Getting Social Support

**Why should I get social support?**

People whose gender, the way they look, or identity do not align with their culture’s views are at risk in ways that others are not. Transgender individuals experience higher rates of violence, discrimination, and isolation than many other groups. Having the right social supports can help you:

* Build a group of friends
* Gain confidence in facing social challenges
* Find strategies and resources for overcoming those challenges

**How can I get support?**

There are many ways to learn about and get support for issues related to gender and identity. You can:

* Join a support group, either in person or online
* Join Facebook groups
* Read through online resources
* Call a hotline

Below is a list of social supports that some of our patients have found helpful.

**What in-person support groups can I go to?**

In-person support groups can create a sense of community and support with people who share your local culture. Here are a few we recommend:

* **Parents, Families, and Friends of Lesbians and Gays (PFLAG)**

Who: This group is for parents, family, and friends of lesbian, gay transgender, asexual,

 gender queer, and questioning people.

When: 4th Monday of the month, 6:30pm

Where: Union Station

 1400 W Markham

 Little Rock, AR

* **Teens 4 InQlusion**

Who: A community genders and sexualities alliance for all teens ages 12-19

When: schedule varies each month, with meetings at Little Rock community libraries.

Where: Every 2nd Monday of the month from 4-5pm at McMath library. Every 2nd and 4th
 Tuesday of each month from 4-5pm at Sanders library. Also at Main library with a
 varying schedule. Some programs are virtual, and all programs are free to attend.
To get more info and sign up, email Jet at **jbutler@cals.org**

* **Be Youuu Organization Group**

Who: A support group for ages 16+

When: Every Wednesday from 6-8pm

Where: 8615 Chicot Rd in Little Rock

Website: beyouuu.org Facebook page: Be Youuu Organization

**What Facebook groups and pages can I join for support?**

You may also find support and resources through Facebook groups. Below is a list of groups we recommend as well as off social media groups.

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| **Facebook Group and Page** | **How to Join** |
| Arkansas LGBTQ Elders | Anyone can Like or Follow this page (appears inactive) |
| Arkansas Transgender and Allies | Private group. Anyone can request to join |
| Benton County Transgender Support Group | Anyone can Like or Follow this page |
| Central Arkansas Trans Out Reach | Anyone can join this public group |
| Central Arkansas Pride | Anyone can Like or Follow this page |
| Free Mom Hugs - Arkansas | Anyone can Like or Follow this page |
| HRCArkansas | Anyone can Like or Follow this page |
| Non-Binary Is My Natural State Support Group | Email: adanelifox@gmail.com  |
| NWA Transgender AR | Email: jamie@nwatrans.org |
| OutInArkansas | Anyone can join this public group (appears to be inactive) |
| PFLAG Little Rock (public) | Anyone can join this page |
| PFLAG Little Rock (private) | Send a Facebook message to the public group to ask to be added to the private group. |
| Significant Others of Transguys in AR | Email: Armilligan22@gmail.com |
| Transgender Equality Network | Anyone can Like or Follow this page |
| TransGuys of AR | Email: Pnoland13@gmail.com |
| TransWomen of AR | Email: megan@artranscoalition.org  |

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| **Facebook Group and Page for Parents** | **How to Join** |
| LGBTS Parents of Arkansas  | Anyone can Like or Follow this page |
| Mama Bears | Anyone can join this public group |
| Mama Bears Doc | Anyone can Like or Follow this page |
| Mama Bears Story Project | Anyone can Like or Follow this page |
| Pride and Joy Foundation |  |
| Serendipitydodah (public) | Anyone can Like or Follow this page |
| Serendipitydodah Mama Bears Blue Ocean Faith (Faith community that fully includes, affirms, and supports LGBTQ people.) | Anyone can join this public group |
| Serendipitydodah Mama Bears to the Rescue (A group for family members that do small acts of kindness for LGBTQ people in their local community.) | Anyone can join this public group |

**I am not ready to join a support group. Where else can I find information that will help me?**

If you are not ready to join a group, there are many other resources that will help you learn more about:

* Gender and identity issues
* Social and political initiatives
* Advances in health care
* The experiences of people like you around the world

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| **Name** | **Website and Contact Information** |
| Arkansas Transgender Equality Coalition (ARTEC) | https://itgetsbetter.org/resource/arkansas-transgender-equality-coalition/ |
| Center Link | <https://www.lgbtcenters.org/> |
| DYSC Diverse Youth for Social Change | <https://www.instagram.com/dysclittlerock/?hl=en> |
| Gender Spectrum Lounge | <https://genderspectrum.org/lounge/> |
| Human Rights Campaign | <https://www.hrc.org> |
| National Center For Trans Equality  | <https://transequality.org/>  |
| National LGBT Health Education Center | <https://www.lgbthealtheducation.org/>  |
| NWA Center for Equality | <https://nwaequality.org/>  |
| Trans Student Educational Resources | <http://www.transstudent.org/>  |
| PFLAG | <https://www.pflag.org/>  |
| PFLAG Little Rock Chapter | New Chapter: [No](https://www.pflag.org/chapter/pflag-little-rock) web site as of August 2023 Phone: 501-773-5286 |
| Gender Spectrum | <https://www.genderspectrum.org/>  |
| River Valley Equality Center | <http://rvecark.org/> |
| Southern Equality | <https://southernequality.org/> |
| The Advocate | <https://www.advocate.com/>  |

If you feel helpless, depressed, or need help right away, there are hotlines you can call for support:

* **Trans Lifeline, Phone: 877-565-8860:** Trans Lifeline is a not for profit organization. It is dedicated to the well-being of transgender people. When you call the hotline you will talk to a transgender/non-binary person. They are there for you and ready to respond 24/7 to whatever support needs you might have. To learn more, visit: <http://www.translifeline.org/> .
* **The Trevor Project, Phone: 866-488-7386:** Thetrevorproject.org
The Trevor Project has trained counselors that can help you. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgement-free place to talk, you can:
	+ Call us at 866-488-7386. We are available 24/7.
	+ Chat with us using online instant message. Visit <https://www.thetrevorproject.org/resources/> and click on “Get Help” and then “Chat With Us”. We are available 24/7.
	+ Text “START” to 678-678. We are available 24/7. (Note: Your cell phone company may charge you for the text messages.)