



## LGBTQ+ Resources

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Gay, Lesbian, Bisexual and Transgender Helpline 888-340-4528

Gay, Lesbian, Bisexual and Transgender Hotline 888-843-4564

GLBT National Youth Talkline 800-246-7743

ROSMY Youth Support Line 888-644-4390

The Trevor Project – Crisis Intervention for LGBTQ+ Youth 1-866-488-7386

LGBTQ Partner Abuse and Sexual Assault Helpline 866-356-6998

## Centers in Virginia

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Diversity Community Center Richmond, VA [www.diversityrichmond.org](http://www.diversityrichmond.org)

James River Transgender Society <http://www.jrts.org/>

LGBT Center of Hampton Roads <http://www.accessaids.org/>

Roanoke Diversity Center <http://www.roanokediversitycenter.com/>

Shenandoah Valley Equality <http://www.svgla.org/>

Lynchburg Diversity Center <https://www.lyncburgdiversity.org/>

## Human Rights

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Human Rights Coalition Virginia <http://www.hrc.org/local-issues/virginia>

Equality Means Business – Business Guide <http://virginiafairness.org/>

## Events

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Pride Events <http://www.equalityvirginia.org/pride/>

TIES Trans Health Conference <http://www.equalityvirginia.org/ties/>

## Parents and Family

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PFLAG Winchester 540-686-1677 [www.pflagwinchester.org](http://www.pflagwinchester.org)

PFLAG Blue Ridge [www.pflagblueridge.org](http://www.pflagblueridge.org)

Nationwide <https://www.pflag.org/>

## LGBTQ+ Friendly Therapists

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Therapists for transgender individuals <http://www.jrts.org/psychotherapy-and-counseling.html>

[https://therapists.psychologytoday.com/rms/prof\\_results.php?state=VA&spec=172](https://therapists.psychologytoday.com/rms/prof_results.php?state=VA&spec=172)