

## Resources for Survivors and Individuals At Risk

You are not alone. More than 700,00 individuals between the ages of 18 and 59 have reported being subjected to conversion therapy. There are resources, support systems and communities available to help you.

If you are in crisis, feeling suicidal, or in need of someone to talk to,  
call the TrevorLifeline: 1-866-488-7386  
or the National Suicide Prevention Hotline: 1-800-273-8255.

### What does “conversion therapy” look like?

Many individuals who have experienced conversion therapy do not realize it right away. You do not have to have had an in-patient experience like Love in Action to have been exposed to this harmful practice. You could have experienced conversion therapy in counseling by a religious leader, youth camps, prayer groups, or support groups. Or someone could have given you a book or directed you to a website that suggested you try to change your sexual orientation or gender identity.

It can also take the form of:

- A religious counselor who recommends ways to alter the expression of your gender or sexuality.
- A licensed therapist who encourages a minor to explore “what went wrong” to cause a person to experience “same-sex attraction” or gender dysphoria.
- A religious counselor who recommends ways to alter the expression of your gender or sexuality.
- Conferences or “support groups” dedicated to suppressing or changing sexual attractions or gender expressions.

If you feel you are being pressured into any of these experiences, there are options:

- Seek out the guidance of a trusted adult, including supportive teachers, school counselors or clergy.
- Reach out to a PFLAG chapter near you to connect with other trusted adults and LGBTQ people: [pflag.org/find](http://pflag.org/find)
- Contact the National Center for Lesbian Rights (NCLR) Legal Helpline ([BornPerfect@NCLRights.org](mailto:BornPerfect@NCLRights.org) or 800-528-6257) to explore your legal options. NCLR’s helpline provides free legal resources and assistance to the full LGBTQ community.

### Find community and share your story:

There are a number of private online communities of survivors of conversion therapy, including Beyond Ex-Gay.


Consider sharing your story with the National Center for Lesbian Rights’ Born Perfect Survivor Network. Even if you do not want to share your story publicly, hearing about your experience can help protect others from being harmed by these damaging practices.

### Here’s what’s being done:

The organizations below are working tirelessly to end the use of conversion therapy and raise awareness of the brutal history and present use of this practice. Here are ways to connect with them, get support and join their efforts, should you feel safe and supported to do so:

The National Center for Lesbian Rights (NCLR) and Human Rights Campaign’s Born Perfect Campaign has helped enact laws in 14 states (and the District of Columbia) and dozens of cities. Find out if your city or state is one of them and learn how to get involved: <http://www.nclrights.org/our-work/bornperfect/>

# UnErased



PFLAG is the nation's first and largest organization for LGBTQ people, their parents, families, and allies. Find one of their 400 chapters at [pflag.org/find](http://pflag.org/find). Also check out their faith publications: [Faith in Our Families](#) and [be not afraid – help is on the way! straight for equality in faith communities](#).

[The Trevor Project](#) provides crisis intervention and suicide prevention for LGBTQ youth. The Trevor Project's 50 Bills, 50 States initiative has a progress tracker where you can learn about the laws [in your state](#).

Dive deep into the archival activism of [the Mattachine Society](#), which works to identify, conserve and interpret the LGBTQ historical record.

[Dignity USA](#) is the oldest LGBTQ Catholic organization in the world. They have chapters in major cities across the USA and an online presence reaching millions. They work to create affirming spaces for LGBTQ Catholics and room within the hierarchy of The Church.

[The Reformation Project](#) is a Christian-based organization working towards acceptance in evangelical spaces.

[History UnErased](#) advances a vision for equitable classrooms by providing K-12 schools with the framework and resources for inclusive history.

*UnErased* is a podcast series produced by Focus Features, Stitcher and Limina House in association with the Focus Features film, **Boy Erased**.