

Online resources for LGBTQ+ youth

Access to online help and resources is crucial in decreasing feelings of isolation and ostracization in LGBTQ+ youth. Share these online resources to help individuals feel that they are not alone.



Online counseling

On-demand online counseling may be the best type of professional support that the LGBTQ+ youth have, especially during the pandemic.



Amwell - for face-to-face online therapy with most sessions lasting around 45 minutes

Pride Counseling - for counseling focused solely on the LGBTQ+ community

Better Help - for counselors that you can reach through messaging, chat, phone or video

Talk Space - for responsive counselors that you can message 24 hours a day

Educational resources

The LGBTQ+ youth need all the educational resources that they can get to make them feel that their issues and causes are important and valid.



It Gets Better Project - for uplifting videos created by LGBTQ+ youth from around the world

The Gay Straight Alliance - for training and youth development resources for LGBTQ+ youth

The Trevor Project - for resources for trans youth and a helpful coming out handbook

Online communities

A sense of community and belongingness is very important in making the LGBTQ+ youth feel safe and accepted.



AVEN - allows you to connect with other youth through forums

Empty Closets - provides support to youth exploring their sexual orientation

Gender Spectrum - provides an inclusive community with resources and online consulting

Trevor Space - the largest social networking site for LGBTQ+ youth to connect individuals who are going through the same experiences

Mobile apps

Educational apps, inclusive forums, and chat rooms provide more avenues for help and support that are easily accessible.



Know Bullying - provides a wealth of information on bullying for parents and teens

LGBTQ+ Amino Community and Chat - connects LGBTQ+ youth and allies in a forum or chat to discuss issues and share advice

Refuge Restrooms - helps people find safe and gender-inclusive restrooms in your area, with navigation instructions

ReThink - prompts a writer if their content has hurtful or offensive comments to rethink them before posting

Speak Up! - allows students and teachers to report bullying in school to prevent similar situations in the future

