide and homelessness and to promote well-being for LGBTQ children and adolescents in the context of families, culture, and faith communities.

✚ **Trans Families** - <https://transfamilies.org/>

Trans Families is a nonprofit organization supporting transgender people and their families. They run parent support groups, a trans youth leadership program, special topics groups, and youth support groups. All groups are online and available for families everywhere.

✚ **Family Equality** - <https://www.familyequality.org>

Family Equality's mission is to advance legal and lived equality for LGBTQ families and those who wish to form them by building community, changing hearts and minds, and driving policy change.

✚ **National LGBTQ+ Task Force** - <https://www.thetaskforce.org>

The United States' oldest LGBTQ+ advocacy group.

✚ **PFLAG** – <https://pflag.org>

Founded in 1973 after the simple act of a mother publicly supporting her gay son, PFLAG is the nation's largest family and ally organization. PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies.

Books & Videos

✚ [George by Alex Gino](#)

✚ [It Feels Good to Be Yourself: A Book About Gender Identity by Theresa Thorn](#)

✚ **Trans Families Books and Movies** - <https://transfamilies.org/resources/book-and-movie-resources/>

✚ **Gender-inclusive Classrooms Books** - <https://www.genderinclassrooms.com/books>

Education and Classroom Training

✚ **Safe Zone Project** - <https://thesafezoneproject.com>

The Safe Zone Project is a free online resource providing curricula, activities, and other resources for educators facilitating Safe Zone training (sexuality, gender, and LGBTQ+ education sessions) and learners who are hoping to explore these concepts on their own.

✚ **Teaching LGBTQ History** - <http://www.lgbtqhistory.org>

This website is dedicated to "Teaching LGBTQ History", which primarily focuses on providing resources and materials that fulfill the requirements of the FAIR Education Act about LGBTQ history.

✚ **The Source LGBT+ Center** - <https://www.facebook.com/thesourcelgbt>

✚ **The Gender Cool Project** - <https://www.facebook.com/GenderCoolProject>

✚ **Gender in Classrooms** - <https://www.genderinclassrooms.com/>

This website is created by teachers for teachers to equip educators with the tools they need to foster safe, welcoming, gender-inclusive classrooms.

Faith-Based Resources

✚ **LGBTQ Family Acceptance** - <https://lgbtqfamilyacceptance.org/faith-based-resources/>

✚ Selected faith-based resources here focus on connecting LGBTQ youth and families with affirming faith communities, resources, religious and spiritual leaders, and places of worship. Some resources provide lists of affirming congregations across the US, and others offer access to fellowship, religious services, educational resources, and spiritual guidance.

For Staff

✚ [Axis EAP program offers counseling for life events if anyone wants to talk.](#) Website: triadeap.com username: **axis** password: **eap** or, call 877-679-1100 M - F or call that same number for 24/7 crisis support.

Club Q Support Resources

✚ **Vigils, Providers, and Fundraising** - [Club Q Support - Google Drive](#)

✚ **City of Colorado Springs Club Q updates** - <https://coloradosprings.gov/clubq>

✚ **Club Q Facebook Crisis Response** -

<https://www.facebook.com/crisisresponse/1122514401731734/?alias=1122514401731734&source=search>

✚ https://docs.google.com/spreadsheets/d/1_o3QISgkT4KOUTtvWFb8XapB5NY1dPxs5ZJI0hFTu5o/edit?fbclid=IwAR2o5EicTmYfk1-ENECRWwj8xeSvVt59om_Isi9_PC_AkIRxns8dVrgAvFA#gid=0

✚ **Diversus (Colorado Springs Walk-in Crisis)** - <https://diversushealth.org/locations/lighthouse-acute-services-and-walk-in-center/>

✚ **LGBTQ Youth Colorado Springs** - [LGBTQ Youth Services - Youth Support \(insideoutys.org\)](#)