**Resources from session for LGBTQIA+ Teens:**

* [Change to Chill:](https://www.changetochill.org/)
  + [Change to Chill + Hennepin County CARES](https://www.changetochill.org/hennepincounty/)
  + [Stress Factor Quiz for Teens](https://www.changetochill.org/stress-factor-quiz/)
  + [Living with Grief & Loss](https://www.changetochill.org/how-can-i/living-with-grief-loss/)
  + [Suicide Prevention, Awareness & Support](https://www.changetochill.org/about/suicide-prevention/)
  + [Chill Breaks](https://www.changetochill.org/chill-breaks/)
  + [Virtual Chill Zone](https://www.changetochill.org/activities-tools/virtual-chill-zone/)
  + [Mindfulness](https://www.changetochill.org/mindfulness-for-teens/)
  + [Videos](https://www.changetochill.org/video/)
  + [Activities & Tools (Handouts)](https://www.changetochill.org/activities-tools/)
* **LGBTQIA+ Resources**
  + [Q Chat Space](https://www.qchatspace.org/)
  + [The Trevor Project](https://www.thetrevorproject.org/)
  + [Sexual Minority Youth Assistance League (SMYAL)](https://smyal.org/)
  + [Ally parents – Trans ally parents available via phone/text](https://standwithtrans.org/ally-parents/)
  + [Queer Zine Archive Project (QZAP)](https://www.qzap.org/)
  + [Out, What Now?! Podcast](https://www.outwhatnow.com/podcast) – [Apple](https://podcasts.apple.com/us/podcast/out-what-now/id1525428380), [Spotify](https://open.spotify.com/show/1FoMctrvzUUTckh8nCJHsh?si=TOgc9D6oRoedgvyfmDalyg)
  + [Trevor Space](https://www.trevorspace.org/)
* **Coping with Change:**
  + [River Ridge Free Online Support Group – Coping with COVID](https://www.riverridgemn.com/wp-content/uploads/2020/07/Coping-with-COVID-Online-Support-Group-website-info.pdf)
  + [Coping with Change Video](https://youtu.be/_Vve9N0xwUI)
  + [Breathing exercises](https://www.healthline.com/health/breathing-exercise#lions-breath)
* **Safety/Crisis Lines:**
  + Crisis Text Line: Text “MN” to 741741
  + Hennepin County:
    - Adults (18+, 24 hours a day): (612) 596-1223
    - Children (17 and younger, 24 hours a day): (612) 348-2233