

Anywhere

The Lesbian Gay Bi Trans Youth Line

Web: www.youthline.ca

Email: askus@youthline.ca

Call: 1-800-268-6888

Text: 647-694-4275 or if you are in the GTA 416-962-9688

- A toll-free service provided by youth for youth. They too, are lesbian, gay, bisexual, transgender, transsexual, two-spirit or queer. No question is too silly, no problem too serious. They are sex positive and non-judgmental.

It Gets Better Project

Web: www.itgetsbetter.org

www.facebook.com/itgetsbetterproject

The Trevor Project

Web: www.thetrevorproject.org

Call: 1-866-4 U TREVOR or 1-866-488-7386

Text: text 'Trevor' to 1-202-304-1200

Trans Lifeline

Web: www.translifeline.org

Call: 1-877-330-6366

- A toll-free service provided by transgender people themselves. Call whenever you need to talk to someone.

Hamilton

Hamilton Transgender Community

Web: <https://hamiltontransgendercommunity.wordpress.com/>
www.facebook.com/HamiltonTransCommunity

Email: Transpeers@gmail.com

PFLAG – Hamilton Wentworth

Web: <https://pflaghamiltonwentworth.ca/wordpress/>
www.facebook.com/PFLAGHamiltonWentworth/

Email: Transpeers@gmail.com

Email: hello@pflaghamiltonwentworth.ca

Call: 1-888-530-6777, ext. 564

2nd Wednesday of each month, 7 to 9 pm at HWDSB Central Office
20 Education Court, Hamilton (across from Limeridge Mall)

Kaleidoscope Program

Email: mariko@ngenyouth.ca

Call: 905-524-2222

- NGen (New Generation Youth Centre) 24 Main Street West, Hamilton.
- A weekly program for LGBTQ2SI youth to share with others, receive peer support and be themselves. Together we create a safe(r) space to develop confidence, acceptance, learning and leadership.

SAGE: Support Around Gender Experience

Email: transyouthgrouphamilton@gmail.com

Call: 905-522-1155, ext. 31725

4th Wednesday of the month 6:30 to 8:30 pm

NGen, 24 Main Street West, Hamilton

Halton

Positive Space Network of Halton

Web: <https://www.positivespacenetwork.ca/>
www.facebook.com/positivespacenetworkCA

Cambridge, Kitchener and Waterloo

Ok2bMe

Web: www.ok2bme.ca
Call: 519-884-0000, ext. 212

Niagara

Rainbow Youth Niagara

Web: www.niagarapride.ca
Call: 905-380-4576 or text

- If you call and have to leave a message, state a safe time to call back and/or a preferred name they can use to identify themselves when they call back, in the case you want your contact with them to be confidential.

Brant, New Credit, Six Nations

The Bridge Brant

Email: lgbtbrantford@hotmail.com
Web: <http://thebridgebrant.com/>

Brantford Pride

Web: <http://thebridgebrant.com/>

Haldimand-Norfolk

Signal through Haldimand Norfolk Reach

Call: 519-587-2441

Haldimand - Terri

Email: hnsignal@hotmail.com
Call: 905-318-5367, ext. 3346

Norfolk - Tamara

Email: hnsignal@hotmail.com
Call: 519-426-6170, ext.3225

Anywhere – resources for parents, families and friends

PFLAG Canada

Web: www.pflagcanada.ca/en/index-e.asp

- Chapter phone numbers across Ontario.
- PFLAG Canada supports, educates and provides resources to anyone with questions or concerns.
- 24 hours a day, 7 days a week.