

Local Groups



<http://www.thefrederickcenter.org/>

A 501(c)(3) nonprofit corporation dedicated to support, educate, link, organize, and provide outreach to the Lesbian, Gay, Bisexual, Transgender, and Queer community of central Maryland.



<https://www.hagerstownhopesmd.org/>

To provide a place where we can bring unity, education, and services to support our local LGBTQ+ and local communities



<https://shepherd.campuslabs.com/engage/organization/allies>

Allies promotes community among Shepherd's gay, bisexual, lesbian, pansexual, asexual, trans* identity, queer, and straight communities. We are devoted to building an inclusive and accepting community on campus for all students, faculty, staff, and community members.

National Resources & Hotlines



<https://www.glbthotline.org/>
1-888-843-4564

The Lesbian, Gay, Bisexual and Transgender (LGBT) National Hotline provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.



<https://www.thetrevorproject.org/>
1-866-488-7386

Trained counselors are available to support 24/7. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call or email info@trevorproject.org.



<https://www.genderspectrum.org/>

Gender Spectrum's mission is to create a gender-inclusive world for all children and youth. To accomplish this, we help families, organizations, and institutions increase understandings of gender and consider the implications that evolving views have for each of us.



<https://www.translifeline.org/>
1-877-565-8860

Trans Lifeline is a 501(c)3 non-profit dedicated to the well being of transgender people. We run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have.

CRISIS TEXT LINE |

<https://www.crisistextline.org/>
Text HOME to 741741

Every texter is connected with a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem-solving.



A national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

State Resources



<https://www.drrainbow.org/>

An LGBTQ+ resource for finding healthcare providers and community resources within West Virginia and surrounding states.



(304) 806-2220

<http://fairnesswv.org/>

The statewide LGBTQ advocacy organization, working to ensure that all residents of the Mountain State can live free of discrimination.



(888) 676-5546

<https://hrc.wv.gov/>

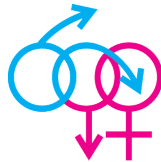
The West Virginia Human Rights Commission will encourage and endeavor to bring about respect, tolerance, and mutual understanding among all citizens of West Virginia regardless of their race, gender, religious persuasion, ethnicity, or disability. The Commission will administer and ensure adherence to, through education, investigation, mediation, and adjudication, the Human Rights Act which prohibits discrimination in employment, housing, and places of public accommodation.

4 in 10 LGBT youth (42%) say the community in which they live is not accepting of LGBT people.³

6 in 10 LGBT youth say their family is accepting of LGBT people, while a third (33%) say their family is not.³

9 in 10 LGBT youth (92%) say they hear negative messages about being LGBT.³

We strive to follow the practice standards set forth by:



WPATH WORLD PROFESSIONAL ASSOCIATION for TRANS Gender HEALTH

<https://www.wpath.org/about/ethics-and-standards>



AMERICAN PSYCHOLOGICAL ASSOCIATION

<https://www.apa.org/pi/lgbt/resources/guidelines.aspx>

Citations

¹ Herman, J.L., Flores, A.R., Brown, T.N.T., Wilson, B.D.M., & Conron, K.J. (2017). Age of Individuals who Identify as Transgender in the United States. Los Angeles, CA: The Williams Institute.

² Gates, G. J., PhD, & Cooke, A. M. (n.d.). West Virginia Census Snapshot: 2010 (Rep.). Retrieved May 18, 2018, from The Williams Institute, UCLA School of Law website: https://williamsinstitute.law.ucla.edu/wp-content/uploads/Census2010Snapshot_West-Virginia_v2.pdf

³ Growing Up LGBT in America: HRC Youth Survey Report Key Findings (Rep.). (n.d.). Retrieved May 18, 2018, from Human Rights Campaign website: https://assets2.hrc.org/files/assets/resources/Growing-Up-LGBT-in-America_Report.pdf?_ga=2.223377490.81506210.1526667765-1255010564.1525879404



LGBTQ+ Resource Guide

Jefferson County, followed by Berkeley County, has the highest level of same-sex couples per 1000 households in West Virginia (adjusted for population).²

West Virginia has the highest percentage of 13- to 17-year-olds who identify as transgender, at 1.04%.¹

Nurture & Balance PLLC is a mental health practice in Downtown Martinsburg, WV.

We provide services to folks from all walks of life through therapy, training, support groups, and resources found on a local, state, and national level.

Our focus includes helping folks with gender and sexuality questions, concerns, and transitions.

(304) 579-1515

www.nurturebalancewv.com