

# LGBTQ+ Resources New Jersey

## Helplines and Hotlines

The Trevor Project LGBTQ Crisis Hotline



866.488.7386

Text "START" to 678678

[www.thetrevorproject.org](http://www.thetrevorproject.org)

Trans Lifeline

877.565.8860

LGBT National Youth Talkline

800.246.7743

## LGBTQ+ Resources For Youth And Families

Garden State Equality

[www.gardenstateequality.org](http://www.gardenstateequality.org)

GLSEN

[www.glsen.org](http://www.glsen.org)

HiTOPS

609.683.5155

[www.hitops.org](http://www.hitops.org)

Hudson Pride Center (Hudson County)

201.963.4779

[www.hudsonpride.org](http://www.hudsonpride.org)

Institute for Personal Growth (LGBTQ+ Counseling)

[www.ipgcounseling.com](http://www.ipgcounseling.com)

It Gets Better Project

[www.itgetsbetter.org](http://www.itgetsbetter.org)

Konscious Youth Development & Service (KYDS)

[www.konscious.org](http://www.konscious.org)

Left Turn Village

[www.leftturnvillage.com](http://www.leftturnvillage.com)

Make It Better For Youth (Monmouth County)

[www.makeitbetter4youth.org](http://www.makeitbetter4youth.org)

PFLAG (Resources for Families of LGBTQ+ Youth)

[www.pflag.org](http://www.pflag.org)

Project R.E.A.L. (Ages 18-29)

[www.prnvnacj.org](http://www.prnvnacj.org)

True Colors United

212.461.4401

[www.truecolorsunited.org](http://www.truecolorsunited.org)

## Community Centers/Groups

GSA Network

[www.gsanetwork.org](http://www.gsanetwork.org)

QSpot Jersey Shore

[www.jsqspot.org](http://www.jsqspot.org)

The Pride Center of New Jersey

[www.princeton.edu/lgbt](http://www.princeton.edu/lgbt)

***In any emergency situation please call 911 or visit your local emergency room.***