

# 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:

- **Pridecorps LGBT Youth**

Who: This group is led by Dr. Jon Morout. It is for youth 13 to 20 years old.

When: 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month, 2:00 to 5:00 pm

Where: Pulaski Heights United Methodist Church

4823 Woodlawn Drive

Little Rock, AR

Sometimes the meeting time and place can change. To learn more, visit <https://www.pridecorps.org/>.

- **Diverse Youth for Social Change (DYSC)**

Who: This group is for youth that are 13 to 22 years old.

When: Every Friday night, 6:30 to 9:00 pm

Where: First Presbyterian Church  
800 Scott Street  
Little Rock, AR

If you have questions you can call us (501-291-1168) or email us ([carlgbtq@gmail.com](mailto:carlgbtq@gmail.com)).

- **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: 3<sup>rd</sup> Friday of the month, 6:30 to 9:00 pm

Where: First Presbyterian Church  
800 Scott Street  
Little Rock, AR

## 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.

Facebook Group and Page	How to Join
Arkansas LGBTQ Elders	Anyone can Like or Follow this page
Arkansas Transgender Equality Coalition (ARTEC)	Anyone can Like or Follow this page
Central Arkansas Pride	Anyone can Like or Follow this page
Central Arkansas Trans Out Reach	Anyone can join this public group
Diverse Youth for Social Change (DYSC)	1. Go to <a href="https://www.car4ar.org/programs-of-car">https://www.car4ar.org/programs-of-car</a> 2. Under locations, click on the Facebook logo
HRCArkansas	Anyone can Like or Follow this page
Non-Binary Is My Natural State Support Group	Email: <a href="mailto:adanelifox@gmail.com">adanelifox@gmail.com</a>
NWA Transgender AR	Email: <a href="mailto:jamie@nwatrans.org">jamie@nwatrans.org</a>
OutInArkansas	Anyone can join this public group
PFLAG Little Rock (public)	Anyone can join this public group
PFLAG Little Rock (private)	Send a Facebook message to the public group to ask to be added to the private group.
Pridecorps: LGBT Your Center (ages 13 to 20)	Anyone can Like or Follow this page
Significant Others of Transguys in AR	Email: <a href="mailto:Armilligan22@gmail.com">Armilligan22@gmail.com</a>
Transgender Equality Network	Anyone can Like or Follow this page
TransGuys of AR	Email: <a href="mailto:Pnoland13@gmail.com">Pnoland13@gmail.com</a>
TransWomen of AR	Email: <a href="mailto:megan@artranscoalition.org">megan@artranscoalition.org</a>

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	
Serendipitydodah (public)	Anyone can Like or Follow this page
Serendipitydodah MTK	Anyone can join this public group
Serendipitydodah 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

Name	Website and Contact Information
Arkansas Transgender Equality Coalition (ARTEC)	<a href="http://www.artranscoalition.org/">http://www.artranscoalition.org/</a>
Center Link	<a href="https://www.lgbtcenters.org/">https://www.lgbtcenters.org/</a>
DYSC Diverse Youth for Social Change	<a href="https://www.car4ar.org/programs-of-car">https://www.car4ar.org/programs-of-car</a>
Gender Spectrum Lounge	<a href="https://genderspectrum.org/lounge/">https://genderspectrum.org/lounge/</a>
Human Rights Campaign	<a href="https://www.hrc.org">https://www.hrc.org</a>
LGBT Rights Toolkit	<a href="https://lgbtrightstoolkit.org/">https://lgbtrightstoolkit.org/</a>
National Center For Trans Equality	<a href="https://transequality.org/">https://transequality.org/</a>
National LGBT Health Education Center	<a href="https://www.lgbthealtheducation.org/">https://www.lgbthealtheducation.org/</a>
NWA Center for Equality	<a href="https://nwaequality.org/">https://nwaequality.org/</a>
Pride Corps	<a href="http://pridecorps.org/">http://pridecorps.org/</a>
Trans Student Educational Resources	<a href="http://www.transstudent.org/">http://www.transstudent.org/</a>
PFLAG	<a href="https://www.pflag.org/">https://www.pflag.org/</a>
PFLAG Little Rock Chapter	<a href="https://www.pflag.org/chapter/pflag-little-rock">https://www.pflag.org/chapter/pflag-little-rock</a> Phone: 501-291-2507
Gender Spectrum	<a href="https://www.genderspectrum.org/">https://www.genderspectrum.org/</a>
River Valley Equality Center	<a href="http://rvecark.org/">http://rvecark.org/</a>
The Advocate	<a href="https://www.advocate.com/">https://www.advocate.com/</a>

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 person. They are there for you and ready to respond to whatever support needs you might have. To learn more, visit: <http://www.translifeline.org/> .

- **The Trevor Project, Phone: 866-488-7386:** 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 7 days a week, all day and all night (24/7)
  - Chat with us using online instant message. Visit <https://www.thetrevorproject.org/get-help-now/#sm.0001g5mep63wydcyvz51osdg1qqe6> and click on “Connect with a TrevorChat Counselor” on the middle of the page. We are available 7 days a week, from 7:00 am to 2:00 pm (central time).
  - Text “START” to 678678. We are available 7 days a week, from 7:00 am to 2:00 pm (central time). (Note: Your cell phone company may charge you for the text messages.)