

## Community-Wide Resources

[www.PanhandleMentalHealthGuide.org](http://www.PanhandleMentalHealthGuide.org)

One-stop-shop service directory for a comprehensive list of mental health and substance use resources in the Texas Panhandle.

[www.211texas.org](http://www.211texas.org)

For assistance with basic needs like food, prescription assistance, help paying the rent or mortgage, utilities, and shelter.

## LGBTQIA Resources

For SUPPORT:

### **Amarillo Area Transgender Support Group**

(806) 340-0121

Call for location. *Not revealed for safety concerns.*

In-person group on Wednesday nights at 7 PM

Online meeting via discord on Mondays. Call for meeting code.

### **Panhandle Pride – [www.panhandleprideinc.org](http://www.panhandleprideinc.org)**

To create a thriving LGBTQ community in the Panhandle areas through enhanced individual self-worth and cultural pride.

### **Equality Texas – [www.equalitytexas.org](http://www.equalitytexas.org)**

Works to secure full equality for lesbian, gay, bisexual, transgender, and queer Texans through political action, education, community organizing, and collaboration.

### **Trans Lifeline – [www.translifeline.org](http://www.translifeline.org)**

(877) 565-8860

Hotline offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

### **National Suicide Prevention Lifeline – [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**

(800) 273-8255

Text “HOME” to 741741

Free and confidential emotional support to people in suicidal crisis or emotional distress 24/7.

### **Trevor Project – [www.thetrevorproject.org](http://www.thetrevorproject.org)**

1 (866) 488-7386

Text “START” to 678678

Trained Counselors 24/7 for young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk.

Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

### **WT Buff Allies – [www.facebook.com/BuffAllies](http://www.facebook.com/BuffAllies)**

A group of staff, faculty, and students who are committed to creating a safe campus for lesbian, gay, bisexual, transgender, queer, questioning, intersex, and asexual (LGBTQIA) members of the WTAMU community.

### **Spectrum WT –**

[www.facebook.com/wtamuspectrum](http://www.facebook.com/wtamuspectrum)

WTAMU student-led LGBT+ organization to foster diversity, equality and awareness through both education and community.

### **Tech Gender and Sexuality Association (TechGSA) – [www.facebook.com/TechGSA](http://www.facebook.com/TechGSA)**

Student-led LGBTQIA and allies organization striving to make Texas Tech and the Lubbock community a safe and welcoming place to all students - regardless of sexual orientation or gender identity

## For SAFE ZONE CONGREGATIONS:

### **Amarillo Unitarian Universalist Fellowship –**

[www.uuamarillo.org](http://www.uuamarillo.org)

(806) 355-9351

4901 Cornell Street, Amarillo, TX 79109

Welcomes all as part of the beloved community regardless of sexual orientation or gender identity. AUUF celebrates the richness that comes from diversity. Believe in Good.

### **First Christian Church of Canyon –**

[www.firstchristiancanyon.com](http://www.firstchristiancanyon.com)

(806) 655-3512

2011 4<sup>th</sup> Ave, Canyon, TX 79015

### **First Presbyterian Church of Canyon –**

[www.facebook.com/FPCCanyonTX](https://www.facebook.com/FPCCanyonTX)

(806) 655-7087

904 19<sup>th</sup> Street, Canyon, TX 79015

### **Metropolitan Community Church Amarillo –**

[www.mccamarillo.com](http://www.mccamarillo.com)

(806) 418-6856

2123 S Polk St, Amarillo, TX 79109

### **OAC of the Texas Panhandle –**

[www.facebook.com/OACofTexasPanhandle](https://www.facebook.com/OACofTexasPanhandle)

Open and Affirming Congregations. A coalition of congregations dedicated to supporting members of LGBTQIA communities.

### **St. Andrew's Episcopal Church –**

[www.standrewsamarillo.org](http://www.standrewsamarillo.org)

(806) 376-6316

1601 S Georgia St, Amarillo, Texas 79102

### **St. Luke Presbyterian Church –**

[www.stlukeamarillo.com](http://www.stlukeamarillo.com)

(806) 355-6253

3001 Bell Street, Amarillo, TX 79106