
RESOURCES FOR TRANS & GENDER DIVERSE YOUTH IN TEXAS

Hatch Youth Drop-In Support Groups

Houston, TX

www.hatchyouth.org

Hatch Youth offers social support groups for youth between 7 and 12 (Hatch Jr.) and 13 and 19 years old (Hatch Youth). These are safe and affirming spaces for LGBTQIA+ youth where they can be themselves without the fear of harassment and discrimination.

LGBT Switchboard 24-Hour Helpline

Call 713-529-3211

The LGBT Switchboard is a 24-hour hotline that's intended for LGBTQIA+ Texas residents who are looking for resources or are in crisis.

Out Youth Counseling & Drop-In Support Groups

Austin, TX

www.outyouth.org/dropin/preteen

Out Youth is located in Central Texas and provides drop-in youth support groups, free to low-cost mental healthcare, gender-affirming gear, and more. Youth must be in the state of Texas to receive services through Out Youth.

Out Youth Queer & Trans Wellness Check-Ins

www.outyouth.org/wellness-checks

Out Youth is hosting 30 to 60-minute opportunities for Trans and Queer people who physically reside in Texas to speak about their experience and learn concrete coping strategies with an affirming and knowledgeable person. These are not designed for crisis intervention or ongoing counseling services.

Resource Center's Youth First Support Groups

Dallas, TX

www.myresourcecenter.org/community/lgbtq-youth-programs/

Youth First hosts a variety of programs for LGBTQIA+ youth in the DFW area, including Gender Identity Nights every Tuesday. They also offer free gender-affirming gear and have a low-cost clinic that provides gender-affirming healthcare.

Borderland Rainbow Center Youth Support Groups

El Paso, TX

www.borderlandrainbow.org/youth

Borderland Rainbow Center offers LGBTQIA+ teen peer support groups that serve youth between 5 and 24 years old.

Q Chat Space

www.qchatspace.org/Upcoming-Groups

Q Chat Space is an online chat space for teens between 13 and 19 years old. Pre-scheduled conversations are facilitated by trained staff who work at LGBTQIA+ centers around the nation to keep the space safe.

Emergency Grants for Families of Trans Youth in Texas

southernequality.org/fund-your-work/tx-emergency/

The Campaign for Southern Equality has an emergency grant program for trans youth and their families in Texas that's providing \$250 to help with legal fees, mental health services, and other urgent needs. The application is available in English and Spanish.

Trans Lifeline

(877)-565-8860

This is a free peer support phone hotline run by trans people for questioning, trans, and gender diverse folks. They will not non-consensually involve law enforcement, 911, or emergency services, and it's completely confidential and anonymous.

Point of Pride

www.pointofpride.org/

Point of Pride is a trans-led and operated non-profit that distributes free chest binders and femme shapewear to gender diverse youth and adults who cannot afford to or safely attain this gender-affirming gear. For youth under 13, consent from a parent or guardian will be needed to submit an application.

Trevor Hotline

Call: 1-866-488-7386

Text "START" to 678-678

Chat at www.thetrevorproject.org/get-help/

Trevor Hotline is a free national, 24/7/365 support line accessible online and via text or call. It connects youth and adults with LGBTQIA+-affirming counselors and is completely confidential and anonymous.

National Suicide Prevention Hotline

1-800-273-8255

The Suicide Prevention Hotline provides free, 24/7 confidential support for people in distress, as well as resources for crisis intervention.