
LGBTQ Resources in Maine



Organizations in Maine offering support for LGBTQ youth

OUT Maine, Rockland - Weekly drop in and annual conference for youth as well as support and training for parents and families – (800) 530-6997 <https://outmaine.org/>

Portland Outright – Weekly drop in hours, ongoing mentorship, social events and trainings for youth – (207) 558-2429, <https://portlandoutright.com/>

Portland Lewiston/Auburn – Weekly drop in hours and support for youth, contact info@outrightla.org or visit their website FMI <http://www.outrightla.org/>

Health Equity Alliance, Bangor and Ellsworth – Weekly youth group meetings – (207) 990-3626, <https://www.mainehealthequity.org/lgbtq-services>

Maine Transnet - Support groups for trans, ally and questioning individuals in locations throughout Maine – (207) 370-0359, <http://www.mainetransnet.org/>

Trans Youth Equality Network (Portland)- Provides education, advocacy and support groups to youth, their families and allies. Support groups for transgender youth and for parents meet monthly in Portland and Bangor – (207) 478-4087, <http://www.transyouthequality.org/>

GLSEN- Gay Lesbian Straight Education Network (Portland and Ellsworth)- Works towards improving school communities through gay-straight- trans alliances. GLSEN responds to students and families in need, consults with school staff and provides resources and support for Gay-Straight-Trans Alliances in high schools throughout Maine. <https://www.glsen.org/>
GLSEN Southern Maine Chapter (207) 619-1417 - Downeast Maine Chapter (207) 217-9873

Additional Online Resources for youth

The Trevor Project- Provides crisis intervention and suicide prevention services to LGBTQ youth ages 13-24. Hotline (call, chat or text options) 866-488-7386 <http://www.thetrevorproject.org/>

It Gets Better Project- Posts hopeful videos and web communication for LGBTQ youth www.itgetsbetter.org/

