

LGBTQIA+ Resources for parents and carers

Parents of Gender Diverse Children	Parents of Gender Diverse Children provides support to parents and carers of trans and gender diverse young people. They offer information sessions, workshops and panels to connect families, professionals and allies and can also refer families to other support agencies.
Monash Health – Gender Clinic https://monashhealth.org/services/gender-clinic/	The Monash Health Gender Clinic is the specialist public health service for the trans, gender diverse and non-binary community in Victoria. Their website also includes resources for parents, families and friends .
Parentline 13 22 89 https://services.dffh.vic.gov.au/parentline	Parentline provide free and confidential counselling and support service for parents and carers of children aged up to 18 years. They are available 8am – 12 midnight, 7 days a week on 13 22 89.
QueerSpace https://www.queerspace.org.au/	Queerspace provide counselling, case management, advocacy, and support services (including mentoring, family education and support groups) for LGBTQIA+ people. Queerspace youths is a program for young people aged 18-25.
Reachout	Reachout is the most accessed online mental health service for young people and their parents/carers in Australia. This website includes information and articles to help support teens such as sexuality and teens , helping your teenager with coming out and supporting teens with their sexuality .
Switchboard & Rainbow Door	Switchboard provide peer-driven support services for LGBTQIA+ people, their families, allies and communities. The Rainbow Door helpline is a free specialist service that provides

<p>https://www.switchboard.org.au/ https://www.switchboard.org.au/rainbow-door</p>	<p>information and support to LGBTQIA+ people, their friends and families. They are available 10am-5pm, 7 days a week on 1800 729 367. You can also text (0480 017 246) or email (support@rainbowdoor.org.au)</p>
<p>Transfamily https://transfamily.org.au/</p>	<p>Transfamily is a peer support group for parents, carers, friends and families of trans and gender diverse people. The group meets monthly and their website includes further information and resources to support young people and their families.</p>
<p>Transcend https://transcend.org.au/</p>	<p>Transcend support and celebrate young trans, gender diverse and gender non binary young people. Their website includes information for young people, professionals and families. Transcend Families is a peer support network that connects parents and carers across the state.</p>