



## LGBTQ Youth Resources

### Hotlines

#### United Way 211 Hotline

2-1-1 is a free, confidential number to call for anyone who needs help and answers. 2-1-1 is an easy-to-remember telephone number that functions as a powerful service to communities by connecting people with important services and volunteer opportunities.

Toll Free 1-(888)-366-3211  
211  
9-5PM

#### The Gay and Lesbian National Hotline (GLNH)

GLNH provides nationwide toll-free peer counseling, information and referrals to the LGBT community. Peer counselors are Available Monday-Friday, 4:00pm to midnight, and Saturday, noon to 5:00pm.

Toll Free: 888-843-4564

#### The Trevor Project

The Trevor Project provides a national 24hr toll-free suicide prevention hotline aimed at LGBT and questioning youth and offers an educational package and other resources to tolerance for LGBT youth in school and institutional settings.

Toll Free: 866-4U-TREVOR  
8950 West Olympic Blvd., Suite 197  
Beverly Hills, CA 90211  
[www.thetrevorproject.org](http://www.thetrevorproject.org)  
310-271-8845

#### National Runaway Switchboard

The National Runaway Switchboard provides crisis intervention and local and national referrals to youth and their families, training materials and resources for communities and schools and is the federally designated national communication system for runaway and homeless youth.

Hotline: 800-621-4000  
3080 N. Lincoln Ave.  
Chicago, IL 60657  
[www.nrscrisisline.org](http://www.nrscrisisline.org)  
800-344-2785

## Support-Local

### Pride Center of the Capital Region

The Center Youth Program at the Pride Center provides resources, referrals, and a supportive environment for LGBTQ youth and their straight allies to discuss issues of coming out, family, school, work, and relationships among their peers. There are currently two youth groups offered by the Pride Center in Albany and Schenectady.

332 Hudson Ave  
Albany, NY 12210  
[www.capitalpridecenter.org](http://www.capitalpridecenter.org)  
518-462-6138

### In Our Own Voices

In Our Own Voices' mission is to promote the physical, mental, spiritual, political, social, cultural, and economic survival and growth of lesbian, gay, bisexual, and transgender people of color communities.

245 Lark Street  
Albany, NY 12210  
[www.inourownvoices.org](http://www.inourownvoices.org)  
518-432-4188

### GLSEN New York Capital Region

GLSENCR strives to assure that each member of every school community is valued and respected regardless of sexual orientation or gender identity/expression.

P.O. Box 5392  
Albany, NY 12208  
[www.glsennycr.org](http://www.glsennycr.org)  
518-448-7777

### Equinox Inc.

Hope, dreams, compassion and respect are often missing from the vocabularies of the children that come to Equinox. Many are not only lacking solid family foundations and healthy relationships within their community, they are often homeless, hungry, poor and in crisis.

95 Central Ave.  
Albany, NY 12206  
[www.equinoxinc.org](http://www.equinoxinc.org)  
518-434-6135

### Empire State Pride Agenda

The Empire State Pride Agenda is a New York State lesbian and gay political advocacy organization that works for equal rights by lobbying elected officials, electing supportive candidates, and community organizing.

One Commerce Plaza  
99 Washington Ave.  
Suite 805  
Albany, NY 12260  
[www.prideagenda.org](http://www.prideagenda.org)  
518-472-3330

## National/Non-Local

### Human Rights Campaign

HRC is a bipartisan organization that works to advance equality based on sexual orientation and gender expression and identity, to ensure that LGBT Americans can be open, honest and safe at home, at work, and in the community.

1640 Rhode Island Ave., NW  
Washington, DC 20036  
[www.hrc.org](http://www.hrc.org)  
202-628-4160

### National Gay and Lesbian Task Force (NGLTF)

NGLTF is a national progressive organization working for the civil rights of LGBT people. Its website provides reports and guides for activists, including a report on making schools safe.

1325 Massachusetts Ave., NW  
Suite 600  
Washington, DC 20005  
[www.thetaskforce.org](http://www.thetaskforce.org)  
202-393-5177

### National Youth Advocacy Coalition (NYAC)

In collaboration with national and community organizations, NYAC addresses public policy issues related to LGBT youth and distributes resources and information about local LGBT youth agencies.

1638 R Street, NW Suite 300  
Washington, DC 20009  
[www.nyacyouth.org](http://www.nyacyouth.org)  
800-541-6922

### Gay and Lesbian Alliance Against Defamation (GLAAD)

GLAAD is dedicated to promoting and ensuring fair, accurate, and inclusive representation of individuals and events in all media as a means of eliminating homophobia and discrimination based on gender identity and sexual orientation.

248 West 35th Street, 8th Floor  
New York, NY 10001  
[www.glaad.org](http://www.glaad.org)  
212-629-3322

## Resources for Parents, Family, and Friends-Local

### Capital Region Support Group for Family and Friends of Lesbian, Bisexual, and Transgender People

This group is for the support of family and friends of lesbian, gay, bisexual, and transgender people. Its purpose is to lend them support and information about coming to terms with their LGBT family member or friend.

Contact the Pride Center  
for more information.  
518-462-6138

## National/Non-Local

### Children of Lesbians and Gays Everywhere (COLAGE)

COLAGE is a national and international organization that supports young people with gay, lesbian, bisexual, and transgender parents through education and community building.

3543 18th Street, #1  
San Francisco, CA 94110  
www.colage.org  
415-861-5437

### Parents, Families and Friends of Lesbians and Gays (PFLAG)

PFLAG is a national nonprofit organization with over 200,000 members and supporters and almost 500 affiliates in the United States. As part of its "Our House to the Schoolhouse" campaign, PFLAG provides resources and plans for making schools safe for LGBT youth.

1726 M Street, NW, Suite 400  
Washington, DC 20036  
www.pflag.org  
202-467-8180

## Health-Local

### Upper Hudson Planned Parenthood

Upper Hudson Planned Parenthood is a community-based non-profit organization providing advocacy, education and medical services for reproductive health care in the capital region of New York state since 1934. Our services are delivered with special concern for the underserved.

Schenectady Health Center  
1040 State Street  
Schenectady, NY  
(518) 374-5353

34 Jay Street #6  
Schenectady, NY  
(518) 374-0739

[www.uhpp.org](http://www.uhpp.org)

### The AIDS Council of Northeastern New York

The AIDS Council of Northeastern New York is a not-for-profit human service agency whose mission is to reduce the risk, fear and incidence of HIV infection, encourage the independence of people living with or affected by HIV/AIDS and promote understanding of their needs. We provide education and outreach to at-risk individuals and the general public, offer direct assistance and service coordination for people living with HIV/AIDS and serve as public advocates.

434 Franklin Street  
Schenectay, NY  
518-346-9272

<http://www.aidsCouncilofnyny.com>