

If you're trans or gender-diverse and entering the foster care system in Michigan, you might have a lot of questions about your future, identity, and support systems. The uncertainty might be overwhelming or frustrating, but you have every right to find support, feel safe, and have a sense of belonging. There are people and resources available to support you.

Challenges Trans Youth Often Face in Michigan's Foster Care System

- **Limited Data on Trans Youth**
Michigan doesn't always collect or share data on how many youth in foster care are transgender or gender-diverse. This makes it harder for support systems to understand your needs and make sure you're seen.
- **Finding Safe, Affirming Homes**
Some foster homes are explicitly LGBTQ-friendly, but not all are. You may face misgendering, restrictions on how you dress or how you express your gender, or feel like you can't be out fully in your placement.
- **Discrimination & Bias**
Even within the system, there may be staff or agencies who don't fully understand or affirm trans identities. That can lead to harmful treatment or barriers to stability.
- **Barriers to Gender-Affirming Care**
Getting the medical or mental health care you need—like hormone therapy or trans-affirming counseling—can be complicated. You might need support from your caseworker or foster parents to access it.
- **Emotional & Mental Health Stress**
On top of all the trauma that can come with foster care, being trans sometimes adds extra stress: fear of rejection, internalized shame, or the pressure to hide who you are.
- **Worry About Aging Out**
When you leave foster care, housing, health care, and support don't always follow. That's especially scary for trans youth, who already face higher risks of homelessness and instability.

You're Not Alone — There's Support in Michigan

Here are some trusted places and resources you can reach out to for help, community, and safety:

Local Organizations

- **Stand With Trans**
Offers mental health counseling, support groups, and a helpline for trans youth and their families in Michigan.

- Call: **248-907-4853** ([Stand With Trans](#))
- Text support: Text **START** to **833-435-7798** ([Stand With Trans](#))
- **Prism LGBTQ+ Support**
A youth-led group offering support meetings, online resources, and education throughout Michigan. ([Prism](#))
- **PFLAG Michigan**
Local chapters that connect you (or your caregivers) with support, education, and community. ([PFLAG](#))
- **Equality Michigan**
Works on policy advocacy, but also offers a resource hub for legal help, housing, and LGBTQ-friendly services. ([Equality Michigan](#))
- **Ruth Ellis Center**
Located in Detroit, this organization supports at-risk LGBTQ youth with drop-in services, transitional living, and more. ([Wikipedia](#))

Statewide & Health Resources

- **LGBTQIA Midwest**
A resource site with health info, providers, and care guidelines specifically for LGBTQ youth in Michigan. ([LGBTQIA Midwest](#))
- **Protect Trans Youth Michigan**
An advocacy organization working to protect and affirm trans youth across the state. ([Protect Trans Youth Michigan](#))
- **Children's Trust Michigan – Unique Gender & Sexual Identifying Families**
Provides families and youth with resources tailored to gender- and sexuality-diverse identities. ([Children Trust Michigan](#))

Mental Health & Crisis Supports

- **Trans Lifeline**
A peer support hotline run by and for transgender people. (Not Michigan-specific, but very helpful.)
Phone: **1-877-565-8860** ([ListenRing](#))
- **The Trevor Project**
Crisis support, chat, and text counseling for LGBTQ young people ages 13–24.
Hotline: **1-866-488-7386** ([ListenRing](#))
- **Affirmations LGBTQ+ Community Center**
Based in Ferndale, MI — offers youth drop-in space (ages 13–18), counseling, and support groups. ([Stand With Trans](#))
- **Ozone House**
Located in Ann Arbor, they provide crisis services, transitional living, and outreach for youth who are homeless or at risk. ([Wikipedia](#))

What You Can Do

- **Ask for Support:** Tell your caseworker, social worker, or a trusted adult about what kind of home you need. You deserve a safe place that respects your gender.
- **Use Your Voice:** Join support groups (in-person or virtual) to connect with other trans or gender-diverse youth.
- **Reach Out for Help:** Crisis lines, therapists, and peer groups are there when you need someone to talk to.
- **Know Your Rights:** You have the right to be affirmed as who you are, to access your medical care, and to be safe.
- **Plan for the Future:** Talk with your support team about what you need as you age out of care—housing, work, health care, and more.

You deserve to be seen, supported, and safe. There *are* people in Michigan who care deeply about you and want to help you build the life you deserve