



LGBTQ Resources in Maine

Organizations & Agencies:

OUT Maine – Support, Educate, Empower (Rockland): Wednesday afternoons there is a youth group at meets from 2:30pm to 5:00 pm for LGBTQ youth from 12 to 22 years of age. For more information contact lane@outmaine.org

Portland Outright: Weekly and monthly meetings for youth for youth of all ages. For more information contact portlandoutright@gmail.com, visit the Facebook page facebook.com/portlandoutright, or call (207) 558-2429.

MaineTransNet (Bangor, Brunswick, Dover-Foxcroft, Lewiston, Portland, Sanford, Waterville, & Biddeford): In Portland there are weekly trans drop-ins on Wednesday's from 2:00 pm to 5:00 pm. There are support groups, trans only meetings, ally meetings, age specific groups, and many more. For more information go to mainetransnet.org or call (207) 370-0359.

Trans Youth Equality Network (Portland): Provides education, advocacy, and support groups to youth, their families and allies. For more information call (207) 478-4087 or email contact@transyouthequality.org.

Waterville Inclusive Community Project: for more information go to wicpme.wordpress.com (site being updated)

GLSEN – Gay Lesbian Straight Education Network (Portland & Ellsworth): Monthly board meetings and monthly GSTA nights. See the calendar for events at glsen.org/chapters/southernme/events.

UMPI & UMM 100% Society (University of Maine Presque Isle and Machias): Student organization on campus that supports inclusive and safe spaces, increasing awareness and supporting students.

LGBTQ Services and the Rainbow Resource Center (University of Maine Orono): A safe space on the University of Maine's campus for LGBTQ student and allies. Room 224 in the Memorial Union where you can do homework, hangout, and meet new people. For more information email robert.jackson@maine.edu or call (207) 581-9517.

PFLAG – Parents, Families & Friends of Lesbians & Gays (Portland): Monthly meetings at the Equality Center in Portland. Uniting people who are LGBTQ with families, friends, and allies to advance equality, support, education, and advocacy. For more information go to pflagportlandmaine.org.



Youth Guardian Services: Connects youth by email to discuss any LGBTQ related topics.

<https://www.youth-guard.org/>

The Trevor Project: Crisis intervention and suicide prevention services for LGBTQ youth through online services, text, chat, or call.

<https://www.thetrevorproject.org>

It Gets Better: Texting, and calling line for support in crisis or immediate help. Database with over 1,100 services around the country.

<https://www.itgetsbetter.org>

Compass: Database of health care providers and support groups across the country.

<https://www.compassftm.org/resources.html>

Supporting Your LGBTQ Youth: A guide for foster parents – a fact sheet that discusses unique issues facing LGBTQ youth and ways foster parents can reduce those risks as well as create a welcoming home.

<https://www.childwelfare.gov/pubpdfs/lgbtqyouth.pdf>