



Resource Directory

| EMERGENCY | |
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| 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) | |
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| 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://srlp.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) | |
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| 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/ |
| Lynnhaven Colony Congregational Church - UCC | 757-481-7674 https://www.lccucc.org/ |
| 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 |



Resource Directory

| SERVICES AND SUPPORT (continued) | |
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| 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/ |