



# ***YOUTH RESOURCE GUIDE***

**Frequently Asked  
Questions and  
Resources for Teens**

## What is the New Leaders Project?



EqualityMaine's New Leaders Project provides year-round opportunities for queer youth and allies to build leadership skills, make connections with peers, and learn about advocacy skills.

Join us year-round for:

- Queer Camps for ages 13 - 17
- Monthly meetups for LGBTQ+ youth across the state
- Youth and Young Adult Leadership Opportunities
- Intergenerational Learning Events
- School Advocacy Events and Support

We created this resource guide to help LGBTQ+ youth find verified, useful resources. Have ideas? Let us know!

***SCAN THIS CODE TO ACCESS ALL THESE  
RESOURCES!***



Art by  
@pocketmilo



**EQME**  
EQUALITYMAINE

# LGBTQIA+ COMMUNITY RESOURCES

**I need help finding queer community.**

@equalitymaine has monthly meetups, camps, and special events for queer youth and allies!



**I'm looking for queer and trans activities.**

@mainetransnet has outdoor meetups and craft nights for queer youth!



**I'm interested in queer outings and leadership opportunities.**

@campfireinstitute has queer youth camping trips and excursions in Maine!



## ***MORE COMMUNITY RESOURCES***

**I want to work with  
queer youth  
activists.**

@portlandoutright is a youth-led,  
grassroots organizing org.



**I'm looking for  
monthly meetups  
across the state.**

@out\_maine has monthly  
meetups virtually or in person  
and other special events.



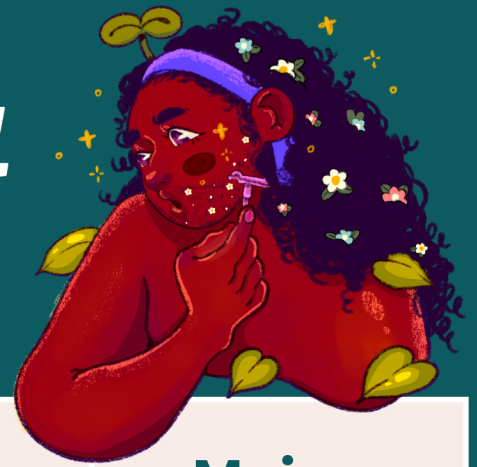
**I'm interested in  
online community.**

@queeryouthassemble has  
youth-created resources and  
an online community - for youth  
by youth!





# ***WHERE CAN I FIND SEXUAL HEALTH RESOURCES?***



<b>Sexual Health Services</b>	<b>Mabel Wadsworth Center</b>	<b>Planned Parenthood of Northern New England</b>	<b>Maine Family Planning</b>
Birth control	✓	✓	✓
STI/ HIV Testing	✓	✓	✓
Abortion Care	✓	✓	✓
Gender affirming resources	✓	✓	✓

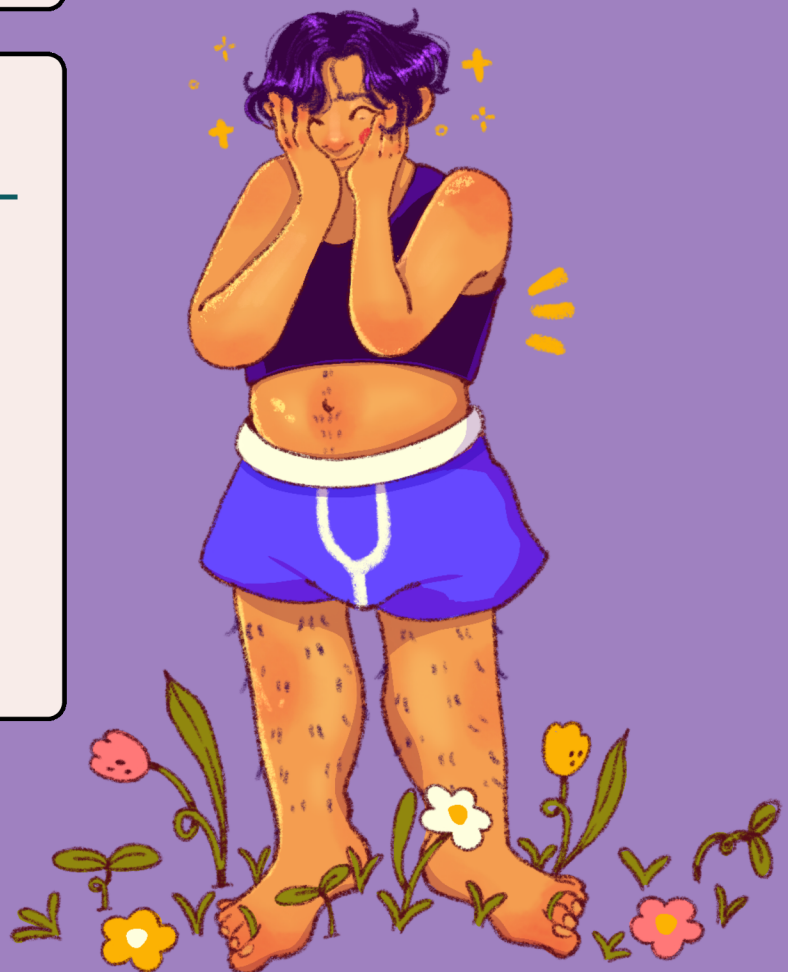
# LOOKING FOR TRANS/NON-BINARY SPECIFIC RESOURCES?

@translifeline  
created  
heyimtrans.com to  
to help folks  
navigate all parts of  
their transition. It's a  
full library of online  
resources.

Need accurate,  
accessible  
information to  
give adults in your  
life?

Visit [gender  
spectrum.org](https://gender.spectrum.org)

Looking for gender-  
affirming clothes?  
Check out Safe  
Combinations, the  
thrift store run by  
MaineTransNet in  
Portland.



# WHERE CAN I FIND SEXUALITY AND RELATIONSHIP RESOURCES?

**I want LGBTQ+ specific  
consent education.**

*[echealthalliance.org](http://echealthalliance.org)  
has a LGBTQ+ healthy  
relationships toolkit!*

**I'm looking for  
inclusive sex and  
relationship  
education.**

*Check out  
[Scarleteen.com](http://Scarleteen.com) for  
direct services,  
tools, and  
resources.*

**I want gender and  
sexuality resources.**

*[Advocatesforyouth.org](http://Advocatesforyouth.org)  
has a guide to help  
you explore  
your identity.*



# LOCAL & ONLINE MENTAL HEALTH SUPPORTS

**I need help managing anxiety and learning coping skills.**

*Head to [IMI.guide](http://IMI.guide) for interactive guides for anxiety, mental health, and gender.*

**I'm a trans person or non-binary person in crisis.**

*Text the Trevor Project at 678-678 or call Trans Lifeline's Hotline at 877-565-8860.*

**I'm looking for community specific resources.**

*Head to [itgetsbetter.org](http://itgetsbetter.org)*

**I'm having a crisis and need to talk to someone immediately.**

*Call NAMI Maine at 1-800-464-5767 or text 988.*

