

# A RAINBOW OF RESOURCES



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## A RESOURCE GUIDE FOR LGBTQ+ YOUTH AND ALLIES

For easy access to this resource guide  
and the URLs, click the link below:

[wedoexist.org](https://wedoexist.org)

### Topics in this Resource Guide

- » Getting Help, Information & Counseling
- » Finding Friends & Allies
- » Finding Shelter & Temporary Housing
  - Austin/Central Texas
  - North Texas/Dallas Area
  - Houston Area
  - San Antonio Area
  - Rio Grande Valley
  - West Texas
- » Knowing Your Rights
- » Getting Help with Addiction
- » Getting Medical Help
- » Health Centers
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- » Legal Document Information  
(Driver's Licenses, Birth Certificates, etc.)
- » Getting Help if You Are a Victim  
of an Assault/Crime
- » Getting Help if You Are Being Abused

## TALK TO SOMEONE GET HELP/ANSWERS/COUNSELING

### The Trevor Project

Reach a counselor ASAP.

☎ Text START to 678-678

☎ 866-488-7386

🌐 <https://www.thetrevorproject.org/>

### Texas Youth Helpline

Available for various types of help, answering questions,  
referrals, and crisis counseling.

☎ ☎ Call or text: 800-989-6884

💬 Chat online: <https://www.dfps.texas.gov/youth-helpline/>

### LGBT National Help Center

Telephone and email peer counseling, information, local  
resources, and free private talkline for LGBTQ teens.

☎ 1-800-246-7743

🌐 <https://lgbthotline.org/contact/>

### Waterloo Counseling Center (for Austin or nearby)

Counseling specializing in LGBTQ and HIV issues, transgender  
support, and issues of coming out or abuse/trauma.

☎ 512-444-9922

🌐 <https://www.waterloocounseling.org/>

## TEXAS YOUTH RESOURCE MAP

**Note:** The services on the resource map are **not** all LGBTQ+  
specific. Please keep this in mind when locating services  
through it.



## FIND FRIENDS AND ALLIES. CONNECT.

### Texas GSA Network

*Gender and Sexuality Alliance (GSA) student clubs in middle schools and high schools provide peer support, leadership development, and training.*

☎ 512-256-0213

🌐 <http://texasgsa.org>

📍 909 E. 49th 1/2 St.; Austin, TX 78751

### PFLAG

*Place for parents, family members, friends, and LGBTQ+ people to get support and receive educational materials.*

🌐 <https://pflag.org/needsupport>

### GLSEN

*Works to ensure safe schools for all students with programs such as helping to start a Gender and Sexuality Alliance and Day of Silence.*

☎ National number: 212-727-0135

🌐 Austin chapter: <https://maps.glsen.org/advocates/texas-advocates/>

### Q Chat Space

*Recommendations for other digital places to find community for teens ages 13 to 19.*

☎ 954-765-6024

🌐 <https://www.qchatspace.org/>

### Orgullo Laredo Youth & Safe Haven

*LGBT support organization and resource connector.*

☎ 956-774-9311

🌐 <https://www.orgullolaredo.org/>

## FIND SHELTER AND TEMPORARY HOUSING.

### Austin/Central Texas

#### Lifeworks

*24-hour emergency shelter for youth in Travis County along with transitional living and other rapid rehousing programs.*

☎ 512-735-2100 (East); 512 735-2400 (South)

🌐 <http://www.lifeworksaustin.org>

📍 835 N Pleasant Valley Rd.; Austin, TX 78702

3700 South 1st St.; Austin, TX 78704

#### SAFE Alliance

*Emergency shelter, transitional housing, and an array of programs.*

☎ 512-267-7233

🌐 <https://www.safeaustin.org/>

#### SAFE's Children's Shelter

📍 4800 Manor Rd., Building A; Austin, TX 78723

#### SAFE Rathgeber Village

☎ 512-499-0090

📍 4800 Manor Rd., Building A; Austin, Texas 78723

#### SAFE Grove Campus & Eloise House

☎ 512-369-5900

📍 1515 Grove Blvd.; Austin, Texas 78741

#### Out Youth

*Drop-in center with resources like free HIV testing, counseling, and computers for LGBTQ+ teens (hours vary by age; see their website for more info).*

☎ 512-419-1233

🌐 <http://www.outyouth.org/>

📍 909 E. 49th 1/2 St.; Austin, TX 78751

#### Greater San Marcos Youth Council

*Shelter for youth under age 18, counseling services, and crisis intervention.*

☎ 800-457-0797 (a 24-hour hotline)

🌐 <https://gsmyc.org/services/>

📍 1402 IH 35 N.; San Marcos, TX 78666



## FIND SHELTER AND TEMPORARY HOUSING.

### North Texas/Dallas Area

#### ACH Child and Family Services

Services for youth including emergency housing, supervised independent living, and other wrap-around services.

☎ 817-335-4673

🌐 <https://achservices.org/en/programs/for-kids-teens/>

📍 3712 Wichita Street; Fort Worth, TX 76119

#### City House

Transitional living home for homeless teens up to age 21.

☎ 972-424-4626 (10 a.m.-3 p.m.)

☎ 972-971-0278 (after hours)

🌐 <https://www.cityhouse.org>

📍 830 Central Parkway East, Suite 350; Plano, TX 75074

#### Dallas Hope Center

Provides transition housing for youth ages 18-24.

🌐 <https://dallashopecharities.org/programs/dallas-hope-center/>

#### Jonathan's Place

Temporary emergency shelter, counseling services, and a 24-hour crisis hotline.

☎ 972-303-5303

🌐 [www.jpkids.org/](http://www.jpkids.org/)

📍 Main Office: 6065 Duck Creek Dr.; Garland, TX 75043

📍 Fort Worth Office: 5049 Edwards Ranch Road, Suite 400; Fort Worth, TX 76107

#### Teen Emergency Shelter

Shelter in Wichita Falls for teens ages 10-17.

☎ 940-322-7671

🌐 <https://caswt.org/teen-shelter/>

📍 1101 30th Street; Wichita Falls, TX 76302

#### Trans Pride Initiative

Resources and support network for transgender individuals in the Dallas area.

☎ 214-449-1439

🌐 <http://www.tpride.org>

📍 907 Morrell Avenue, Suite 101, Dallas, TX 75203

#### Youth First

LGBTQ-friendly services including low-cost mental health counseling, vaccinations and tests, transgender health services, HIV services, homework help, and GED prep.

☎ 214-521-5124

🌐 <http://www.myresourcecenter.org/>

📍 5750 Cedar Springs Rd.; Dallas, TX 75235

## FIND SHELTER AND TEMPORARY HOUSING.

### San Antonio Area

#### Fiesta Youth

Monthly meeting for LGBTQ+ youth.

☎ 210-390-0730

🌐 <http://www.fiesta-youth.org/>

📍 1761 Northwest Loop 410 San Antonio, TX 78213

#### Thrive Youth Center

Homeless shelter for LGBTQ+ youth ages 18-25.

☎ 210-212-2935

🌐 <https://thriveyouthcenter.org>

📍 1 Haven for Hope Way; San Antonio, TX 78207

#### Roy Maas Youth Alternatives

24/7 drop-in center and emergency shelter, with counseling and transitional living programs for youth up to 24 years old.

☎ 210-340-8077

🌐 <https://rmya.org/>

📍 3103 West Avenue; San Antonio, TX 78213

#### Connections Individual & Family Services

Shelter and counseling services.

☎ 830-629-6571

🌐 <https://connectionsifs.org>

📍 1414 W. San Antonio Street; New Braunfels, TX 78130

#### K'Star Inc

Offers counseling and shelter services for young people in Kerrville and surrounding counties.

☎ 830-896-5437

☎ Crisis line: 855-327-8004

🌐 <https://www.kstar.org/>

📍 1016 Main St.; Kerrville, TX 78028

#### Pride Center San Antonio

No-cost services and programs for people of all sexual orientations, gender identities, and expressions.

☎ 210-370-7743

🌐 <https://pridecentersa.org/>

📍 1303 McCullough Ave. Suite 160; San Antonio, TX 78212

## FIND SHELTER AND TEMPORARY HOUSING.

### **Houston Area/Texas Coast**

#### **Covenant House**

*LGBTQ-inclusive residence for homeless youth.*

☎ 713-523-2231

🌐 <http://www.covenanthousetx.org>

📍 1111 Lovett Blvd.; Houston, TX 77006

#### **Harris County Kinder Emergency Shelter**

*Shelter for youth ages 12-17.*

☎ 713-394-4000

🌐 <https://bit.ly/3wlKxzq>

📍 2525 Murworth Dr.; Houston, TX 77054

#### **Montrose Center**

*Rapid rehousing for youth 18-24, role models and peer support, educational and community outreach opportunities for LGBTQ+ teens of all ages.*

☎ 713-529-0037

🌐 <https://www.montrosecenter.org/>

📍 401 Branard Street; Houston, TX 77006

#### **Montrose Grace Place**

*Drop-in service center that provides a welcoming environment for youth ages 13-24 of all sexualities who are experiencing homelessness. Open Monday and Thursday from 4 p.m. - 6 p.m.*

☎ 832-239-0824

🌐 <https://www.montrosegaceplace.org/>

📍 2515 Waugh Dr.; Houston, TX 77006

#### **The Children's Center Inc.**

*Crisis response team offers crisis counseling, transportation, shelter, care coordination, family reunification, and/or referral to other resources depending on needs in the Beaumont, Houston Metro, Galveston, and Corpus Christi communities.*

☎ Crisis line: 1-844-763-8861

☎ 409-765-5212

🌐 <https://childrenscentertexas.org/who-we-are/>

#### **The Mahogany Project**

*Real-time support like securing a bus ticket to get home, emergency housing support, or gender-affirming clothing and hygiene supplies; founded by and intended for queer POC.*

☎ 713-637-4197

🌐 <https://www.themahoganyproject.org/about>

📍 9896 Bissonnet St. Suite 550; Houston, TX 77036

#### **Tony's Place**

*Provides a safe space, key services, and valuable programming for LGBTQ+ youth ages 14-25.*

☎ 713-678-0733

✉ [info@tonysplace.org](mailto:info@tonysplace.org)

🌐 <https://tonysplace.org/>

## FIND SHELTER AND TEMPORARY HOUSING.

### **Houston Area/Texas Coast (Continued)**

#### **Young Adult Resource Center (YARC)**

*A drop-in center open Monday - Thursday from 11 a.m. - 3 p.m.*

☎ 713-658-9205

🌐 <https://salvationarmyhouston.org/houston/yarc/>

📍 1621 McGowen St.; Houston, TX 77004

### **Rio Grande Valley**

#### **Grace House Children's Shelter**

*Emergency shelter and therapy for kids between 12 and 17.*

☎ 958-448-5800

🌐 <https://upbring.org/grace-house-childrens-shelter/>

📍 2001 South M St.; McAllen, TX

#### **Serving Children & Adults in Need (SCAN) Inc.**

*Provides treatment, prevention, and counseling services along the Southwest border with Mexico.*

☎ 956-724-3177

🌐 <https://www.scan-inc.org/>

📍 1605 Saldana Ave.; Laredo, TX 78041

#### **The Children's Center, Inc. - Basic Center Program**

*A drop-in shelter that provides various services like case management but also food, showers, and beds for rest during the workdays. The shelter is in a residential neighborhood and disguised to look like a house for the safety of the staff and youth they help.*

☎ Crisis line: 1-844-763-8861

☎ Shelter number: 956-357-6426

🌐 <https://www.facebook.com/TCCIRGV/>

📍 709 E Freida St.; Pharr, TX 78577



## FIND SHELTER AND TEMPORARY HOUSING.

### West Texas

#### El Paso Center for Children

Shelter and immediate support for youth and young adults experiencing stress, trauma, upheaval, etc.

☎ 915-565-8361

🌐 <https://epccinc.org/>

📍 2200 N. Stevens Street; El Paso, TX 79930

#### Harmony Family Services

24-hour emergency shelter.

☎ 325-672-7200

🌐 <http://www.harmonyfamilyservices.org>

📍 305 Grape Street; Abilene, TX 79601

#### Pride Center West Texas

Community center.

☎ 432-242-2023

🌐 <https://www.pridecenterwt.org>

📍 4555 E. University Suite, C7; Odessa, TX 79761

## KNOW YOUR RIGHTS.

### Lambda Legal

A legal organization focused on promoting the legal rights of the LGBTQ+ community. Information related to LGBTQ+ discrimination.

☎ 214-219-8585

🌐 <https://www.lambdalegal.org/helpdesk>

🌐 Legal services for victims of anti-transgender violence:

[https://bit.ly/37w3J58\\_1](https://bit.ly/37w3J58_1)

📍 3500 Oak Lawn Avenue, Suite 500; Dallas, TX 75219-6722

### Texas Foster Youth Justice Project

Helps current and former foster youth in Texas understand their legal rights. They provide legal advice, assistance, guidance, and representation in enforcing foster youth rights. They also educate the general public about foster children's legal needs and concerns.

☎ 877-313-3688

🌐 <https://texasfosteryouth.org/>



## GET MEDICAL HELP.

In an emergency, please go to your nearest emergency room or call 911. You can also locate a children's hospital if one is in your area.

Below is a list of some places in Texas that have specific services for transgender youth and/or young adults.

### **The Kind Clinic (Austin, Dallas, and San Antonio)**

*Free medical services for the LGBTQ+ community including HIV testing, gender-affirming care, and PrEP access.*

☎ 833-937-5463

🌐 <https://kindclinic.org/>

#### **Austin**

📍 Koenig: 101 W Koenig Ln.; Suite 200; Austin, TX 78751

📍 South: 2800 S I-35 Frontage Rd., #103; Austin, TX 78704

#### **Dallas**

📍 3802 Cedar Springs Rd.; Dallas, TX 75219

#### **San Antonio**

📍 730 Isom Rd.; San Antonio, TX 78216

### **Planned Parenthood of Texas**

*Health centers across the state including reproductive health care.*

☎ 800-230-7526

🌐 <https://www.plannedparenthood.org/>

🌐 For more on transgender health care specifically, see: <https://bit.ly/39ExrWj>

## GET MEDICAL HELP.

### **Legacy Community Health (Houston and Beaumont)**

*Gender-affirming health care for LGBTQ+ individuals.*

☎ 832-548-5000

🌐 <https://bit.ly/3yrXURi>

### **Valley AIDS Council**

*Provides HIV prevention, education and testing services, medical care, and supportive services for people living with HIV in the Rio Grande Valley.*

#### **Brownsville**

☎ 956-541-2600

📍 857 E. Washington, Suite G; Brownsville, TX 78520

#### **Harlingen**

☎ 956-428-2653

📍 2306 Camelot Plaza; Harlingen, TX 78550

#### **McAllen**

☎ 956-668-1155

🌐 <https://www.valleyaids.org/trans-care.html>

📍 300 S. 2nd St., Suite 101; McAllen, TX 78501

### **Laredo Education & Testing Services**

*Provides comprehensive HIV/AIDS and STD health education, screening, testing and outreach prevention services Monday through Friday from 8 a.m. to 5 p.m.*

☎ 956-795-4905

🌐 <https://www.cityoflaredo.com/departments/health-department/services/lets>





## HEALTH CENTERS

In an emergency, please go to your nearest emergency room or call 911.

Below are some additional health centers, providing services specific to the LGBTQ community.

### Austin/Central Texas

#### Project Transitions

Roosevelt Gardens is a transitional housing community in Central Austin for people living with HIV and AIDS.

☎ 512-454-8646

🌐 <https://www.projecttransitions.org/>

#### ASHwell Sexual Health & Wellness

Empowering central Texans by providing sexual health and wellness services that serve the body, mind and spirit.

☎ 512-900-3116

🌐 <https://ashwellatx.org/>

### North Texas/Dallas Area

#### Resource Center

HIV testing and care, mental health care, primary health care, support for those diagnosed with HIV.

☎ 214-521-5124

🌐 <https://myresourcecenter.org/>

### Houston Area/Texas Coast

#### Crofoot MD

Private practice that serves the LGBTQ community.

☎ 713-526-0005

🌐 <https://www.crofootmd.com/about>

#### Lambda Center Houston

Lambda Center Houston is a LGBTQ Twelve Step Recovery Clubhouse.

☎ 713-521-1243

🌐 <https://lambdahouston.org/>

#### Legacy Community Health

LGBTQ clinic-HIV prevention and treatment.

☎ 832-548-5000

🌐 <https://www.legacycommunityhealth.org/services/lgbt-services/>

#### Thomas Street at Quentin Mease Health Center

LGBTQ clinic-HIV prevention and treatment.

☎ 713-873-4000

🌐 <https://www.harrishealth.org/locations-hh/Pages/thomas-street.aspx>

## HEALTH CENTERS

### San Antonio Area

#### Alamo Area Resource Center

LGBTQ health clinic.

☎ 210-625-7200

🌐 <https://aarcsa.com/>

## GET HELP WITH ADDICTION.

In an emergency, please go to your nearest emergency room or call 911.

Below are some additional resources. We have noted which ones below have outlined services specific to the LGBTQ community.

#### Texas Alcoholics Anonymous

See their site to find a meeting near you.

🌐 [http://www.aa.org/pages/en\\_US/find-aa-resources](http://www.aa.org/pages/en_US/find-aa-resources)

#### Texas Narcotics Anonymous

See their site to find a meeting near you.

🌐 <http://www.na.org/meetingsearch/>

#### Austin Galano Club

LGBTQ recovery programs in Austin.

🌐 <http://www.austingalano.org>

📍 6809 Guadalupe St.; Austin, TX 78752

#### Way Out at the Montrose Center

Outpatient addiction recovery for LGBTQ and HIV-positive youth in Houston.

☎ 24-hour helpline: 713-529-3211

🌐 <https://montrosecenter.org/services/substance-use-recovery/way-out-recovery-program/>

📍 401 Branard Street; Houston, TX 77006

#### Smart Recovery

Free online meetings for recovery from substance abuse, gambling addiction, sex addiction, and other addictions.

🌐 <https://meetings.smartrecovery.org/meetings/>





## OTHER TOPICS.

### **Gender Reassignment**

***What do I do if I want to get gender reassignment surgery?***

Gender reassignment surgery is a complicated and costly process. Changing your biological sex should first be discussed with a doctor. However, if you want to learn more about the process before making a decision, please be sure to read reliable sources like Johns Hopkins: <https://bit.ly/38k4FtJ>.

***Will my health insurance cover my gender reassignment surgery?***

Health insurance can be complicated to navigate, so for more information, check out the Advocates for Trans Equality: <https://transequality.org/know-your-rights/health-care>.

### **Legal/IDs**

***How do I legally change my name and sex on my identification?***

Changing your name and gender marker on legal documentation (driver's license, birth certificate, social security number, passport, etc.) will take time and should be approached thoughtfully. A comprehensive guide to name and gender marker changes can be found through the Advocates for Trans Equality at: <https://transequality.org/>.



### ***If you have been the victim of assault or a crime...***

If you have been sexually assaulted, please contact the nearest hospital, emergency room, or confide in an adult you feel comfortable talking to about what has happened as soon as possible. You can also report the crime to the police by calling 911 or going to your local police station. There are many resources specifically for counseling and providing legal services to LGBTQ victims of sexual assault. If you want someone to talk to in the aftermath of a sexual assault, reach out to:

**LGBT Switchboard of Houston: 713-529-3211**

**The Trevor Helpline: 1-866-4UTREVOR**

**LGBT National Youth Talkline: 800-246-7743**

**The National Domestic Violence Hotline: 800-799-7233**

### ***If a guardian/parent is emotionally or physically abusing you...***

In Texas, domestic violence is when a member of your family or someone you're in a relationship with causes you physical harm or bodily injury, assaults you physically or sexually, or abuses you. Threats can be considered domestic violence. In Texas, both family violence and dating violence are prohibited by law. For help, reach out to:

### **The National Domestic Violence Hotline**

*Anonymous, confidential help 24/7*

**Call: 800-799-7233 (SAFE) or 800-787-3224 (TTY)**

<https://www.thehotline.org/here-for-you/>

### **Texas Advocacy Project**

*Free legal advice to victims of family violence or sexual assault.*

<https://www.texasadvocacyproject.org/>

### **Texas Legal Services Center**

*For legal help such as getting a protective order against your abuser.*

**Call: 800-622-2520**

**Fill out their intake form:**

<https://www.tlsc.org/crimevictims>