

LGBTQ2S+ Youth Friendly Resources

ONLINE SCHEDULED MEETING FOR LGBTQ2S+ YOUTH IN BC

Free 2BU: 13-18 years old, every Wednesday from 6:30- 8:30pm. Details, including Zoom meeting info. can be found on their Facebook page [here](#).

Be Yourself: 16-24 years old, every Thursday from 1:00-2:30pm. Details [here](#). Zoom meeting details for Be Yourself [here](#) (Meeting ID: 842 503 076)

ONLINE SOGI THEMED VIDEOS

[First Person](#) is an exploration of gender identity and sexuality, and a weekly forum for covering LGBTQ2S+ related news and issues.

GENERAL SOGI INFORMATION

[Be Yourself Booklet](#)

Includes questions and answers for young folks who are questioning, to help them think through and better understand the possibilities for their sexual orientation and gender identity. This includes SOGI definitions and other information as well.

[Teen Health Source](#)

Understanding your own sexuality and gender. Q&A for youth, to help them think through and better understand the possibilities for their sexual orientation and gender identity (a simpler, shorter read than the Be Yourself Booklet, with links to further information).

[Trans Care BC](#)

Sections that discuss different aspects of SOGI

[9 Strategies for Quarantining in a Non-LGBTQ2S+ Supportive Environment](#)

This article includes videos and further articles to offer to folks who are not so supportive, to help them understand and learn more about various LGBTQ2S+ identities

ONLINE AND PHONE SERVICES FOR LGBTQ2S+ YOUTH IN BC

QCHAT

A [peer support line](#) and resource database for LGBTQ2S youth in British Columbia, Canada.

Lines Open Monday-Wednesday, 6:00-9:00 PM.

Youth in BC

Crisis [chat line](#), info and resources for LGBTQ2S+ youth

Lines open from noon to 1am

Youth Space

Online [chat support](#) (6pm to midnight):

QMUNITY Youth Program

Connect and find other resources on their [facebook page](#), and/or connect with the youth programme coordinator.

Life Voice

[Crisis supports](#)

Trans Care BC

[Service directory](#) for LGBTQ2S+ youth and their families/caregivers

Here to Help

LGBTQ2S+ [resources](#)

The Trevor Project

Offers helplines, etc. primarily in the US, however they also have an international chat available, [TrevorSpace](#)