

LGBTQ+ Affirming Resources

Human Relations, Diversity & Equity

The community resources listed below are provided to assist parents or guardians in finding community services. The Los Angeles Unified School District does not assume responsibility for the services provided by the agencies, nor the fees that may be charged to the parent or guardian.

Los recursos de la comunidad que se describen en la lista que sigue, son proporcionados para ayudar a los padres o tutores a localizar los servicios disponibles en la comunidad. El Distrito Escolar Unificado de Los Ángeles no se hace responsable por los servicios proporcionados por las agencias, ni por las cuotas que pudieran cobrar a los padres o tutores.

Hotlines:

- **The Trevor Project:** Call 1-866-488-7386 or text "START" to 678-678 (24/7)
- **Teen Line:** Call 866-465- (6:00 PM-10:00 PM) or text "TEEN" to 839863
- **Student & Family Wellness Resource Line:** (213) 241-3840, M-F, Summer hours 8-4, Jun 11-Aug 11

Support Services and Mental Health:

- **Los Angeles LGBT Center:** Lifeworks mentoring (ages 16-24, virtual or in person), Youth drop-in center and shelter, RISE program (free counseling, mentoring, employment for system-involved youth, ages 5-21), Mental Health Services (Medi-Cal or private insurance, Hollywood or virtual) (323) 993-7500, option 3
- **COLORS LGBTQ Youth Counseling:** (310) 862-1515, acts.aula@antioch.edu, (free, virtual, individual and group therapy)
- **Rainbow Labs:** Mentoring, leadership development (ages 12-18, free, virtual and in-person throughout LA County), use online interest form, info@rainbowlabs.org, (213) 302-8293
- **LGBTQ Center OC:** Social and support groups, mental health services- complete interest form www.lgbtqcenteroc.org/services/therapy or call intake line at 714-953-5428 ext. 3300 (sliding scale, virtual), parent support groups
- **LGBTQ Center of Long Beach:** 562-434-4455 ext. 228, mental health, mentorship, social activities
- **Lumina Counseling Services (The Help Group):** 818-779-5100 (Medi-Cal, private insurance, virtual or in-person in Hollywood, Culver City, Sherman Oaks, Van Nuys)
- **Alexis Project:** Primary care and mental health services (Med-Cal only), family support services, email alexisproject@vip-cmhc.org or complete mental health online intake form
- **Penny Lane Centers:** (661) 266-4783 (Medi-Cal, virtual or North Hills), gender-affirming closets (Commerce, North Hills)
- **Open Paths:** Individual, group, families, ages 5+, openpaths.org, 310-258-9677, online intake form, (sliding scale, virtual or Inglewood)
- **Brave Trails:** Therapy offered in partnership with The Relational Center - online intake form, (323) 935-1807 (individual and group, sliding scale, virtual), Brave Trails youth and family camps, meet-ups (free or sliding scale)
- **Somos Familia Valle:** Youth leadership program, ages 14-18, Sun Valley, (818) 394-9377
- **UCLA Gender Health:** Mental health, medical care, 310-267-4334, online intake appointment request form

Parent & Caregiver Support:

- **LA Unified Human Relations, Diversity & Equity's** Parent & Caregiver Group: humanrelations.lausd.org. (Virtual, check website for current schedule, free)
- **Transforming Family:** transformingfamily.org, <https://transformingfamily.org/parent-caregiver-survey/> (Free, peer support for parents, youth, and families)
- **PFLAG-Los Angeles:** <https://pflag.org/chapter/los-angeles/>, Multiple chapters in the LA area (free, peer support for parents, friends and family of LGBTQ+ individuals)