

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 gender-affirming care and clothing support.

Pointofpride.org has free femme shapewear and chest binders!

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

Visit gender.spectrum.org/resources/



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.