

**TRUE Center for Gender Diversity**

(720)777-8783

[www.childrenscolorado.org/doctors-and-departments/departments/gender-diversity-center](http://www.childrenscolorado.org/doctors-and-departments/departments/gender-diversity-center)

The TRUE Center for Gender Diversity at Children’s Hospital Colorado, youth on their journey, whatever that may be. This is a safe space. A comprehensive care center specifically set up for gender-diverse children, adolescents and young adults. You are embraced for who you are, so you can become who you’ve been all along: your true self.

**Urban Peak Denver**

(303)974-2900

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

Urban Peak provides five essential services to youth 15-24 who are homeless or at risk of being homeless: an overnight shelter, street outreach team, Drop-In Center, Education & Employment services, and supportive housing.



**Aurora Youth Options**

[aurorayouthoptions.org](http://aurorayouthoptions.org)

**Aurora Youth Options** works with middle and high school-aged youth and their families to navigate, connect and provide positive, individualized resources to help youth thrive.

Office: 303-617-2660

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



@aurorayouthoptions

This pamphlet is published by  
**Aurora Youth Options at  
Aurora Mental Health Center**

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[aurorayouthoptions.org](http://aurorayouthoptions.org)

**Resources for**





### **Colorado Crisis Services**

24/7 Support (844)493-8255 or Text  
'Talk' to 38225

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

If you don't know where to begin finding help for a mental health, substance use or emotional issue, call Colorado Crisis Services. Available 24/7, is statewide, and provides Immediate Crisis Intervention.

### **It Gets Better Project**

24/7 Support Text 'LGBTQ' to 741741

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

The It Gets Better Project is a nonprofit organization with a mission to uplift, empower, and connect lesbian, gay, bisexual, transgender, and queer youth around the globe. Growing up isn't easy, especially when you are trying to affirm and assert your sexual orientation and/or gender identity. It can be a challenging and isolating process - but, the good news is, no one has to do it alone. It Gets Better Project provides a large resource database consisting of over 1,100 organizations in over 40 countries.

### **National Suicide Prevention Lifeline**

24/7 Support (800)273-8255 or 988

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

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

### **PFlag Denver**

(303)573-5861

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

PFlag's mission is to build on a foundation of loving families united with LGBTQ+ people and allies who support one another, and to educate ourselves and our communities to speak up as advocates until all hearts and minds respect, value and affirm LGBTQ+ people. PFlag provides support groups and scholarships.

### **Rainbow Alley**

(303)733-7743

[lgbtqcolorado.org/programs/rainbow-alley](http://lgbtqcolorado.org/programs/rainbow-alley)

Rainbow Alley (Denver Based) is a safe, brave space where LGBTQ youth (ages 11-21) and their allies find support and acceptance. Services provided include counseling and support groups, health services and life skills—all in a warm and welcoming environment.

### **Servicios De La Raza**

(303)458-5851

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

Servicios de La Raza serves as an integral chamber in the heart of Metro Denver's Latinx community including LGBTQ. Our trusted hands are an accessible community resource, strategically linked with churches, schools, and myriad private, public sector agencies in a collaborative effort weaving an unbreakable web of support for the community.



### **The Trevor Project**

24/7 Support (866)488-7386

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

The Trevor Project has several programs designed to help the LGBTQ community. TrevorSpace is a social networking site for LGBTQ youth under 25 and their friends and allies.

### **Trans Lifeline**

(877)565-8860

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

Trans Lifeline is a trans-led organization that connects trans people (all ages) to the community, support, and resources they need to survive and thrive.

### **Trans-Youth Education & Support (TYES)**

(303)351-2044

[www.tyes-colorado.org](http://www.tyes-colorado.org)

TYES, a parent support group, empowers and supports families and caregivers of gender expansive youth by providing resources, education, outreach, and advocacy, in order to create supportive environments that allow youth to experience the joy of authenticity.