

LGBTQ+ On-Campus & Off-Campus Resources and Support Groups

On-Campus Resources

- LGBTQ+ and Allies Commons
lgbtq@sandiego.edu
(619) 260-4517
[LGBTQ+ and Allies Commons website](#)

- Here at USD, there are student-led groups and organizations for both undergraduate and graduate students. For a list of LGBT+ therapy groups, ministries, and organizations check out the [Community @ USD - LGBTQ+ and Allies Commons](#)

- For more information regarding incident reporting, name changes, housing information, and other Gender-inclusive practices and policies, please view [LGBTQ+ Student Resources](#).

Off-Campus San Diego Resources

- [The Center](#)
 - A community-based nonprofit organization that provides targeted programs and services to the full diversity of the San Diego LGBT community, including men, women, youth, seniors, transgender and non-binary individuals, families, LGBTQ Latino/a/x community members, their families, and those living with HIV. Some of these services include crisis counseling, individual and couple counseling, facilitated coming-out groups, and over a dozen LGBTQIA+ peer support groups. Additional events and information regarding community resources are available.

- [PFlag SD Chapter](#)
 - This nationwide organization promotes the health and well-being of LGBTQIA+ people, their families, and their friends through support, education and advocacy. They offer multiple support services in the community and a list of educational materials. PFLAG San Diego County and its collaborators are pleased to offer scholarships for LGBTQ+ students.

- [TransFamily Support Services](#)
 - TransFamily Support Services guides transgender/non-binary youth and their families through the gender transitioning process to help make it the most positive experience possible. They provide family coaching, assistance with healthcare and insurance issues, help navigating the legal system, and support at schools. All services are provided at no fee.

- [Lambda Archives](#): collects, preserves, and teaches the history of lesbian, gay, bisexual, and transgender people in the San Diego and Northern Baja California region.

- [Stepping Stone](#): a recovery center offering services geared towards alcohol and drug addictions. They primarily serve the LGBTQ community.
- [San Diego Pride](#): San Diego LGBT Pride works to bring respect to all in the LGBTQ community both locally and nationally. Most notably, it plans and produces the annual Pride Parade in San Diego.

National Resources

- [LGBT National Help Center](#): Provides free and confidential telephone and e-mail peer-counseling, information, and local resources for gay, lesbian, bisexual, transgender and questioning youth.
 - [LGBT National Hotline](#): 888-843-4564
 - [LGBT National Youth Talkline](#): 1-800-246-PRIDE (7743)
 - [LGBT National Coming Out Support Line](#): 888-OUT-LGBT (888-688-5428)
- [GLSEN](#): works to ensure that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment.
- [Trevor Project](#): The Trevor Project is a national organization that provides suicide and crisis intervention to the LGBTQ youth community.
 - The Trevor Lifeline – is the only nationwide, 24/7 crisis intervention and suicide prevention lifeline for LGBTQ young people, available at 1-866-488-7386.
 - Text “STAR” to 678-678 (standard text messaging rates may apply)