



Ally & Parent/Caregiver Resources

Provided by the JQ Helpline of JQ International

The JQ Helpline is the only resource and support line in the US dedicated to serving LGBTQ+ Jews and their allies. The free and confidential JQ Helpline provides customized support and inclusive resources via phone call, text, email, and in person to those in need.

For additional resources and support, visit: www.JQinternational.org/Helpline
Call, text, or email today: **855.JQI.HLPS** (855.574.4577) | Helpline@Jqinternational.org

Groups & Counseling

[JQ Virtual Support Groups](#)

JQ's Parents of Gender Diverse Youth and Young Adults Support Group provides support and information for Jewish parents from a behavioral health provider. It gives a space to ask questions or voice any concerns they have. Parents can get support and information and process thoughts and emotions that might not feel comfortable or appropriate to talk about with the trans and gender diverse young people in their lives.

[The Trevor Project](#)

Nonprofit organization that focuses on crisis counseling for at risk LGBTQ+ youth, ages 13 – 24. Also provides a social media site (TrevorSpace) specifically for LGBTQ+ youth to interact and connect. Crisis Hotline Number: (866) 488-7386; Text Hotline: text START to 678-678; Online Chat: available at TrevorSpace.

[Visions Treatment Center:](#)

Offers unique LGBTQ+ mental health programming specifically for adolescents in the LGBTQ+ community. Guarantees a brave space for teens, of all gender identities and sexual orientations, with staff including several licensed psychologists and expert clinicians with decades of experience in working with LGTBQ+ young people and their families. Call (866) 705-1792 to learn more.

Resources & Media

[Family in Transition](#)

Documentary about a transgender woman living in Israel.

[A Gender Revolution](#)

Documentary hosted by Katie Couric through National Geographic. Explores the fluidity of gender and sexuality.

[Transgender Awareness Course](#)

By Carolyn Weiss. Comprehensive video series on a variety of transgender issues. Covers topics from gender identity to social/medical transitioning to language sensitivity.

[“The Importance of Gender Inclusive Language”](#)

Article discussing the impact that using gender inclusive language can have on the health of a trans and/or non-binary person. Geared specifically toward people in healthcare professions, but helpful for all allies.

[World Professional Association for Transgender Health](#)

Educational courses and conferences for health professionals working in the field of transgender health. Also provides general educational resources.

[Onipress Quick and Easy Guides](#)

Quick educational guides on topics such as pronouns, queer and trans identities, consent, and more.



JQ is the heart of queer Jewish life, education, and support.

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