



National Youth Advisory Council

Pride Resource Library

@NYACMDSC



About this Book

Through our youth council's volunteer work we have had the opportunity to work with some great organizations serving the 2SLGBTQ+ community and learn of some amazing supports.

We aim to continually expand our awareness and distribution of resources to support the mental health and wellbeing of young Canadians.

Throughout this book you'll find a collection of educational and informational resources, as well as support services.

Please note that by sharing links, the Mood Disorders Society is not endorsing the organizations listed. Rather sharing resources with the intention of providing users with information to aid in their research.

- *The NYAC team*

For Allies

- 10 Myths about Non-Binary People its Time to Unlearn
- 10 Tips for Working with Transgender Patients - *Rainbow Health Ontario*
- Active Listening - A resource developed by staff and volunteers of LGBTYouthline Peer Support Helpline.
- A Guide to Being an Ally to Transgender and Non-Binary Youth - *The Trevor Project*
- Anti-Racism Resource Centre
- Family & Friends FAQs - *The Trevor Project*
- FNMI: What's That? - An introductory resource document exploring First Nations, Metis, and Inuit identities, gender expression, and sexuality. Created by LGBTYouthline.
- Top 5 Trans-Ally Principles - *Social Justice Toolbox*
- *2-Spirited People of the First Nations* - A Guide for First Nations Communities
- Reference book of terms (*A good place to start your learning)
- Supporting Your Young Gender-Non-Conforming Child - *Human Rights Campaign*
- Queer Glossary - An even more comprehensive list of terminology.

Faith Resources

- FAQ, Being Gay and Catholic - *Dignity Canada Dignite*
- Find an Affirming Church - *GayChurch.org*
- *Galva 108* - Gay and Lesbian Vaishnava Association: Information & Support for LGBTI Vaishnavas & Hindus
- Homosexuality and the Bible - *GayChurch.org*
- Immigration: *Salam Canada* - Options to consider, helpful services, FAQs
- LGBTQ and Religion FAQs - *The Trevor Project*

Relationships & Sexual Health

- Am I In a Healthy Relationship? - *Teen Health*
- *Brazen*: Safer Sex Guide for Trans Women
- Coming Out: A Handbook for LGBT Young People - *The Trevor Project*
- Get Real: A Question and Answer Guide for Dating Trans Folks - *Rainbow Health Ontario*
- I Have Crush: New Relationship FAQs - *The Trevor Project*
- *Primed2*: A Sex Guide for Trans Men into Men
- Relationship Check-Up Quiz - *Act Youth Network*
- Safety in Relationships: Trans Folk - *Qmunity BC*
- Safety in Same-Gender Relationships - *Qmunity BC*
- *Sex & U Website* - Sexual Health website and database
- *Safer Sex Guide* - This guide will help you take charge of your sexual health by giving you tips to prevent sexually transmitted infections (STIs) and explaining how you can make sex safer.

Zines/Creative

- *10 Two-Spirit Authors you Should be Reading - Black Girl Dangerous Blog*
- *Care Collective - A community zine building understandings of wellness that are accessible to youth of marginalized genders*
- *“Circle of Belonging: Letters of Love from Northern 2SLGBTQ Youth” - Created by fifty 2SLGBTQ+ youth from Northern regions across Ontario sending messages of love and support.*
- *“Navigating Rural Landscapes as a 2SLGBTQ+ Youth” - Collaborative Zine created by ten 2SLGBTQ+ youth from the Grey-Bruce region of Southern Ontario sending messages of love and support to other rural youth.*
- *We were here (we were queer) - a 2SLGBTQIA+ writing and publishing project by and for queer and trans students at Simon Fraser University/Fraser International College.*
- *The Decolonization Art Project - A program for BIPOC and queer creatives hosting concerts and events.*

Mental Health

- Asexual FAQs - *The Trevor Project*
- Bisexuality FAQs - *The Trevor Project*
- Gay + Lesbian FAQs - *The Trevor Project*
- *Healing Journey* - Virtual counselling for Indigenous, queer, and non-monogamous communities.
- *LGBT Youthline* Peer Support Line
- Peer Support Groups - *Queer and Connected, Toronto*
- Self Injury FAQs - *The Trevor Project*
- Support Groups - *Qmunity, BC*
- Transgender FAQs - *The Trevor Project*

Physical Health

- 10 Things Transgender Folks Should Discuss with their Healthcare Provider - glma.org
- 10 Things Lesbians Should Discuss with their Healthcare Provider - glma.org
- 10 Things Gay Men Should Discuss with their Healthcare Provider - glma.org
- *A Guide to Lower Surgery*: For those assigned male, who identify as trans women, trans feminine, non-binary or non-gender
- *I Heart My Chest*: A Chest Health Resource for Trans Folk - Exploring concepts from safer binding, padding, bras, hair removal, finding service providers, hormones, surgery, cancer prevention, heart health, and emotional wellbeing.
- Ontario Trans Health Knowledge Base - *Rainbow Health Ontario*
- *Planned Parenthood*: Fact Sheets

Businesses, Workplaces, & Schools

- Consulting and Advisory Services - *Qmunity, BC*
- Gender Identity in Schools: FAQ - *Rainbow Health Ontario*
- *Inclusion Training - EGALE Canada*
- Peer Support Training Program - *Mood Disorders Society of Canada*
- Queer Competency Trainings - *Qmunity, BC*
- School FAQs - *The Trevor Project*