



LGBTQ+ Resources!

Local Supports for LGBTQIA+:

PFLAG, pflagbellevue.org, for parents/family learning how to be supportive of their LGBTQ children (of any age) and parents/family/allies offering support and experiences.

Youth Eastside Services LGBTQ+ support group for middle school students

<https://youtheastideservices.org/MSBGLAD>

The King County Trans Resource Guide www.kctransguide.org

Lambert House, lamberthouse.org, provides online social activities and support/referral for LGBTQ youth at risk (it's based in Seattle but provides services statewide).

Trans Families is a support group on the Eastside and serves trans and gender-diverse children and all those who touch their lives. <https://transfamilies.org>

Further Supports for LGBTQIA+:

The Trevor Project – Saving Young LGBTQ Lives

A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.

www.thetrevorproject.org

Gender Spectrum works to create gender sensitive and inclusive environments for all children and teens www.GenderSpectrum.org **(California-based but tons of good information)**

General Youth Mental Health supports:

CHANGES Parents Support Network fosters healthy families by equipping parents with tools and support to change their behavior. <https://cpsn.org/>

Youth Eastside Services, youtheastideservices.org, provides counseling and online social activities for youth.

Lake Washington Schools Foundation Balance in Mind, [Balance in Mind \(lwsf.org\)](http://lwsf.org), works with community partners to raise awareness about emotional and mental health challenges facing our youth; empowers parents, and builds communities where kids grow up healthy, resilient and equipped for life. BiM offers twice a month Wednesday evening *Parent Chats* in a safe and supportive environment with mental health professionals and other parents on a variety of subjects impacting youth.

Youth Eastside Services / Balance in Mind Weekly Teen and Parent Virtual Chats

These events are presented in partnership with the Lake Washington School's Foundation Balance in Mind (BiM).

Real Talk (For teens)

Join Balance in Mind and a YES counselor every 1st and 3rd Tuesday of the month at 4:30 p.m. on [@balance.in.mind](https://www.instagram.com/balance.in.mind) as we discuss mental health during COVID-19.

Balance in Mind Parent Chat (For parents/caregivers)

Every Wednesday at 7:30 p.m. join other parents, YES counselors and Sheri Gazitt to discuss parenting and self-care during COVID-19. Register at <http://tinyurl.com/BiMParentChat>

EvergreenHealth has a partnership with LWSD to employ social workers at each of its four high schools: Eastlake, Juanita, Lake Washington, and Redmond. For a list of social workers stationed at LWSD high schools, including student and parent support groups, go to: <https://www.evergreenhealth.com/lwsd-partnership>

This list was compiled on 12/2/20 and is not exhaustive. For questions or additions, please contact parent.ed@lwptsa.net.