



Oregon Resources

LGBTQIA+

- **Pride Foundation:** Community advocacy group promoting equity and justice by transforming communities in the Northwest through scholarships, grants, fellowships, and programming.
 - **Oregon:** <https://pridefoundation.org/region/oregon/>
- **Portland Q Center:** LGBTQ+ center dedicated to providing a safe space to support and celebrate LGBTQ2SIAA+ diversity, equity, inclusion, education and empowerment, visibility and community building in the Portland Metro and Southwest Washington area. Offers links to online resources and referral services. <https://pdxqcenter.org/>
- **Out Central Oregon:** Promotes, supports and advocates for the LGBTQ+ community through education, sponsoring community involvement, and developing partnerships with businesses, government and other organizations in Central Oregon. Provides information on healthcare providers in Central Oregon. <https://www.outcentraloregon.com/health/>
- **PLAG Oregon Chapters:** Resource and advocacy group that holds meetings throughout Oregon to welcome, educate and support the LGBTQ+ community, families, friends, and allies. <https://pflag.org/find-a-chapter>
- **Sankofa Collective Northwest:** Relaunched in 2016 (formerly PFLAG Portland Black Chapter) promotes health and well-being of specifically black LGBTQ+ persons, family, and friends through advocacy, programming and education. <https://sankofanw.wordpress.com/about/>
- **Oregon LGBTQ Veteran Assistance:** LGBTQ veteran coordinator office advocates for the LGBTQ veteran community through local and legislative avenues and connects veterans and families with resources to learn about and gain access to all available earned benefits. <https://www.oregon.gov/odva/Resources/Pages/LGBTQ-Veterans.aspx>
- **OHSU Transgender Health Program:** Resource for patients, families and allies to receive safe, comprehensive health care and find information on support groups, educational events, crisis and support lines, mental health services, and other resources. <https://www.ohsu.edu/transgender-health/about-transgender-health-program-patients-families-and-allies>
- **Brave Space:** Fosters community and supports access health care providers for transgender and non-binary youth, adults and families. Based in Portland, Oregon. <https://bravespacellc.com/>



Oregon Resources LGBTQIA+

Youth Specific

- **Oregon State Activities Association (OSAA):** Policy on gender identity and athletic participation approved for and published in 2019-2020 OSAA handbook: <http://www.osaa.org/docs/handbooks/GenderIdentityParticipationBP.pdf>
- **Rainbow Youth:** Offers safe space and aims to connect LGBTQ+ youth, families and allies through support, friendship, and social activities in Salem area. <http://rainbowyouth.org/>
- **Sexual & Gender Minority Youth Resource Center (SMYRC):** As part of New Avenues for Youth, in Portland, SMYRC offers safe and supportive space for LGBTQ+ youth 13-23 to participate in activities and be connected with educational, mental health, and social resources. <https://rainbowyouth.org>
- **Oregon LGBTQ2SIA Youth:** Statewide resource list by county of education, support and advocacy groups and resources available to LGBTQ2SIA youth, families and allies.

Social Justice and Advocacy

- **Basic Rights Oregon:** Statewide LGBTQ social justice and advocacy organization. Provides guide to make identification and gender marker changes. <https://basicrights.org>
- **SO Health-E:** Southern Oregon organization dedicated to advocating for health equality and improving healthcare access. Dedicated LGBTQ+ equity workforce. <https://sohealthe.org>

CRISIS & SUPPORT SERVICES

The Trevor Project

For LGBTQ young people 24h/day 7d/week: 1-866-488-7386

Trans Lifeline

7am-1am PST: 1-877-565-8860

YouthLine

Teen to teen crisis help 24h/day 7d/week (teens respond 4pm-10pm M-F)
1-877-968-8491; Text teen2teen to 839863

National Suicide Prevention Lifeline

24h/day 7d/week
1-800-273-TALK (8255)
En español: 1-888-628-9454
TTY: 1-800-799-4889 (4TTY)

Veterans Crisis Line

1-800-273-8255; Text to 838255



Idaho Resources LGBTQIA+

- **Pride Foundation:** Advocacy group that helps transform communities through scholarships, grants, fellowships, and programs. Idaho: Steve Martin www.pridefoundation.org Idaho
- **Tri-States Transgender Group:** Provides support and social interactions for the transgendered community. www.yffn.org Boise
- **The Community Center Idaho:** Committed to uniting the LGBT community through educational and developmental programs by providing resources to the LGBT community. www.tccidaho.org Boise
- **Boise State Gender Equity Center:** Friendly, supportive environment for people of all gender identities to explore, celebrate, and educate the campus community. Adriane Bang <https://genderequity.boisestate.edu> Boise
- **All Under One Roof:** Promote a safe and inclusive community through respect, advocacy, education, and resources to affirm the diverse identities and lives of LGBT, Queer, Questioning people. www.allunderoneroof.org Pocatello
- **Idaho State University Gender Resource Center:** Strives to develop a supportive and inclusive community that understands the intersections of gender and sexuality with race, ethnicity, class, ability, age, culture, nationality, and immigration status. Stacey Gibson <https://www.isu.edu/grc/> Pocatello
- **Idaho Falls PLAG:** Resource and advocacy group that holds meetings in south east idaho to welcome the LGBT+ community, families, friends, and allies. eastidahopflag@gmail.com www.ifpflag.com Idaho Falls
- **U of I LGBTQA Office:** Provides a safe and welcoming space for students and other members of the university community to explore aspects of sexual orientation and gender identity/expression in an open and non-judgemental atmosphere. <http://www.uidaho.edu/diversity/edu/i> Moscow
- **Empower Idaho:** Wants to change the conversation about behavioral health to one of compassion and understanding. The EI team coordinates educational activities, both online and in-person, and advocates on behalf of adults with behavioral health conditions and their family members with the purpose of helping to improve the behavioral health delivery system of Idaho. <https://www.empoweridaho.org/>

- **Idaho High School Athletics Activities Association (IDHSAA):** Policy on gender identity and athletic participation approved for and published in 2019-2020 IHSAA handbook: <https://idhsaa.org/asset/RULE%2011.pdf>
- **ACLU Idaho:** The ACLU of Idaho is a non-partisan, non-profit organization dedicated to the preservation and enhancement of civil liberties and civil rights. <https://www.acluidaho.org/en>
- **Planned Parenthood:** Planned Parenthood of Greater Washington and North Idaho (PPGWNI) has been helping women, men, and teens make responsible decisions about their sexual health for nearly 50 years. <https://www.plannedparenthood.org/planned-parenthood-greater-washington-north-idaho>

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Washington Resources LGBTQIA+

- **ACLU of Washington:** The ACLU works for equal rights and legal protections against discrimination and harassment for lesbian, gay, bisexual, and transgender people. The ACLU of Washington can help with information and referrals for civil rights concerns. <https://www.aclu-wa.org/lgbt>
- **Entre Hermanos:** works to promote the health and well-being of the Latino Gay, Lesbian, Bisexual, Transgender, and questioning community in a culturally appropriate environment through disease prevention, education, support services, advocacy and community building. <https://entrehermanos.org/>
- **Gender Justice League:** is a Washington State gender and sexuality civil and human rights organization headquartered in Seattle, Washington. <http://www.genderjusticeleague.org/>
- **Ingersoll Gender Center:** is an organization by, and for transgender and gender nonconforming people that provides mutual support through peer led support groups, advocacy in navigating resources, community organizing, and education. <https://ingersollgendercenter.org/>
- **Northwest Network:** is a network of Bi, Trans, Lesbian and Gay Survivors of Abuse works to end violence and abuse by building loving and equitable relationships in our community and across the country. Services include direct support for survivors that is free and confidential. <https://www.nwnetwork.org/>
- **Pride Foundation:** is a regional community foundation that inspires giving to expand opportunities and advance full equality for lesbian, gay, bisexual, transgender, and queer (LGBTQ) people across the Northwest. The Pride Foundation awards over 50 scholarships to LGBTQ and allied students. <https://www.pridefoundation.org/>
- **Trikone NW:** is a vibrant, diverse group of individuals creating a social, supportive, educational, and political space for LGBTQ and differently-oriented South Asians and their family, friends, allies and community. <http://www.trikonenw.org/>
- **Voices Rising:** is committed to create a safe and nurturing community for LGBTQ artists of color and in so doing empower them to strengthen the whole LGBTQ POC community as they raise awareness of the community and its issues within the entire LGBTQ community and beyond to the majority community/society. <https://www.voicesrisingseattle.org/>

- **The Q Center:** is a fierce, primarily student-run resource center dedicated to serving anyone with or without a gender or sexuality – University of Washington students, staff, faculty, alum, and community members. <http://depts.washington.edu/qcenter/wordpress/>
- **The Center:** (The Gender Identity/Expression and Sexual Orientation Resource Center) serves and supports LGBTQ+ students, faculty, staff, and alumnx throughout the Washington State University system by providing resources, fostering community building, and relevant initiatives. <https://thecenter.wsu.edu/>
- **LGBTQ+ Western:** works to advance the holistic thriving of diverse LGBTQ+ students, faculty, and staff at Western Washington University by collaboratively engaging the university community with transformational knowledge, resources, advocacy and celebration. <https://lgbtq.wwu.edu/>
- **The EWU Pride Center:** strives to be a welcoming and affirming place for all EWU community members, particularly those who identify as LGBTQ+ and allies. <https://inside.ewu.edu/pridecenter/>
- **EQuAl:** ((Equality through Queers and Allies) is a student organization at Central Washington University dedicated to providing a safe space for all, free of assumptions, where all identities are celebrated. <http://www.cwu.edu/equal/>
- **Trans and Queer Center:** offers support services for students of color and LGBTQ+ students at Evergreen State College. <https://evergreen.edu/multicultural>
- **Equal Rights Washington:** promotes dignity, safety, and equality for all lesbian, gay, bisexual, transgender, and queer Washingtonians. <http://www.equalrightswashington.org/>

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Alaska Resources LGBTQIA+

- **Alaska AIDS Assistance Association:** Support people living with or affected by HIV/AIDS and work to eliminate HIV infection and its stigma. <https://www.alaskan aids.org/>
- **Identity:** Advance Alaska’s LGBT community through advocacy, education, connectivity. <https://identityalaska.org/>
- **Interior AIDS Association:** Reduce the spread of HIV for individuals who may be at increased risk and improve the quality of life for people diagnosed with HIV/AIDS. <https://www.interioraids.org/>
- **Southeast Alaska Gay and Lesbian Alliance:** Provide a supporting social network for the LGBTQ+ community in Southeast Alaska. Foster acceptance of the community as members of society with full economic, social, legal, and political rights. <https://www.seagla.org/index.php/about>
- **Planned Parenthood:** Provide reproductive and complementary health care services. <https://www.plannedparenthood.org/health-center/ak#>
- **Pride Foundation:** Advance equality and justice for LGTQ+ people in all communities across the northwest. <https://pridefoundation.org/region/alaska/>
- **Alaskans Together for Equality:** Advance civil equality for all Alaskans. <https://www.alaskanstogether.org/>

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Montana Resources LGBTQIA+

- **Montana State University LGBTQ Resource Directory:** provides a list of education, advocacy, and support resources for students identifying as LGBTQ or allies seeking information and resources. <http://www.montana.edu/lgbtq/>
- **Montana State University Queer Straight Alliance:** Providing safety and a sense of community to LGBTQ+ students, community members, and allies at MSU and in the Bozeman area. Through education and community involvement, QSA strives to improve the quality of life for LGBTQ+ individuals by implementing lasting programs and practices. <http://www.montana.edu/qsas/>
- **University of Montana–Allies:** promotes LGBTQ equality through education, support, and awareness. <https://www.umt.edu/umallies/resources/community.php>
- **PFLAG Bozeman:** Build on a foundation of loving families united with LGBTQ people and allies who support one another, and to educate ourselves and our communities to speak up as advocates until all hearts and minds respect, value and affirm LGBTQ people. <https://pflag.org>
- **AIDS outreach:** Empowering people and communities affected by HIV through testing, prevention, support and education. <http://www.aidsoutreachmt.org>
- **Pride Foundation–Montana:** is a regional community foundation that inspires giving to expand opportunities and advance full equality for lesbian, gay, bisexual, transgender, and queer (LGBTQ) people across the Northwest. <https://pridefoundation.org/region/montana/>
- **Bridger Care:** Provide excellent, affordable reproductive and sexual healthcare and education in a safe, supportive, and empowering atmosphere. <https://bridgercare.org/lgbtq-local-resources/>
- **LGBTQ+ Resources:** Family health in Gallatin County MT. <https://www.healthygallatin.org/family-health/lgbtq-resources/>
- **Montana Human Rights Network:** Organize Montana residents to realize their power to create pluralism, justice, and equality in their communities. <https://mhrn.org/>
- **EmpowerMT:** Create a more just and inclusive society by developing youth and adult leaders who work to end mistreatment, correct systemic inequalities and strengthen communities across Montana. <https://www.empowermt.org/youth-and-schools/lgbtq-youth/>
- **Gay Montana:** Be an open Affirming environment for peoples of all sexual orientations and gender identity expressions. <https://www.gaymontana.org>

- **Gay Health Task Force:** Provide comprehensive health messages and interventions aimed at improving the overall health of LGBTQ+. <https://gayhealthtaskforce.org/>
- **Montana Gender Alliance:** Provide free, anonymous rapid HIV testing. <http://genderexpansionproject.org/montana-gender-alliance>
- **ACLU Montana:** Create a fair, equitable, and free Montana that welcomes and celebrates diversity of all kinds. <https://www.aclumontana.org/en/issues/lgbt-rights>

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National Resources LGBTQIA+

- **NATA / NATA News / LGBTQ Advisory Committee:**
<https://www.nata.org/professional-interests/inclusion>
- **Journal of Athletic Training:**
<https://natajournals.org/action/doSearch?AllField=LGBT>
- **Safe Space/ Safe Zone:** <https://www.campuspride.org/safespace/>
- **National Collegiate Athletics Association:**
<http://www.ncaa.org/about/resources/inclusion/lgbtq-resources>
- **The Fenway Institute:** <http://lgbtpopulationcenter.org/>
- **Human Rights Campaign:** <https://hrc.org/resources>
- **Healthcare Equality Index:** <https://www.hrc.org/hei>
- **GLSEN:** <https://www.glsen.org/>
- **Athlete Ally:** <https://www.athleteally.org/>
- **LGBT SportSafe:** <https://lgbtsportsafe.com/>
- **Campus Pride:** <https://www.campuspride.org/>
- **American Psychological Association (APA):**
<https://www.apa.org/topics/lgbt/index.html>
- **American Medical Association:**
<https://www.ama-assn.org/member-groups-sections/advisory-committee-lgbtq-issues/about-lgbtq-advisory-committee>
- **The Trevor Project:** <https://www.thetrevorproject.org>
- **Transathlete:** <https://www.transathlete.com/>