

I'M LOOKING FOR MENTAL HEALTH SUPPORT!

I need help managing anxiety and learning coping skills.

Head to [IML.guide/stress](https://www.iml.guide/stress) for interactive guides for anxiety, mental health, and gender.

I'm a trans person or non-binary person in crisis.

Text the Trevor Project at 678-678 or call Trans Lifeline's Hotline at 877-565-8860.

I'm looking for community specific resources.

Head to itgetsbetter.org/gethelp.

I'm having a crisis and need to talk to someone immediately.

Call NAMI Maine at 1-800-464-5767 or text 988.



I'M LOOKING FOR SEXUALITY AND RELATIONSHIP RESOURCES!

I want LGBTQ+ specific consent education.

ehealthalliance.org has a LGBTQ+ healthy relationships toolkit!

I want gender and sexuality resources.

[Advocatesforyouth.org](https://advocatesforyouth.org) has a guide to help you explore your identity.

I'm looking for inclusive sex and relationship education.

Check out Scarleteen.com for direct services, tools, and resources.



I'M LOOKING FOR TRANS+ SPECIFIC RESOURCES!

I'm looking for a trans resource library to help me navigate all parts of my transition.

www.TransLifeline.org has a resource page for transitions.

I'm looking for resources for me and my parents or caregivers.

Visit [gender.spectrum.org/resources!](https://gender.spectrum.org/resources/)

I'm looking for gender-affirming care and clothing support.

Pointofpride.org has free femme shapewear and chest binders!



YOUTH RESOURCE GUIDE

Frequently Asked Questions and Information for Teens

What is the New Leaders Project?



EqualityMaine's New Leaders Project provides year-round opportunities for queer youth and allies to build leadership skills, make connections with peers, and learn about advocacy skills.

Join us year-round for:

- Queer Camps for ages 13 - 17
- Youth and Young Adult Leadership Opportunities
- Intergenerational Learning Events
- School Advocacy Events and Support

We created this resource guide to help LGBTQ+ youth find verified, useful resources. Have ideas? Let us know!

SCAN THIS CODE TO ACCESS ALL THESE RESOURCES!



I'M LOOKING FOR QUEER COMMUNITY!

I need help finding queer community.

Head to outmaine.org/programs/youth for monthly meetups!



I need resources created by other queer youth.

[Queeryouthassemble.org](https://queeryouthassemble.org) has youth-created resources!



I need help finding queer outings and leadership opportunities.

campfireinstitute.org/programs has queer youth camping trips and excursions in Maine!



I NEED HELP WITH SEXUAL HEALTH RESOURCES!

| Sexual Health Services | Maine Health Equity | Mabel Wadsworth Center | Maine Family Planning |
|--------------------------------------|---------------------|------------------------|-----------------------|
| birth control/sexual health supplies | ✓ | ✓ | ✓ |
| STI/ HIV testing | ✓ | ✓ | ✓ |
| Abortion Care | | ✓ | ✓ |
| Gender affirming resources | | ✓ | ✓ |

I NEED HELP FINDING GENDER AFFIRMING CARE!

Mabel Wadsworth Center - Bangor Area

- must be 18 and up for HRT
 - Referrals and community resources
- Call **207-947-5337** for an appointment.

Maine Family Planning - statewide

- must be 16 and up for HRT
 - Referrals to specialty providers & community resources, including mental, behavioral, & medical providers
- Call **207-922-3222** for an appointment.

I'M LOOKING FOR MORE TRANS+ RESOURCES!

Head to mainefamilyplanning.org/gender-affirming-healthcare/ for gender affirming care FAQs and resources.

Head to transyouthequality.org for resources for you and your parents on how to support you.