

Supporting LGBTQ+ Youth and Families in LA County



Youth & Family Resources

CenterLink: The Community of LGBTQ+ Centers

A nonprofit, member-based association of LGBTQ+ centers and other LGBTQ+ organizations serving their local and regional communities. Use this website to search for local LGBTQ+ Centers ranging from health and wellness centers to youth mentorship and social programs, as well as live events searchable by area.

Give Us the Floor

This free mobile app provides a safe and anonymous community where 2SLGBTQIA+ youth ages 13 to 24 support each other without fear of stigma, taboo, or shame. Youth can access small, facilitated groups or community-wide discussion channels covering topics ranging from serious, such as mental health and discrimination, to lighter, such as pets and memes.

Navigating Personal Safety While Taking Action as an LGBTQ+ Young Person

This guide developed by The Trevor Project provides practical advice and support for LGBTQ+ youth who want to participate in activism while prioritizing their personal safety. It also recognizes the unique risks LGBTQ+ young people may face and offers strategies to help them make informed decisions.

Parents and Friends of Lesbians and Gays (PFLAG) Los Angeles

The PFLAG LA chapter offers educational materials, local resources and three monthly, virtual support meetings for family members and loved ones of LGBTQ+ folks, including one in Spanish. Additionally, PFLAG Connects: Communities offers safe, moderated virtual support groups where people with shared experiences can connect monthly. Current communities gather people of Latinx, Black/African American, and AAPI backgrounds, as well as military families, grandparents, and gender spectrum parents.

The California LGBTQ Health and Human Services Network

A resource hub, including relevant news and policy updates, local community programs, fact sheets, legal programs, and more to support and protect LGBTQ+ folks during these difficult and stressful times. Resources are organized and available by county/regions within California.

Featured LA County Resources

Los Angeles LGBT Center

The LA LGBT Center provides a wide range of services and support for LGBTQ+ individuals in the Los Angeles area, including housing assistance, medical and mental health services, senior services, and community-building activities. The Center advocates against anti-LGBTQ+ policies and encourages community involvement through donations, volunteering, and activism.

REACH LA

REACH LA's mission is to engage, empower, and celebrate LGBTQIA+ people of color and their communities through pillars of health and wellness, arts innovation, workforce development, and social justice.

Crisis Resources

California Legislative LGBTQ Caucus

A comprehensive list of hotlines and support services for LGBTQ+ individuals, including national and state-specific options. Resources offer 24/7 crisis support, peer counseling, text and chat options, and specialized programs.

The Trevor Project

Free crisis support 24/7 from anywhere in the U.S by texting 'START' to 678-678, calling 1-866-488-7386 or via chat. LGBTQ+ youth and allies can also access this Resource Center for helpful articles and information or connect with online social community using TrevorSpace.

Trans Lifeline

A peer support and crisis hotline run by and for trans people offering confidential, nonjudgmental support, financial assistance, and resources. Hotline is available 24/7 by calling 1-877-565-8860.