

Religious Organizations: National

- Affirmation (Mormon): 323-255-7251
affirmation.org.
- Affirmation (United Methodist): 847-733-9590
umaffirm.org.
- Association of Welcoming and Affirming
Baptists: 508-226-1945; wabaptists.org.
- Dignity/USA (Catholic): 800-877-8797
dignityusa.org.
- Integrity (Episcopalian): 202-462-9123
integrityusa.org.
- Lutherans Concerned: lcna.org.
- Rainbow Baptists: rainbowbaptists.org.



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What does it mean to be gay or straight?

- Most people are not completely one way or the other.
- They may have different feelings at different times
- Many straight people may have a crush on someone of the same sex during their life.
- It takes time to discover what your feelings are.
- You may not know for sure right now.

If you have questions about your sexuality or if you are pretty sure you are gay, this brochure is for you.

- You can find people to talk to for advice.
- You can find out if your school has a gay/straight alliance.
- You can find where there are meetings.

For Parents and Friends

Your family and friends can be your biggest supporters. If they would like to know more, tell them about these organizations.

PFLAG (Parents, Family and Friends of Lesbians and Gays): Waterville
pflag.org; or call 207-255-6339 (Machias) or 207-831-3015 (Portland)

Trans Youth Equality Foundation
transyouthequality.org; or call 207-478-4087

I think I may be gay...

What should I do now?



A resource for young people in Maine

HealthReach
Community Health Centers

www.HealthReachCHC.org

I think I may be gay ...

What should I do now?

Do you want to connect with other people?

Do you have questions?

You are not alone.

Talk to a trusted friend.

Share your feelings and concerns with your health care provider, school nurse, guidance counselor or other trusted adult. He or she can help you answer your questions in a safe setting.

What you talk about is confidential. The professional you talk to cannot tell anyone else what you say or ask without permission.

You can also get information about safe sex practices.

Call someone who can help.

If you have questions about your sexuality or want support, here is a list of groups and organizations you can talk to.



This brochure is available for free distribution.
To download the latest version, visit HealthReachCHC.org/Resources

From Sheepscot Valley Health Center,
Coopers Mills, Maine, a member of HealthReach
Community Health Centers

Groups in Maine for LGBTQQ youth [Lesbian, Gay, Bisexual, Transgender, Queer & Questioning]

Equality Maine

Offers opportunities for young people to be involved in statewide issues. This group organizes a LGBTQ Youth Leadership Academy.

207.761.3732 | Equalitymaine.org

LGBTQ Teen Drop-in Center: Waterville

Waterville Inclusive Community Project (WICP) and the Universalist Unitarian Church of Waterville host a drop-in center for LGBTQ youth and their allies (junior high and high school students) on Thursday afternoons at 4 p.m. at the church, 69 Silver Street, Waterville. Youth from any Maine town are welcome.

To learn more: teenctr@gmail.com

OUT!: Rockland

Based in Rockland, this group offers two weekly drop-ins, Wednesday and Friday evenings, plus special events.

800.530.6997 | Outmaine.org

OutrightLA: Lewiston/Auburn

Based in Lewiston, this group is for youth under age 22. Weekly drop-in. Website has many links.

207.795.8956 | OutrightLA.org

Portland Outright!

This group provides a safe and positive space for Lesbian, gay, bisexual, transgender, queer, questioning and allied young people every Wednesday at 175 Lancaster Street, Portland.

Portlandoutright@gmail.com
[Facebook.com/PortlandOutright](https://www.facebook.com/PortlandOutright)

Hardy Girls Healthy Women: Waterville

This organization offers programs that support girls from grades 2 - 12 in being who they are rather than what media tells them they should be.

207.861.8131 | HGHW.org

IT Gets Better Project

Here to remind teenagers in the LGBT community that they are not alone, and it will get better.

Itgetsbetter.org

GLSEN - Gay Lesbian Straight Education Network

This group helps organize and support gay/straight alliances in Maine schools. To find out if your school has an alliance, or to learn how to organize one, contact:

Downeast Maine

207.667.2358 | GLSEN.org/downeastme

Southern Maine

207.775.0173 | GLSEN.org/southernme

Trans Youth Equality Foundation

Supports transgender youth and their families. Offers summer and fall outdoor camps.

Transyouthequality.org

Maine Transgender Network

Provides support to people of all ages.

207.370.0359 | Mainetransnet.org

National Hotlines

Gay and Lesbian National Help Center

GLBT.nationalhealthcenter.org

Youth hotline: 800.246.7743

Youthtalkline.org

Adult/Youth hotline: 888.843.4564

Trevor Project

A national group especially focused on preventing suicide by gay youth.

www.Trevorproject.org. Hotline: 866-488-7386