



superior
healthplan™

LGBTQ+ Resource Guide



Superior wants to help all youth in foster care get the support they need. There are many resources available for those who identify as Lesbian, Gay, Bisexual, Transgender or Questioning (LGBTQ+). This guide contains information for youth across Texas.

www.FosterCareTX.com

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AUSTIN

Out Youth

www.outyouth.org | **1-512-419-1233**
909 East 49 ½ Street, Austin, TX 78751

A fun and safe place for youth who identify as LGBTQ+ and their allies, ages 12-23. This includes a community center, education and leadership programs, counseling services and free HIV testing.

Austin Latino Lesbian and Gay Organization

www.allgo.org | **1-512-472-2001**
701 Tillery Street, Austin, TX 78701

Cultural arts, wellness and social justice programming.

PFLAG Austin

www.pflagaustin.org | **1-512-302-3524**

Support group meetings for people who identify as LGBTQ+, family and friends in the Austin area.

DALLAS

Trans-Pride Initiative

www.tpride.org | **1-214-449-1439**

Online resource for sexual health and empowerment.

Resource Center Youth First

www.myresourcecenter.org/youth | **1-214-521-5124**
5750 Cedar Springs Rd., Dallas, TX 75235

Gender Identity Night, a support group for transgender youth, open mic nights, anime and art club, family-style meals, homework help and GED support and parent support groups.

DFW Trans Kids and Families

www.DFWTKF.com | **1-972-850-8405**
6707 Royal Ln., Dallas, TX 75230

DFWTKF is an inclusive, warm and loving group. Our many members are a mix of ages, ethnicities and economic backgrounds.

PFLAG Dallas

www.pflag.org/chapter/pflag-dallas |
1-972-849-0383

Support group meetings for people who identify as LGBTQ+, family and friends in the Dallas area.

EL PASO

PRIDE Center

www.elpasohumanservices.org/pride-center
1-915-533-4200

820 Montana Ave., El Paso, TX 79902

Individual counseling, education and leadership programs, free HIV testing, food, clothing and housing assistance, transgender clinic and the buddy system.

LAMBDA GLBT Community Center

qrd.org/qrd/www/orgs/avproject/gayelpaso.org/
community.htm | **1-915-562-GAYS**

216 S. Ochoa, El Paso, TX 79902

Youth OUTreach program provides information for teens who identify as LGBTQ+ and their parent, families and friends.

Borderland Rainbow Center

www.borderlandrainbow.org | **1-915-263-4623**
714 Wyoming Ave., El Paso, TX 79903

Mission is to create a community space in which lesbian, gay, bisexual, transgender, questioning, intersex (LGBTQI) people and their allies can heal, grow and empower themselves and others.

PFLAG El Paso

www.pflagelpaso.org | **1-915-209-2667**

Support group meetings for people who identify as LGBTQ+, family and friends in the El Paso area.

HOUSTON

Hatch Youth

https://montrosecenter.org/micro-sites/hatch-youth |
1-713-529-3590

Montrose Center

401 Branard St. 2nd Floor, Houston, TX 77006

Support groups, safe zones, radio show and other programs for youth ages 7 - 12 in the Houston area.

Tony's Place

www.tonysplace.org | **1-713-678-0733**

Tony's Place promotes respect, physical safety, security and development for LGBTQ+ youth and their allies up to age 25 who are experiencing homelessness or are unstably housed.

Legacy Community Health

www.legacycommunityhealth.org/services/
lgbt-services/ | **1-832-548-5221**

Health care for patients who identify as LGBTQ+ in a safe, judgment-free environment.

My Gay Houston

https://lgbtq.visithoustontexas.com/community/
nonprofits-social-organizations/

Houston's LGBTQ+ community strives to empower its neighbors through education, counseling and volunteerism - providing a network of support that promotes a healthy and happy lifestyle.

PFLAG Houston

www.pflaghouston.org | **1-713-467-3524**

Support group meetings for LGBTQ+ people, family and friends in the Houston area.

LUBBOCK

PFLAG Lubbock

www.pflaglubbock.org | **1-806-795-4502**

Support group meetings for people who identify as LGBTQ+, family and friends in the Lubbock area.

OUTwest Lubbock

www.outwestlubbock.org
contact@outwestlubbock.org

Virtual community center as well as education and resources for individuals, organizations and communities.

Lubbock Pride

https://www.lubbockpride.org/

Civic, cultural and educational events to support Lubbock's LGBTQ+ community.

RIO GRANDE VALLEY

RGV LGBTQI Resource Guide

www.rgvresourcelist.com | **1-806-795-4502**

Resource guide of LGBTQI-friendly services and businesses.

Casa Orgullo

1-956-668-1155

LGBTQ+ youth drop in center offering legal services, HIV testing, tutors for college preparedness.

Valley AIDS Council

www.valleyaids.org/trans-care.html

Providers who specialize in the care of transgender women and men.

SAN ANTONIO

Pride Center San Antonio

www.pridecentersa.org | **1-210-370-7743**

1303 McCullough Ave., Ste. 160, San Antonio, TX
78212

Support groups for parents, safe zones, peace officer training and resources for the LGBTQ community.

San Antonio Gender Association (SAGA)

www.sagender.net

Support groups for youth, family and friends.

Fiesta Youth

www.fiesta-youth.org | **1-210-303-0550**

702 Donaldson Ave., Ste. 205A, San Antonio, TX
78201

Peer support and education for youth ages 12 through 18.

PFLAG San Antonio

www.pflagsanantonio.org | **1-210-848-7407**

Support group meetings for people who identify as LGBTQ+, family and friends in the San Antonio area.

OTHER RESOURCES

Texas Gay-Straight Alliance (GSA)

www.txgsa.org | **1-512-419-1233 ext. 1103**

Statewide program that unites school-based GSA student clubs with peer support, leadership development and training. Resources are available in the Austin, Dallas, El Paso, Houston and San Antonio areas.

The Trevor Project

www.thetrevorproject.org | **1-866-488-7386**

A judgment-free resource for LGBTQ+ youth to talk to trained specialists 24 hours a day, 7 days a week through phone, chat or text.

CyberTipLine

www.CyberTipLine.com | **1-800-THE-LOST**

Helps teens with specific problems or concerns.
Parent approval not needed for reporting.

Crisis Text Line

Text “START” to 741741.

Support and information about any type of crisis is available 24/7. This service is at no cost to you.

Centers for Disease Control Prevention Lesbian, Gay, Bisexual, Transgender Health

www.cdc.gov/lgbthealth

1-800-232-4636

National Suicide Prevention Lifeline

1-800-273-8255

National Domestic Violence Hotline

1-800-799-7233

Superior Member Services

1-866-912-6283



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