



Resource Directory

EMERGENCY	
Alzheimer's Association of Southeastern Virginia	24/7 Helpline: (800) 272-3900 https://www.alz.org/seva
Childhelp National Child Abuse Hotline	24/7 Hotline: (800) 422-4453 https://www.childhelp.org/
Children of the Night	24/7 Hotline: (800) 551-1300 https://www.childrenofthenight.org/
GLBT National Help Center	24/7 General Hotline: (888) 843-4564 24/7 Senior Hotline 50 yrs.+ : (888) 234-7243 24/7 Youth Talkline 0-25 yrs.: (800) 246-7743 http://www.glnh.org/
Help and Emergency Response, Inc. (H.E.R. Shelter)	24/7 Hotline: (757) 485-3384 http://hershelter.com/
National Alliance on Mental Illness (NAMI)	National - Mon. - Fri. 10 AM to 8 PM: (800) 950-6264 https://www.nami.org/help Local - Mon. - Fri. 10 AM to 4 PM: (757) 499-2041 https://www.namicoastalvirginia.org/
National Domestic Violence Hotline	24/7 Hotline: (800) 799-7233 TTY: (800) 787-3224 https://www.thehotline.org/
National Runaway Safeline	24/7 Hotline: (800) 786-2929 https://www.1800runaway.org/
National Suicide Prevention Lifeline	24/7 Hotline: (800) 273-8255 https://suicidepreventionlifeline.org/
SAGE Advocacy & Services for LGBT Elders	24/7 Hotline: (877) 360-5428 https://www.sageusa.org/
Samaritan House	24/7 Hotline: (757) 430-2120 https://samaritanhouseva.org/
Seton Youth Shelters	24/7 Hotline: (757) 498-4357 http://setonyouthshelters.org/get-help/
Substance Abuse and Mental Health Services Administration (SAMHSA)	24/7 Hotline: (800) 662-4357 https://www.samhsa.gov/
Transgender Assistance Program of Virginia (TAP VA)	Daily 9 AM to 7 PM: (757) 563-4784 https://tapvirginia.org/



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EMERGENCY (continued)	
The Trevor Project	24/7 Hotline: (866) 488-7386 https://www.thetrevorproject.org/
Virginia Anti-Violence Project	24/7 Hotline: (866) 356-6998 https://virginiaavp.org/
YWCA of South Hampton Roads	24/7 Hotline: (757) 251-0144 https://www.ywca-shr.org/
ADVOCACY AND LEGAL AID	
American Civil Liberties Union (ACLU)	(212) 549-2500 https://www.aclu.org/issues/lgbtq-rights?redirect=lgbt-rights
Equality Federation	https://www.equalityfederation.org/
Equality Virginia	https://equalityvirginia.org/
Human Rights Campaign	https://www.hrc.org/
InterACT Advocates for Intersex Youth	https://interactadvocates.org/
Lambda Legal	https://www.lambdalegal.org/
Mediation Center of Hampton Roads	https://www.mediationhamptonroads.com/
National Center for Lesbian Rights	https://www.nclrights.org/
National Center for Transgender Equality	https://transequality.org/
National LGBT Bar Association	https://lgbtbar.org/
National LGBTQ Task Force	https://www.thetaskforce.org/
Out & Equal Workplace Advocates	https://outandequal.org/
Stomp Out Bullying	https://www.stompoutbullying.org/lgbtq-bullying
Sylvia Rivera Law Project	https://srtp.org/
Transgender Law Center	https://transgenderlawcenter.org/
Transgender Legal Defense and Education Fund	https://www.transgenderlegal.org/



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ADVOCACY AND LEGAL AID (continued)	
Victory Fund	https://victoryfund.org/
The Williams Institute	https://williamsinstitute.law.ucla.edu/
LEARN THE LANGUAGE	
An Ally's Guide to Terminology	https://www.glaad.org/sites/default/files/allys-guide-to-terminology_1.pdf
LGBTQ Glossary	https://studentaffairs.jhu.edu/lgbtq/education/glossary/
My Pronouns	MyPronouns.org Resources on Personal Pronouns
RELIGIOUS AND SPIRITUAL	
Christian Church Uniting	(757) 420-1422 https://www.facebook.com/ChristianChurchUniting
Coastal Virginia Unitarian Universalists	(757) 627-5371 https://www.c-vuu.org/
Deep Ocean Zendo	(646) 391-6120 https://www.deepoceanzendo.org/
The Great Awakening, United Church of Christ	(757) 773-1301 http://www.thegreatawakeningucc.com/
St. Andrew's Episcopal Church	(757) 622-5530 http://www.standrewsnorfolk.org/
Saint Nicholas Catholic Church	(757) 340-7231 https://www.stnicholasvb.com/
Unitarian Universalist Fellowship of the Peninsula	(757) 369-1098 https://uufp.org/
Warwick United Church of Christ	https://warwickucc.com/
Williamsburg Unitarian Universalists	https://wuu.org/
SERVICES AND SUPPORT	
American Sexual Health Association	https://www.ashasexualhealth.org/
COLAGE	https://www.colage.org/
Deaf Queer Resource Center	https://www.facebook.com/deafqueer/?ref=page_internal



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SERVICES AND SUPPORT (continued)	
Family Acceptance Project	https://familyproject.sfsu.edu/
Gay, Lesbian, and Straight Education Network (GLSEN)	https://www.glsen.org/
Hampton Roads Business OutReach (HRBOR)	https://hrbor.org/
It Gets Better Project	https://itgetsbetter.org/
LGBT Life Center	https://lgbtlifecenter.org/
Modern Military Association of America	https://modernmilitary.org/
Movement Advancement Project	https://www.lgbtmap.org/
Old Dominion University Safe Space	https://www.odu.edu/safespace
Parents, Families, and Friends of Lesbians and Gays (PFLAG) - Norfolk/South Hampton Roads Chapter	https://pflag.org/
Planned Parenthood Virginia Beach Health Center	https://www.plannedparenthood.org/health-center/virginia/virginia-beach/23462/virginia-beach-health-center-4166-91750
Prime Plus Senior Centers - Norfolk	(757) 625-5857 https://primeplus.org/
Senior Services of Southeastern Virginia	(757) 461-9481 https://www.ssseva.org/
Silver Rainbow Hampton Roads	https://silverrainbow.org/
Stonewall Sports Norfolk	https://stonewallsportsnorfolk.org/
Strong Family Alliance	https://www.strongfamilyalliance.org/
Tidewater Prime Timers of Southeast Virginia	https://chapters.theprimetimersww.com/tidewater/