

# A RAINBOW OF RESOURCES



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Produced by Texas Appleseed  
August 2022

# A RESOURCE GUIDE FOR LGBTQ+ YOUTH AND ALLIES

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

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

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://bit.ly/37A7SVU>

## GLBT National Help Center

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

☎ 1-800-246-7743

🌐 <http://www.glnh.org/talkline/>

## 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/>

## 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
- » Gender Reassignment Information
- » 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

## 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.

🌐 Find support: <https://pflag.org/needsupport>

🌐 Find a chapter: <https://pflag.org/find-a-chapter>

### 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://www.glsen.org/chapter/austin>

### Q Chat Space

Has online discussion groups for LGBTQ+ and questioning teens ages 13 to 19.

☎ 954-765-6024

🌐 <https://www.qchatspace.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

🌐 <http://www.lifeworksaustin.org>

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

#### 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

#### 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://gsmc.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

#### Fannie C. Harris Youth Center and Promise House

LGBTQ-friendly services including emergency shelter, transitional living, counseling, and educational services.

☎ 214-941-8578

🌐 <https://promisehouse.org>

📍 224 W. Page Ave.; Dallas, TX 75208

#### 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>

📍 1300 South Polk Street, Suite 264; Dallas, TX 75224

#### 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.

### 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.

☎ 713-295-2700

🌐 <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://bit.ly/3M4mD1Y>

#### Young Adult Resource Center (YARC)

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

☎ 713-658-9205

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

📍 1621 McGowen St.; Houston, TX 77004

## FIND SHELTER AND TEMPORARY HOUSING.

### San Antonio Area

#### Fiesta Youth

Monthly meeting for LGBTQ+ youth.

☎ 210-303-0550

🌐 <http://www.fiesta-youth.org/>

📍 702 Donaldson Ave., Suite 205A; San Antonio, TX 78201

#### Thrive Youth Center

Homeless shelter for LGBTQ+ youth ages 18-25.

☎ 210-212-2935

🌐 <http://www.thriveyouthcenter.com/take-action>

📍 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.

☎ 210-340-7933

🌐 <https://rmya.org/>

📍 3103 West Avenue; San Antonio, TX 78213

#### Connections Individual & Family Services

Shelter and counseling services.

☎ Crisis line: 800-532-8192

🌐 <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

🌐 <https://www.kstar.org/>

📍 1016 Main St.; Kerrville, TX 78028

## FIND SHELTER AND TEMPORARY HOUSING.

### 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.

☎ 956-725-7211

🌐 <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/>

🌐 <https://thechildrenscenterinc.org/programs/safe-places/>

📍 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.

☎ 915-330-9513

🌐 <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

## 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/37w3J581>

📍 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 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://bit.ly/3L2JsIB>

📍 401 Branard Street; Houston, TX 77006

### Smart Recovery

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

🌐 <http://www.smartrecovery.org/community/calendar.php>



## 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>

### 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



## 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 National Center for Transgender 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 National Center for Transgender Equality at: <http://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

**The GLBT 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)

<http://ncadv.org/learn-more/get-help>

#### **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>