

LGBT+ Online Youth Communities

Support for you...

Youth and young adults from the LGBTQ+ Community are more than twice as likely to experience a mental health condition. Discrimination, prejudice, denial of civil and human rights, harassment and family rejection are still tragically common and these conditions add to the likelihood of a mental health concern. Further, people in the LGBTQ+ Community are at an increased risk for suicidal thoughts and suicide attempts. Youth and teens struggling with their identity can be as much as five times more likely to attempt suicide.

We are here to help! Check out these online resources.

Out Paducah

Local Advocacy group for youth and adults. OUT Paducah holds public meetings every 1st and 3rd Tuesday at the McCracken County Library. Youth meetings are every 2nd and 4th Monday at The Zone Youth Drop In Center.

www.Facebook.com/outpaducah

Trans Teen Online Talk Group

A weekly moderated group for trans teens ages 12 - 19. The online virtual support group meets Thursdays from 6 p.m. - 8 p.m.

www.LGBHotline.org/transteens

Other Online Chat/Talk Groups

Moderated chat rooms for young people under the age of 19 to talk in a safe space and be able to express themselves without fear of being made to feel uncomfortable or unwelcome. You can discuss concerns, issues, talk about personal victories, or find a calm place to be for a while. The rooms are anonymous.

<https://www.glbthotline.org/youthchatrooms.html>

Online Peer Support

Free, confidential, one-on-one peer support for lesbian, gay, bisexual, transgender and questioning people. Support is offered in a chat environment and is staffed with volunteers.

<https://www.glbthotline.org/peer-chat.html>

National Hotline

The LGBTQ+ National Hotline provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.

Toll Free at 888.843.4564 or by email at help@LGBHotline.org

National Youth Hotline

The National Hotline that provide support specifically tailored to youth and young adults.

Toll Free 800.246.PRIDE (7743) or by email at help@LGBHotline.org