

If you are part of the LGBTQIA+ community and experiencing harassment, it's important to tell someone, even if it seems scary. You may feel alone, but knowing your rights and where you can go for support can help stop the harassment or keep it from getting worse. This resource provides information on places to get support if you're facing harassment.

## SCHOOL

Both high schools and colleges may have an anti-bullying/harassment policies and programs in place to support students. If you're in high school you can talk to a guidance counselor or school counselor for help. Most colleges and universities offer mental health services to students who can offer support. You can also find a trusted teacher or adult in the school who is an ally to LGBTQ students, or see if your school has a Gay/Straight Alliance.

## COMMUNITY

There may also be LGBTQIA+ organizations in your community where you live that can provide support and advocacy. In Pennsylvania there are 12 chapters of PFLAG (Parents and Friends of Lesbians and Gays) across the state as well as 9 LGBTQIA+ Community Centers. These places offer a wide range of services and supports to individuals. To find out more about these organizations and where they're located check out the PA LGBTQ Organization Directory on the PA Youth Congress website: <https://payouthcongress.org/directory/>



## ONLINE

Depending on where you live you may not have access to support programs in your school or community. However, you can still find help and support online. The internet is a great resource for finding communities and support in dealing with bullying, harassment and discrimination. If you need help the following online organizations can provide support:

It Gets Better Project: <https://itgetsbetter.org/>

Q Chat Space: <https://www.qchatspace.org/>

LGBT National Help Center: <https://www.lgbthotline.org/>

The Trevor Project: <https://www.thetrevorproject.org/>

Parents and Friends of Lesbians and Gays (PFLAG): <https://pflag.org/>