

Atlas Youth Outreach  
Resource Guide  
**LGBTQIA+ Support**

**St. Louis County**

**PFLAG**

- “Provides community, support and hope to LGBTQ+ people and their parents, families, and friends in the St. Louis area”
- Contact at: 314-328-9432 or [pflagstl@gmail.com](mailto:pflagstl@gmail.com)
- <https://www.pflagstl.org/>

**Metro Trans Umbrella Group (MTUG)**

- Brings the transgender community together and provides a variety of resources and support as well as events to attend
- At the office: Food pantry, STI testing, free name change assistance, and free gender-affirming clothes
  - Hours: Tuesday’s 12:00pm-6:00pm, Wednesdays By appointment, Thursday’s 12:00pm-6:00pm
- Contact at: 314-349-1402 or [info@stlmetrotrans.org](mailto:info@stlmetrotrans.org)
- <https://www.stlmetrotrans.org/>

**Epworth**

- Provides a LGBTQIA+ group in addition to mental health services, housing support, crisis and outreach support, and more.
- LGBTQIA+ group contact: Jenn Deaton at 314-918-3454 or [jdeaton@epworth.org](mailto:jdeaton@epworth.org)
- <https://www.epworth.org/services/lgbtqi/>

**Hotline/Virtual/Telehealth**

**St. Louis Queer+ Peer Support Helpline**

- “SQSH’s Peer Support Helpline offers free, confidential, and identity-affirming emotional support and resource referrals, by and for the St. Louis LGBTQIA+ community.”
- Calling hours: Friday to Monday, 1:00 to 7:00 PM
- Call at 314-380-7774
- <https://www.thesqsh.org/>

**The Trevor Project**

- 24/7 crisis line with trained counselors
- Call: 1-866-488-7386
- <https://www.thetrevorproject.org/>

**Trans Lifeline**

- Peer support, hotline, and resources
- Hotline: 877-565-8860
- <https://translifeline.org/>

**GLBT National Youth Talkline**

- Online peer support chat
- Free and confidential telephone and internet peer counseling
- Call: 800-852-8336
- Text TEEN to 839863
- <https://teenlineonline.org/yyp/glb-national-youth-talkline/>