



When and Where to Get Support for your LGBTQ+ Child

Yellow flags - get support if you notice any changes in the following:

- Mood
- Appetite
- Sleep
- Relationships
- School performance

Initiate a conversation with your child to share your concerns and get their perspective.

- *"I noticed that..."*
- *"I feel concerned about..."*



If you feel your child could use clinical support ask for a referral from your child's doctor, teacher or other school personnel for a Licensed professional who specializes in working with LGBTQ+ youth -:

- Social Worker
- Counselor
- Psychologist

It may take a while to be seen by a professional.

Red flags - require immediate action

- Bring your child to a hospital emergency room for a clinical assessment or
- Call 911 or
- Call 211 - in some states this number will connect you to mental health support resources.
- Talking about or taking action to harm self or others

