



Resource Guide: Supporting LGBTQ+ Youth Mental Health

June 2022

The Mental Health Association in New York State, Inc. (MHANYS) is committed to supporting the mental health and wellness of youth and families with resources and information, including those available through the School Mental Health Resource & Training Center (Resource Center). The Resource Center was established to help schools implement a [NYS law](#) requiring mental health instruction as part of the K-12 curriculum.

Our [Families and Caregivers](#) page is home to helpful information and user friendly resources for supporting youth in school and beyond. The [Family Education Webinar Series](#) was designed to share information and resources on a variety of topics so families, caregivers and youth could learn together. Our latest installment, **Beyond Pride: Supporting LGBTQ+ Youth Mental Health** will be available in our webinar archive!

Helpful Resources for Families & Caregivers

- [The Trevor Project](#) - find information and support for individuals and families. View the [2022 National Survey on LGBTQ Youth Mental Health](#) to learn more about challenges LGBTQ+ youth are facing.
- [Find a Mental Health Program](#)- Search for mental health programs in your community by using the Find a Program feature on the NYS Office of Mental Health website.
- [NYS Office of Mental Health](#) - provides downloadable LGBTQ+ resources, tip sheets and infographics including: [Spotlight on: LGBTQIA+ Youth](#) , [Tips for Parents of LGBTQIA+ Youth](#) , [Language Matters: Gender](#)
- Locate [LGBTQ Community Centers](#) in the US with the member directory tool from [CenterLink](#)
- Mental Health America - view educational [webinars](#) including: [Bending the Binary: Contemporary Concepts for Gender and Mental Health Services](#) & Supporting LGBTQ Youth in your community
- [Hudson Valley LGBTQ Community Center](#) - information, resources, support services, and healthcare information
- Learn more about [NYS PTA](#) and LI Pride PTSA [here](#) and be sure to check them out on Facebook!
- [PFLAG](#) - explore resources such as the [Glossary of Terms](#) or find support on topics including [How to Support Your LGBTQ+ grandchild](#), also available in [Spanish](#). Find your local chapter by clicking [here](#). They also created a [Recommended Reading list](#) for navigating the Coming Out process

- Visit the [National American Indian & Alaska Native Mental Health Technology Transfer Center](#) to learn more and view their [LGBTQ & Two Spirit Native Youth Bullying](#) resource page.
- [Parent Network of Western NY - Pride Month Resources for People with I/DD and Autism](#)
- I Love New York created a sample list of [LGBTQ Resources](#) from across the state

Additional Resources to Promote Wellbeing

- Southeast Mental Health Technology Transfer Center - [Resources for School Mental Health Providers & School Personnel](#) - including webinars for being an affirming provider, safety planning, family engagement and tool boxes of resources.
- [Child Mind Institute](#) - listen and learn about the [Mental Health Challenges of LGBTQ+ Kids](#)
- Relias - provides free [Courses to Help Care for the LGBTQ+ Community](#) that promote a culture of learning by focusing on trauma informed care and resilience
- [Mental Health Conversation Starters](#) - a toolkit that provides sample prompts for a variety of situations or concerns and tips on how to create a safe, caring and age-appropriate atmosphere for ongoing conversation and dialogue with children and youth. A **printable Spanish** language version is also available [here](#).
- [6 Ways to Encourage Good Mental Health Habits](#) outlines strategies for families to prioritize wellness and engage in thoughtful discussions about mental health. A **printable Spanish** language version is also available [here](#).
- Looking to read more about a certain topic, but don't know where to start? [Goodreads](#) is a great tool to access book reviews from caregivers, educators and professionals to help find the right content for you and yours.
- Below is a list of additional titles to learn more about LGBTQ topics:
 - ★ Love Makes a Family - Sophie Beer (0-3)
 - ★ Rainbow: A first book of Pride - Michael Genhart, PhD (1-9)
 - ★ A Family is a Family is a Family - Sara O'Leary (4-8)
 - ★ Jamie is Jamie - A book about being yourself and playing your way - Afsaneh Moradian (4-8)
 - ★ Queer Heroes: Meet 53 LGBTQ Heroes from the Past and Present - Arabelle Sicardi (10+)
 - ★ All Boys Aren't Blue - George Matthew Johnson (Teen)