

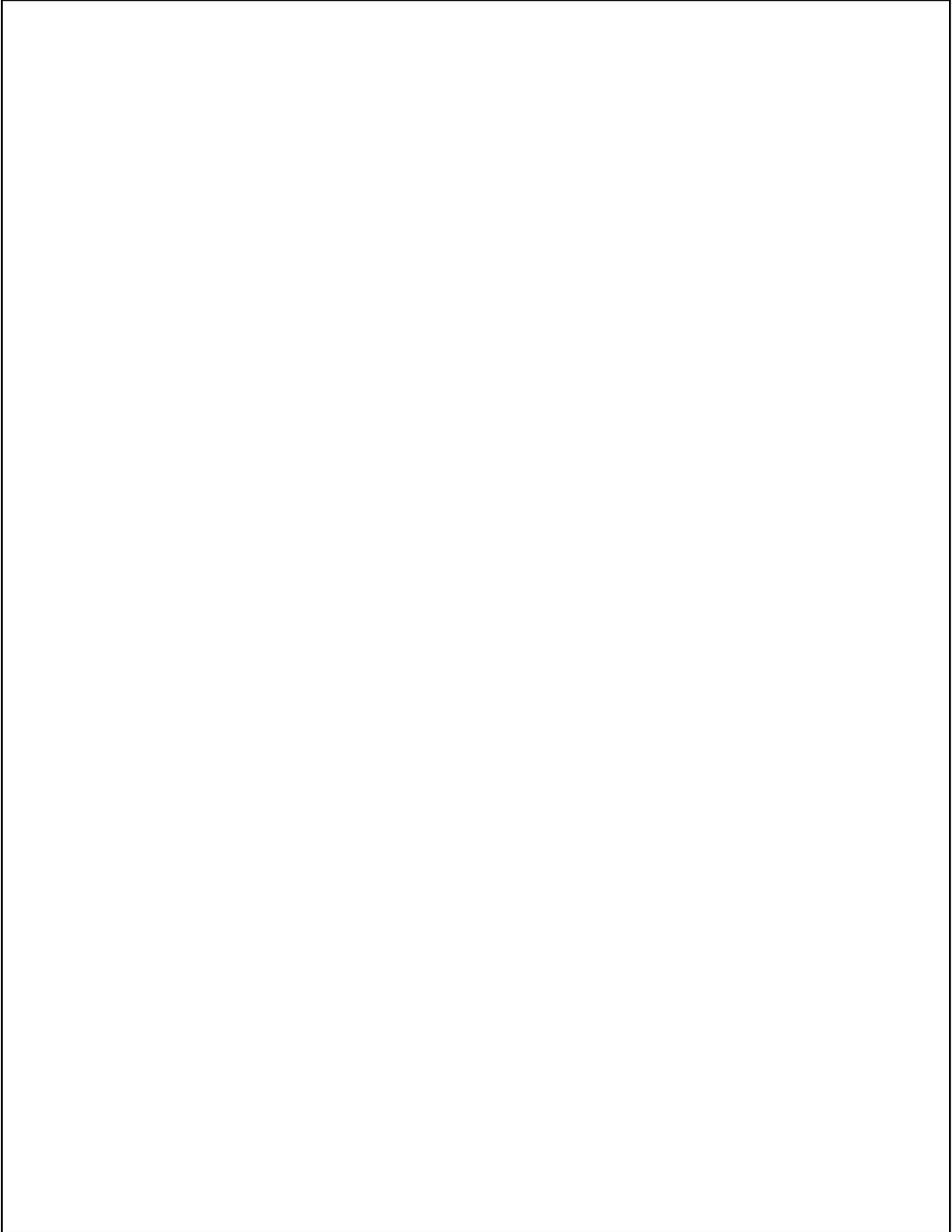


CALIFORNIA QUEER RESOURCES

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Resource Drop-Box

A large, empty rectangular box with a thin black border, occupying most of the page below the title. It is intended for a resource drop-down menu.

QUEER YOUTH IN THE COMMUNITY

Connecting with Other Queer Youth

The Relational Center x Brave Trails Queer Therapy

<https://www.relationalcenter.org/btqt>

Brave Trails Brave Spaces

<https://www.bravetrails.org/brave-space>

TrevorSpace

An Online Queer Forum for LGBTQ+ youth ages 12-24

<https://www.trevorspace.org/>

The Trevor Project

<https://www.thetrevorproject.org/>

Q ChatSpace

<https://www.qchatspace.org/>

Queer LifeSpace - San Francisco, CA

<https://www.queerlifespace.org/>

Camp Lost Boys - Location changes over the US

For any guy who self-identifies as a man of trans experience and is over the age of 18. This camp is focused on building brotherhood and providing a respite for men who have walked a transgender path to their maleness

<https://www.camplostboys.org/>

TransCamp - Sonora, CA (location changes around CA)

A place where trans adults of all identities can be their authentic selves, find belonging, thrive, and build a healing relationship with nature

<https://transcamp.org/>

Your local LGBTQ+ Community Center! (huge list below)

Queer Resource/Community Centers in California

PFLAG - all over California/the country

<https://pflag.org/findachapter/>

Diversity Collective - Ventura County, CA
<https://www.diversitycollectivevc.org/>

San Diego LGBT Center - San Diego, CA
<https://thecentersd.org/>

Los Angeles LGBT Center - Los Angeles, CA
<https://lalgbtcenter.org/>

San Francisco LGBT Center - San Francisco, CA
<https://www.sfcenter.org/>

North County LGBT Center - San Diego, CA
<https://www.ncresourcecenter.org/>

Long Beach LGBT Center - Long Beach, CA
<https://www.centerlb.org/>

San Gabriel Valley LGBT Center - El Monte, CA
<https://www.sgvlgbtq.org/>

Pomona Valley Pride Center - Pomona, CA
<https://www.pomonapridecenter.org/>

The OUTreach Center - Lancaster, CA
<https://outreachcenterav.org/index.html>

OC LGBT Center - Santa Ana, CA
<https://www.lgbtqcenteroc.org/>

The Source LGBT Center - Visalia, CA
<https://www.thesourcelgbt.org/>

The LGBTQ Community Center of the Desert - Palm Springs, CA
<https://thecentercv.org/en/>

Rainbow Pride Youth Alliance - Inland Empire, CA
<https://rainbowprideyouthalliance.org/about-us/>

NorCal OUTreach Project - Redding, CA
<https://norcaloutreach.org/>

Sacramento LGBT Center - Sacramento, CA
<https://saccenter.org/>

LGBTQ Connection - Napa, CA
<https://www.lgbtqconnection.org/>

Queer Humboldt - Arcata, CA
<https://www.queerhumboldt.org/home>

Trans Queer Youth Collective - Sacramento, CA
<https://tqyc.org/about>

Pacific Center for Human Growth - Berkeley, CA
<https://www.pacificcenter.org/>

LGBTQ+ Resource Center - Fresno, CA
<https://fresnoeoc.org/lgbtq/>

San Joaquin Pride Center - San Joaquin, CA
<https://sjpride.center/>

Central California LGBTQ+ Collaborative - Modesto, CA
<https://www.lgbtqcollaborative.org/>

San Mateo County Pride Center - San Mateo, CA
<https://sanmateopride.org/>

Oakland LGBTQ Community Center - Oakland, CA
<https://www.oaklandlgbtqcenter.org/>

Diversity Center of Santa Cruz County - Santa Cruz, CA
<https://www.diversitycenter.org/>

The Stonewall Alliance Center - Chico, CA
<https://www.stonewallchico.com/>

The LGBTQ Youth Space - Santa Clara, CA
<https://youthspace.org/>

Support for Queer People of Color

Lionel Cantú Queer Center - Santa Cruz, CA
QTBIPOC Resources
<https://queer.ucsc.edu/resources/qtbi poc/>

Black AIDS Institute - Los Angeles, CA

Black AIDS Institute (BAI) is dedicated to ending the HIV/AIDS epidemic in the Black community.

<https://blackaids.org/>

Lavender Phoenix - northern CA and Los Angeles, CA

Through our values, Lavender Phoenix's role is to build alternatives—real solutions—that are centered in our communities, build self-determination, and promote healing and restoration for the land and the people. All of our programs are led by QTAPI members who are directly impacted by the issues we address.

<https://lavenderphoenix.org/>

Okra Project

Black Trans led mutual aid

<https://www.theokraproject.com/>

Marsha P. Johnson Institute

Defending and protecting the life of Black trans people.

<https://marshap.org/>

Latino Equality Alliance

Community, support, and resources for latina/o/x/e LGBTQIA+ youth and their families. Offers PFLAG groups in Spanish.

<https://www.somoslea.org/>

National Black Justice Coalition

A civil rights organization dedicated to the empowerment of Black LGBTQ+ people.

<https://nbjc.org/>

Trans Women of Color Collective

Uplift the narratives, lived experiences, and leadership of trans and gender non-conforming people of color, their families and comrades as they build towards collective liberation for all oppressed people.

<https://twocc.org/>

Dem Bois, Inc.

Dem Bois prioritizes ongoing access to shared experiences that allow us to learn how trauma shows up in our bodies, relationships, and lives. The Gender Affirming Surgery Grants help trans men of color explore and understand their gender identity and relieve anxieties around gender dysphoria by supporting gender affirming surgery cost.

<https://www.dembois.org/>

LGBTQIA+ Activism/How to Get Involved

LGBTQ+ Victory Fund

The only national organization devoted to electing pro-equality, pro-choice LGBTQ+ leaders to public office at every level. These officials fight for equality in the halls of power, ensuring our community's voice is heard.

<https://victoryfund.org/>

Amnesty International

Amnesty is committed to ending discrimination against LGBTI people around the world. We learn from the lived experiences of LGBTI people and make recommendations to governments and other influential leaders on how to improve laws.

<https://www.amnesty.org/en/what-we-do/discrimination/lgbti-rights/>

Equality California

With over 900,000 members, Equality California is the nation's largest statewide LGBTQ+ civil rights organization. And we're California's only LGBTQ+ civil rights organization working at the local, state and national levels.

<https://www.eqca.org/>

Outright International

Outright International is in an unparalleled position to be heard during Pride across the globe as anti-LGBTIQ movements surge and Pride celebrations face limitations.

<https://outrightinternational.org/>

National Gay and Lesbian Task Force

The mission of the National Gay and Lesbian Task Force is to build the grassroots power of the lesbian, gay, bisexual and transgender (LGBT) community. We do this by training activists, equipping state and local organizations with the skills needed to organize broad-based campaigns to defeat anti-LGBT referenda and advance pro-LGBT legislation, and building the organizational capacity of our movement.

www.thetaskforce.org/

QUEER MENTAL HEALTH RESOURCES

How to Find Queer-Affirming Providers

Out2Enroll

Trans Health Insurance Guides by State

<https://www.out2enroll.org/trans-guides>

California LGBTQ Health and Human Services Network

<https://californialgbtqhealth.org/>

LGBTQ Therapy Space

Resource to find an LGBTQ therapist by state

<https://lgbtqtherapyspace.com/states/georgia/>

Tips for Ensuring a Provider is LGBTQ+ Affirming

<https://www.healthline.com/health/mental-health/find-lgbtq-ally-health-provider>

Inclusive Therapists Website Search

<https://www.inclusivetherapists.com/>

LGBT Near Me

<https://www.lgbtnearme.org/>

FOLX HEALTH

<https://www.folxhealth.com/>

Chris 180

<https://chris180.org/>

GLMA - Health Professionals Advancing LGBTQ+ Equality

https://glma.org/find_a_provider.php

LGBTQ Healthcare Directory

<https://lgbtqhealthcaredirectory.org/>

Queer-Affirming Therapists

Queer LifeSpace - San Francisco, CA

<https://www.queerlivespace.org/>

Neurodivergent Therapist search - California

<https://ndtherapists.com/california/>

Adolescent Counseling Services: Outlet Program - Redwood City, CA

ACS empowers youth in our community to find their way through social-emotional support and by building safe, accepting communities. The Outlet Program empowers Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual/Agender + (LGBTQIA+) youth and builds safe and accepting communities through support, education, and advocacy. Outlet envisions a world that embraces, empowers, and celebrates LGBTQIA+ youth. Individual therapy and support groups are provided.

<https://www.acs-teens.org/>

EMAIL: outletprogram@acs-teens.org

Equilibrium Counseling Services - Rancho Cucamonga, CA or virtual all over CA

Specialty in Neuroqueer-Affirming Therapy (Neurodiverse and Queer/Trans)

<https://equilibriumcs.com/lgbtq-therapy>

Emily Pellegrino, LICSW - Bay area, CA or virtual

<https://www.emilypellegrino.com/lgbtq>

Stella Nova - virtual in CA

<https://stellanovapsych.com/>

Highland Park Therapy - Los Angeles, CA

<https://www.highlandparktherapy.com/lgbtq>

Bridges Therapy Group - virtual in CA

<https://bridgestherapygroup.org/lgbtq-counseling-in-california/>

LGBTQ Center - Orange County, CA

<https://www.lgbtqcenteroc.org/services/therapy/>

Open Space Therapy Collective - Los Angeles, CA and virtual

<https://www.openspacetherapycollective.com/therapy-queer-community-in-los-angeles-online-california>

Crescent Shores Psychotherapy - Carlsbad, CA

<https://crescentshorespsychotherapy.com/lgbtq-affirming/>

Genwell - Gender Wellness - Los Angeles, CA

<https://genwell.org/>

Queer-Affirming Psychiatrists

LifeStance Health

When on this website, choose your city, and then “types of care” would be psychiatry. Then go to “areas of focus”, and there are options for LGBTQ, gender affirming evaluations, gender identity, and more

<https://lifestance.com/provider/psychiatrist/ca/>

Foresight Mental Health

<https://www.foresightmentalhealth.com/>

Teletherapy in CA and in-person services in: Berkeley Downtown, Encino, LA Downtown, LA West Los Angeles, Pasadena, Sacramento, Santa Rosa, SD College East, SF Sunset, Westlake Village, West Hollywood

All ages 5+ are served

Can get clients in for services in 48 hours!

Intake Line: 888-588-8995 from 7am-5:30pm

Email for Inquiries: membersuccess@foresightmentalhealth.com

Appointment Request Form is linked [here](#)

Takes most major insurances

Vetted by Mari - intake process and psychiatrists are gender-affirming

Dr. Julie Schreiner (she/her) - Camarillo, CA

<https://www.sterlingcaregroup.com/julie-schreiner-dnp>

info@sterlingcaregroup.com

CALL: 805-485-5051

Dr. Karina Anaya (she/her) - Pasadena, CA

http://mhi-pas.com/karina_anaya

CALL: 626-723-3099

Dan Karasic, MD (he/him) - Teletherapy in CA

<https://www.dankarasic.com>

A. Ning Zhou, MD (he/him) - San Francisco, CA

<https://www.aningzhou.com>

Neir Eshel (he/him) - San Francisco, CA

neshel@stanford.edu

CALL: 650-498-9111

Christina Khan (she/her) - San Francisco, CA

ckhan@stanford.edu

CALL: 650-498-9111

Doctor Dustin - virtually in CA

<https://doctordustin.org/>

Los Angeles LGBT Center - Los Angeles, CA

<https://lalgbtcenter.org/services/mental-health-psychiatry-services/psychiatry/>

Gender Psychiatry Program at UCSF - San Francisco, CA

<https://gender.ucsf.edu/gender-psychiatry-program-team>

Intake line: (415) 476-7847

UCSF Transgender Care - San Francisco, CA

(415) 885-7770

transcare@ucsf.edu (link sends e-mail)

<https://transcare.ucsf.edu/psychiatry-and-mental-health-services>

Resources for Substance Use Disorders

Destinations for Teens - Woodland Hills, CA

LGBTQ+ affirming mental health support and addiction treatment, having services in residential treatment, partial hospitalization program (PHP), intensive outpatient program (IOP), outpatient treatment, and aftercare

<https://www.destinationsforteens.com/adolescent-teen-mental-health-treatment/lgbtq-support-services/>

Hazelden Betty Ford - Rancho Mirage, CA (inpatient) and San Diego, CA (outpatient)

Person-centered, specialized LGBTQ+ addiction treatment programs

<https://www.hazeldenbettyford.org/rehab-treatment/lgbtqia-program>

La Fuente Hollywood Treatment Center - Hollywood, CA

Community-focused, LGBTQ+ specialized addiction treatment tailored to each individual

<https://www.lafuentehollywood.com/lgbtq-addiction-treatment-center-hollywood/>

Golden Gate Recovery - Novato, CA

LGBTQ+ specialization substance abuse treatment, having services in their partial hospitalization program (PHP), intensive outpatient program (IOP), aftercare program, and sober living homes

<https://goldengaterecovery.com/lgbtq-substance-abuse-treatment/>

Gay and Sober - virtual meetings

<https://www.gayandsober.org/onlinemeetings>

Gay and Sober meeting finder

<https://www.gayandsober.org/meeting-finder-california>

Alcoholics Anonymous San Diego

<https://aasandiego.org/meetings/queer-side-of-things/>

Recovery Groups and Meetings - Northern CA

<https://www.gaypinkspots.com/event/recovery-groups-meetings/berkeley.usa.california>

Resources for Eating Disorders/Disordered Eating

Directory for Finding Eating Disorder Specialists in California

General list by location of eating disorder centers and therapists - can navigate to LGBTQIA+ affirming therapists/centers from there

<https://www.eatingdisorderhope.com/directory/ca>

Ascend Healthcare - Los Angeles, CA

LGBTQ+ specialized residential eating disorder treatment

<https://www.ascendhc.com/teen-mental-health-treatment-programs-ca/lgbt-residential-treatment-program-california/>

Eating Recovery Center - Virtual Programs, Irvine, CA and Sacramento, CA

LGBTQ+ affirming eating disorder center, also specializes in eating disorders with trans folks and BIPOC treatment equity for eating disorders

<https://www.eatingrecoverycenter.com/resources/lgbtq>

Clementine (a Monte Nido affiliate) - Malibu Lake, CA

Specialized eating disorder treatment for LGBTQ+ youth

<https://clementineprograms.com/lgbtq-community-and-eating-disorders/>

Eating Disorder and OCD Therapy - San Diego, CA

Treats eating disorders, body image, trauma, obsessive compulsive disorder, anxiety and multicultural issues

<https://www.eatingdisorderocdtherapy.com/>

Revolutionary Eating Disorder Psychotherapy - San Diego, CA

Specializes in eating disorders, neurodivergence, and religious trauma

<https://revolutionaryedpsychotherapy.com/>

Michelle Pillepich - virtual in CA

All EDs, disordered eating, runners and athletes/active individuals, anyone recovering from overexercise

michellepnutrition@gmail.com

<https://michellepillepich.com/>

Brenna O'Malley - virtual in CA

Eating disorders, disordered eating, chronic dieting, intuitive eating, food allergies/Celiac with a non-diet approach, body image support, college students

brenna@thewellful.com

<https://thewellful.com/>

Lindsay Schwartz, RD - virtual in CA

Eating disorders (all types), weight inclusive care, neurodivergent clients, anti-diet vegan/vegetarianism, body image

Takes insurance: BCBS, Cigna, Aetna, UHC

lindsay@feelgoodflavors.com

<https://feelgoodflavors.com/>

Anna Rivero - CA

Eating disorders

anna@thelotuscollaborative.com

<https://www.thelotuscollaborative.com/>

Maddy Hughes - CA

All EDs and disordered eating with exception of ARFID. Special interests in BED and co-occurring ED with substance use

maddy@embodiedhealthcounseling.com

<https://www.embodiedhealthcounseling.com/>

Emily Champoux - CA

Chronic dieting, pre/post-bariatric, clients that are quite ambivalent about recovery and/or weight loss oriented, binge eating disorder, anorexia, bulimia, orthorexia, sports and disordered eating.

Does not take ARFID clients

emily@embodiedhealthcounseling.com

<https://www.embodiedhealthcounseling.com/>

Riley Burns - CA

Eating disorders, binge eating, ARFID, sensory difficulties, PCOS, diabetes

nutritionwithriley@gmail.com

<https://www.nutritionwithriley.com/>

Alyssa Leib - CA

Eating disorders/disordered eating, sports nutrition, REDs, plant-based diets

alyssaleibrd@gmail.com

720-335-5404

<https://www.peaktopeaknutrition.com/>

Megan Luybli, MS, RDN, LDN - virtual in CA

Eating disorders, chronic pain, endometriosis, PCOS, POTS, EDS
hello@asoftplacetolandllc.com
484-519-0096
<https://asoftplacetolandllc.com/>

Jordyn Miller-Geist - virtual in CA
Eating disorders, athletes, endometriosis, PCOS
hello@asoftplacetolandllc.com
484-519-0096
<https://asoftplacetolandllc.com/>

Allison Mandell, MS, RDN, LDN - virtual in CA
Eating disorders, PCOS, weight inclusive medical nutrition therapy
hello@asoftplacetolandllc.com
484-519-0096
<https://asoftplacetolandllc.com/>

Your Latina Nutritionist - virtual in CA
Team of anti-diet dietitians
dalina@nutritiouslyyoursllc.com
<https://yourlatinanutritionist.com/>

Resources for Queerness and Disability

Young, Disabled and LGBT+: Voices, Identities and Intersections
A book that provides research on the topic of disability and queerness, and how those identities impact each other.
<https://www.barnesandnoble.com/w/young-disabled-and-lgbt-alex-toft/1134286947>

Queer Crips: Disabled Gay Men and Their Stories
Gay men with mobility and neuromuscular disorders, spinal cord injury, deafness, blindness, and AIDS, fight isolation from society and each other to establish a public identity and a common culture, using personal experiences.
<https://www.barnesandnoble.com/w/queer-crips-bob-guter/1128485253>

Navigating the Twists and Turns of Healthcare as a Trans Disabled Person
<https://rootedinrights.org/navigating-the-twists-and-turns-of-healthcare-as-a-trans-disabled-person/>

Challenges/Advocacy for LGBTQ+ People with Disabilities
<https://www.lgbtmap.org/file/LGBT-People-With-Disabilities.pdf>

Disability Rights California

<https://www.disabilityrightsca.org/>

Discrimination Laws for People with Disabilities in California

<https://calcivilrights.ca.gov/peoplewithdisabilities/#:~:text=The%20law%20also%20requires%20an.or%20his%20or%20her%20representative.>

The Unruh Civil Rights Act (California Civil Code Section 51)

Provides protection from discrimination by all business establishments in California, including housing and public accommodations, because of age, ancestry, color, disability, national origin, race, religion, sex and sexual orientation.

<https://www.dor.ca.gov/Home/UnruhCivilRightsAct>

LGBT PTSD, the ADA and Disability Rights – Why It Matters

<https://www.eqca.org/ocamb-11/>

Resources for Queerness and Neurodiversity

Autism Research Institute

Research, Resources, and Support for LGBTQIA+ and Autism

<https://autism.org/lgbtq-and-autism/>

Finding safe spaces for young autistic LGBTQIA+ people

https://www.youtube.com/watch?v=x48sK_8SYy8&t=6s

Transgender Law Center - Disabilities Project

The Disability Project magnifies the leadership, collective power, analysis, and visibility of trans and queer disabled, Deaf, ill and Mad communities.

<https://transgenderlawcenter.org/programs/disability-project/>

Spectrum News

Gender and sexuality in autism explained

<https://www.spectrumnews.org/news/gender-and-sexuality-in-autism-explained/>

The Swaddle

Being neurodivergent helps people to expel societal norms associated with heteronormativity, allowing them to express their queer identities easier

<https://www.theswaddle.com/why-theres-more-gender-and-sexuality-diversity-in-the-neurodivergent-community>

How to Support Autistic People in Queer Spaces

<https://www.them.us/story/queerness-and-autism>

Neuroqueer: Notes on the Neurodiversity Paradigm, Autistic Empowerment, and Postnormal Possibilities

A book that discusses the experiences of being both neurodivergent and queer, written by someone with those identities

<https://neuroqueer.com/neuroqueer-heresies/>

BOOKS:

Gender Identity, Sexuality, and Autism by Eva Mendes and Meredith Maroney

Queerly Autistic: The Ultimate Guide for Lgbtqia+ Teens on the Spectrum by Erin Ekins

Spectrums: Autistic Transgender People in Their Own Words by Maxfield Sparrow

Supporting Autistic Transgender Youth and Adults by Finn Gratton

Ten Steps to Nanette: A Memoir Situation by Hannah Gadsby

The Autistic Trans Guide to Life by Yenn Purkis and Wenn Lawson

Trans and Autistic: Stories from Life at the Intersection by Noah Adams and Bridget Liang

Uncomfortable Labels by Laura Kate Dale

Crisis Resources

Suicide & Crisis Lifeline

CALL 988

In July 2025, a specific "Press 3" option for LGBTQ+ youth on the 988 Lifeline was discontinued, though support for the community remains available through the general line.

Crisis Services by County in California

<https://focus.senate.ca.gov/mentalhealth/county-resources>

Trevor Project - Crisis Services Hotline - chat/text or phone

<https://www.thetrevorproject.org/get-help/>

Text: 678-678

Call: 1-866-488-7386

Trans Lifeline

<https://translifeline.org/>

Call: 877-565-8860

The Gay, Lesbian, Bisexual, and Transgender National Hotline

Call: (888) 843-4564

Teen Line

<https://www.teenline.org/>

Call: 800-852-8336

Text: TEEN to 839863

LGBT National Health Center

<https://lgbthotline.org/>

CALL: LGBT National Hotline at 888-843-4564

CALL: LGBT National Youth Talkline at 800-246-7743

CALL: LGBT National Coming Out Support Hotline at 888-688-5428

PFLAG

<https://pflag.org/get-support/>

GENDER-AFFIRMING RESOURCES

Gender-Affirming Surgery in California

CA is a sanctuary state for gender-affirming care, and Sacramento, CA is a sanctuary city

TransHealthCare Guide to Gender Surgeons

Largest and most comprehensive guide to gender surgeons

<https://www.transhealthcare.org/>

Kavita Mishra (she/her) - San Francisco, CA

Specialties: Gender Affirming Vaginoplasty, Orchiectomy, and Hysterectomy. Testosterone treatment for gender affirming hormone therapy

EMAIL: kavita.mishra@stanfordhealthcare.org

Anita Mohan (she/her) - San Francisco, CA

Specialties: gender affirming top surgery (FTM), feminization surgery (MTF)

EMAIL: amohan@stanfordhealthcare.org

Dung Nguyen (she/her) - San Francisco, CA

Specialties: FTM masculinization surgery, MTF chest feminization surgery

EMAIL: nguyendh@stanford.edu

Seth Davis (he/him) - San Francisco, CA

Specialties: facial plastic surgery, hairline advancement, cranioplasty, brow lift, cheek augmentation, rhinoplasty, face lift, genioplasty, mandibuloplasty, neck lift

EMAIL: sethdavis@stanford.edu

Sam Most (he/him) - San Francisco, CA

Specialties: facial plastic surgery, rhinoplasty

EMAIL: smost@stanford.edu

JP Pepper (he/him) - San Francisco, CA

Specialties: facial plastic surgery, rhinoplasty

EMAIL: jpepper@stanford.edu

Edward C. Ray (he/him) - Los Angeles, CA

Specialties: facial and craniofacial reconstruction, plastic and reconstructive surgery, gender affirming surgery (body contouring, bottom surgery, breast reconstruction, genital reconstruction, top surgery), MTF genital surgery, FTM genital surgery, breast surgery and reconstruction

<https://www.cedars-sinai.org/provider/edward-ray-1234540.html>

CALL: 310-423-2129

Alexander Sinclair (he/him) - Beverly Hills, CA

Specialties: gender confirmation, top surgery, facial feminization, vaginoplasty, hair grafting, tracheal shave

Beverly Hills Transgender Surgery

<https://www.tgsurgery.com/> - contact form on website

CALL: 310-274-4103

Keck Medicine of USC Gender Affirming Care - Los Angeles, CA

Specialties: affirming primary care and chronic disease management, gender-affirming surgical care, gynecologic care, hormone therapy, mental health care, occupational therapy, physical therapy, sexual health, STI testing/treatment, HIV care, PrEP, PEP, telemedicine, urologic services, voice therapy

<https://www.keckmedicine.org/centers-and-programs/gender-affirming-care/>

The link above brings you to a catalog of the Gender Affirming Care Providers at Keck Medicine. You can look through and choose who you feel would be the best fit, based on your needs and preferences

CALL: 323-442-5843

EMAIL: KeckGenderCare@med.usc.edu

Please include your chosen name and pronouns, name on insurance, DOB, insurance plan name, and the best phone number to reach you. Please let us know what services you need (for example, primary care, top surgery, etc.) and/or which specialty/provider (if known) you would like to see

UCLA Gender Health Program - Los Angeles, CA

Specialties: top surgery, facial reconstruction, bottom surgery, reproductive health and fertility, voice surgery, hormone therapy

<https://www.uclahealth.org/medical-services/gender-health>

Select "meet our team" to see the many providers at this clinic and their specialties

CALL: 310-267-4334

EMAIL: genderhealth@mednet.ucla.edu

Center for TransYouth Health & Development through Children's Hospital LA - Los Angeles, CA

Specialties: gender affirming medical treatment and mental health services

<https://www.chla.org/adolescent-and-young-adult-medicine/center-transyouth-health-and-development>

CALL: 323-361-2153

EMAIL: ctyhd@chla.usc.edu

Scripps Gender Confirmation Surgery - San Diego, CA

Specialties: top surgery (FTM and MTF), facial feminization, body contouring

<https://www.scripps.org/services/plastic-surgery/gender-confirmation-surgery>

CALL: 858-554-8991 to schedule a consultation

UCSD Gender Affirming Care - San Diego, CA

Specialties: reconstructive urology, plastic surgery, fertility, gynecology, endocrinology, dermatology, primary care

<https://health.ucsd.edu/care/gender-affirming-care/>

CALL: 619-543-3633

EMAIL: genderhealth@health.ucsd.edu

S. California Kaiser Permanente Gender Health Services & Transgender Care - San Diego, CA
Specialties: gender-affirming surgery pathways, hormone therapy, gynecologic services, fertility preservation, mental health services (adult and youth), primary care, care management

<https://thrive.kaiserpermanente.org/care-near-you/southern-california/transgender/>

CALL THE TRANSGENDER CARE LINE: 323-857-3818

Queer-Affirming Primary Care in California

Dr. Izzy Lowell, MD, QueerMed - Telemedicine nationwide

Founded in 2017 by Dr. Izzy Lowell, QMed has expanded to include a team of skilled doctors and nurse practitioners specializing in gender-affirming care. They provide compassionate, evidence-based treatments for nonbinary and transgender adolescents and adults nationwide.

<https://queermed.com/>

UCLA LGBTQ+ Health Initiative - Los Angeles, CA

<https://www.uclahealth.org/programs/lgbtq/our-team/primary-care>

Los Angeles LGBT Center Primary Care - Los Angeles, CA

<https://lalgbtcenter.org/services/medical-services/primary-care/>

Stanford Healthcare LGBTQ+ Health

<https://stanfordhealthcare.org/medical-clinics/lgbtq-health.html>

Cedars-Sinai LGBTQ+ Center - Beverly Hills, CA

<https://www.cedars-sinai.org/locations/multispecialty-wilshire-5716162.html>

CommuniCare - Napa, Solano, and Yolo counties

<https://communicareole.org/services/lgbtq/>

Sutter Health - Northern CA

<https://www.sutterhealth.org/services/lgbtqi-care>

Know Your Laws and Rights

Trans Legislation Tracker

<https://translegislation.com/bills/2025/CA>

Human Rights Campaign

Attacks on Gender Affirming Care by State

<https://www.hrc.org/resources/attacks-on-gender-affirming-care-by-state-map>

LGBTQ+ Discrimination Rights in California

<https://oag.ca.gov/lgbtq/rights>

Department of Managed Healthcare

Rights to trans/gender-affirming healthcare in California

<https://www.dmhc.ca.gov/HealthCareinCalifornia/GettheBestCare/TGICare.aspx#:~:text=Yes%20C%20health%20plans%20licensed%20by,medically%20necessary%20Gender%20Affirming%20Care.>

Human Rights Campaign - Rights on Gender-Affirming Care

<https://www.hrc.org/resources/get-the-facts-on-gender-affirming-care>

Legal Assistance

Advocates for Trans Equality

Advocates for Trans Equality is tracking all of the latest executive orders and the Trump Administration's ongoing attacks on the trans community. Our lawyers and policy experts are on the front lines of this fight, and we need your support.

<https://transequality.org/>

Oasis Legal Services

Immigration legal services for the LGBTQ+ community

<https://www.oasislegalservices.org/>

TransGender Law Center

TLC is the largest national trans-led organization advocating for a world in which all people are free to define themselves and their futures. Grounded in legal expertise and committed to racial justice, TLC employs a variety of community-driven strategies to keep transgender and gender nonconforming people alive, thriving, and fighting for liberation.

<https://transgenderlawcenter.org>

ACLU

The ACLU works to ensure that lesbian, gay, bisexual, transgender and queer people can live openly without discrimination and enjoy equal rights, personal autonomy, and freedom of expression and association.

<https://www.aclu.org/>

The Human Rights Campaign

Together, we defeated Trump, shifted the landscape for LGBTQ+ employees in the US and around the globe, and made it safer for LGBTQ+ people to be out, proud, and visible in schools, workplaces, and communities. But the fight is far from over. From mobilizing 62+ million Equality Voters to turning the tide on anti-LGBTQ+ hate, we're focused on fighting for the liberation of all of our people - without exception and without leaving anyone behind.

<https://www.hrc.org/>

Lambda Legal

For five decades and counting, Lambda Legal has proudly served as attorneys for the LGBTQ+ community and people living with HIV. They work with issues of Employment, Fair Courts, Family Protections, Health Care, HIV, Immigration, Criminal Legal System & Police Misconduct, Religious Exemptions, Seniors, Students' Rights, Transgender & Nonbinary Rights, and Youth

<https://lambdalegal.org/>

Out and Equal Workplace Advocates

Out & Equal Workplace Advocates is the pre-eminent national organization devoted to the lesbian, gay, bisexual, and transgender (LGBT) community in the workplace.

www.outandequal.org

California Rural Legal Assistance

<https://crla.org/programs/lgbtq>

LA Law Library - LGBTQ+ Resources

<https://www.lalawlibrary.org/selfhelp/lgbt-resources>

Civil Rights Project - UCLA

<https://www.civilrightsproject.ucla.edu/resources/community-tools/lgbtq-resources>

Mutual Aid/Financial Support

Mutual Aid LA Network

<https://mutualaidla.org/>

Okra Project

Black Trans led mutual aid

<https://www.theokraproject.com/>

Trans Youth Emergency Project

The Trans Youth Emergency Project is here to help families navigate this complex and exhausting maze, offering logistical and financial support. Our team provides 1-on-1 custom patient navigation services and supports families of transgender youth with emergency grants to help them travel out of state for care.

<https://southernequality.org/tyep/>

Dem Bois, Inc

Dem Bois prioritizes ongoing access to shared experiences that allow us to learn how trauma shows up in our bodies, relationships, and lives. The Gender Affirming Surgery Grants help trans men of color explore and understand their gender identity and relieve anxieties around gender dysphoria by supporting gender affirming surgery cost.

<https://www.dembois.org/>

Transgender Surgery Fund

Point of Pride's Annual Transgender Surgery Fund is a scholarship-like program that provides direct financial assistance to trans folks who cannot afford their gender-affirming surgery.

<https://www.pointofpride.org/annual-transgender-surgery-fund>

HRT Access Fund

Point of Pride's HRT Access Fund is a scholarship-like program that provides direct financial assistance to trans folks who cannot afford their gender-affirming hormone replacement therapy.

<https://www.pointofpride.org/hrt-access-fund>

Electrolysis Support Fund

Point of Pride's Electrolysis Support Fund provides financial assistance towards permanent hair removal services (including electrolysis and laser hair removal) for trans folks who cannot otherwise afford them.

<https://www.pointofpride.org/electrolysis-support-fund>

Thrive Fund

Point of Pride's Thrive Fund provides small grants to trans folks who cannot afford gender-affirming health and wellness services that fall outside of our existing programs.

<https://www.pointofpride.org/thrive-fund>

GenderBands

Grants for trans folks. Grants available to applicants under 18 years old (with parental or guardian consent): Gender-affirming clothing, Gender-affirming haircuts, Name change, Gender-marker change, Corrected vital records, Travel for gender-affirming healthcare

<https://www.genderbands.org/grants>

They are not able to open our grant applications for fall 2025. Genderbands' Transition Grant Fund is dependent on fundraising we do during the previous year. Due to multiple years of low funding, Genderbands does not have the resources to offer grants for this year.

Free Chest Binders

Point of Pride provides free chest binders (specially-designed chest compression garments) to any trans person who needs one and cannot afford or safely obtain one. Binders and shipping are both free and sent in discrete packaging.

<https://www.pointofpride.org/free-chest-binders>

Free Femme Shapewear

Point of Pride provides free femme shapewear (specially-designed compression underwear/gaffs) to any trans femme person who needs one and cannot afford or safely obtain one. Shapewear and shipping are both free and sent in discrete packaging.

<https://www.pointofpride.org/free-femme-shapewear>

Name / Gender Change Information

SAFTY (Supportive Allies for Trans Youth)

<https://www.safty.org/name-gender-change>

National Center for Transgender Equality

<https://transequality.org/documents/state/california>

Legal Name & Gender Marker Change

<https://lyric.org/wp-content/uploads/2020/03/Legal-Name-Gender-Marker-Change-A-step-by-step-guide.pdf>

Name & Gender Change Google Drive broken down into folders of everything you need to know

<https://drive.google.com/drive/folders/1dkH4gvEQfe6837SXer5Pi1v4IW96U3RN>

Binding and Tucking Resources

Chest Binding 101

<https://transguys.com/features/chest-binding>

Tips to Bind your Chest Safely

<https://point5cc.com/tips-to-bind-your-chest-safely/>

Binding Tape

<https://transtape.life/>

How to Bind

<https://www.pointofpride.org/binding>

How to Tuck

<https://www.pointofpride.org/tucking>

Tucking Guide

<https://translifeline.org/tucking-guide/>

Trans Health Tucking Guide

<https://fenwayhealth.org/wp-content/uploads/Trans-Health-Tucking-Guide.pdf>

Tucking Tape

<https://unlockable.com/>

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<https://www.pointofpride.org/free-femme-shapewear>

Queer-Affirming Clothing Brands

tomboyX

<https://tomboyx.com/>

Outplay

<https://shopoutplay.com/>

Gc2b

<https://www.gc2b.co/>

both&

<https://www.bothandapparel.com/>

Urbody

<https://urbody.co/>

Woxer

<https://woxer.com/>

The Phluid Project

<https://thephfluidproject.com/>

Androgynous Fox

<https://androgynousfox.com/>

PussyBoy Apparel

<https://www.pussyboyapparel.com/>

QUEER MEDIA

Publications/Queer News Sources

Spectrum Queer Media

<https://www.spectrumqueermedia.com/home-1>

Q Voice News

<https://qvoicenews.com/>

Them

<https://www.them.us/>

The Advocate

<https://www.advocate.com/>

OUT Magazine

<https://www.out.com/>

GLAAD

<https://glaad.org/>

PrideSource

<https://pridesource.com/>

Pink Spots - LGBTQ Directory

<https://www.gaypinkspots.com/>

Pride Day – 2022 (Podcast)

Interviews with OCFS employees and partners, exploring identity, culture and diversity.

<https://creators.spotify.com/pod/show/angelica444/episodes/Tom-and-Margo-e1jvve8/a-a85eapi>

Pride Connection Blind LGBT Pride International (Podcast)

Pride Connection is a space where everyone is welcome, no matter how you identify or where your life is taking you. Each week, the podcast explores topics such as advocacy, education, sexuality, entertainment and more. The core mission is to learn and mingle while having fun. So join the Pride Connection party!

<https://podcasts.apple.com/us/podcast/pride-connection/id1531768768>

Online Educational Information on Queerness

GLAAD Resource List

<https://glaad.org/resourcelist/>

Making Gay History - A Podcast with interviews of LGBTQ+ people in history

<https://makinggayhistory.com/>

It Gets Better Queer Glossary

https://itgetsbetter.org/glossary/?gad_source=1&gclid=CjwKCAjw7-SvBhB6EiwAwYdCAYmVro7DsYQKGSuL4jG-WV2P52dJ3wAZGvgocdx_dp_aULweZfPZsRoCHYkQAvD_BwE

What Does "Two-Spirit" Mean?

<https://www.youtube.com/watch?v=A4IBibGzUnE>

Library of Congress - The History of Pride Archives

<https://www.loc.gov/ghe/cascade/index.html?appid=90dcc35abb714a24914c68c9654adb67>

9 LGBTQ+ People Explain How They Love, Hate, and Understand the Word "Queer"

<https://www.them.us/story/what-does-queer-mean>

History of Queer Slang Used Today

<https://yr.media/identity/whats-the-tea-a-glossary-of-queer-slang/>

Queer TV/Movies

[*Paris is Burning*](#) (1990)

Against a backdrop of poverty, AIDS and discrimination in 1980s New York City, this seminal documentary chronicles Harlem drag balls as houses compete in various categories, using fashion, movement and style to win trophies.

[*Disclosure*](#) (2020)

In this documentary, leading trans creatives and thinkers share heartfelt perspectives and analysis about Hollywood's impact on the trans community.

[*A Secret Love*](#) (2020)

Falling in love in 1947, two women -- Pat Henschel and pro baseball player Terry Donahue -- begin a 65-year journey of love and overcoming prejudice.

[*Love, Simon*](#) (2018)

Everyone deserves a great love story, but for 17-year-old Simon Spier, it's a little more complicated. He hasn't told his family or friends that he's gay, and he doesn't know the identity of the anonymous classmate that he's fallen for online. Resolving both issues proves hilarious, terrifying and life-changing.

[Moonlight](#) (2016)

A look at three defining chapters in the life of Chiron, a young black man growing up in Miami. His epic journey to manhood is guided by the kindness, support and love of the community that helps raise him.

[Heartstopper](#) (2022)

Teens Charlie and Nick discover their unlikely friendship might be something more as they navigate school and young love.

[Atypical](#) (2017)

This heartfelt comedy follows Sam, a teenager on the autism spectrum, who has decided he is ready for romance. In order to start dating -- and hopefully find love -- Sam will need to be more independent, which also sends his mother (Jennifer Jason Leigh) on her own life-changing path. She and the rest of Sam's family, including a scrappy sister and a father seeking a better understanding of his son, must adjust to change and explore what it means to be "normal."

[She-Ra and the Princesses of Power](#) (2020)

Soldier Adora finds a magic sword - and her identity as legendary hero, She-Ra. She joins the Rebellion, but her best friend stays with the evil Horde.

[Steven Universe](#) (2013)

Steven accompanies the Crystal Gems, a team of magical beings, on adventures to save planet Earth.

[Will and Harper](#) (2024)

When Will Ferrell's good friend Harper comes out as a trans woman, they take a road trip to bond and reintroduce Harper to the country as her true self.

Queer Books

Pedagogy of the Oppressed by Audre Lorde

Gender Queer by Maia Kobabe

Beyond the Gender Binary by Alok Vaid Menon

A quick and easy guide to they/them pronouns by Archie Bongiovanni & Tristan Jimerson

HE/SHE/THEY by Schuyler Bailar

All Boys Aren't Blue: A Memoir-Manifesto by George M. Johnson

Polysecure: Attachment, Trauma and Consensual Non-Monogamy by Jessica Fern

Pageboy by Elliot Page

The T Guide by Gigi Gorgeous and Gottmik

ACE by Angela Chen

Friends of Dorothy by Anthony Uzarowski

Young Queer America by Maxwell Poth

Our Work is Everywhere: An Illustrated Oral History of Queer & Trans Resistance by Syan Rose

Junior High by Tegan & Sara Quin

High School by Tegan & Sara Quin

A Year Without a Name by Cyrus Grace Dunham

Non-Binary Lives: An Anthology of Intersecting Identities Essays by Various Authors

Legendary Children: The First Decade of RuPaul's Drag Race and the Last Century of Queer Life by Tom Fitzgerald & Lorenzo Marquez

Trans Bodies, Trans Selves: A Resource by and for Transgender Communities by Laura Erickson-Schroth

Corpses, Fools and Monsters: The History and Future of Transness in Cinema by Willow Maclay and Caden Gardner

Fun Home: A Family Tragicomic by Allison Bechdel

And the Category Is... Inside New York's Vogue, House, and Ballroom Community by Ricky Tucker

Queer Social Media Pages to Follow

LGBT History

Shares moments from queer history and liberation in photos

@lgbt_history on instagram

Alok V Menon

speaker, author, advocate, and performer, gender non-conforming south Asian

@alokvmenon on instagram

Chella Man

model and actor, advocates on behalf of the Chinese-American, transgender, deaf, and Jewish communities - as he's a member of all of them

@chellaman on instagram

Jonathan Van Ness

hairstylist on Queer Eye, LGBTQ+ influencer, podcaster

@jvn on instagram

Pattie Gonia

Pattie is a queer drag queen environmentalist building a community for LGBTQ folks, allies, and the planet.

@pattiegonia on instagram

Ash Hardell

Youtuber, Ash's insight and honest approach to LGBTQIA+ education has helped millions of kids and adults understand who they are

@ashhardell on instagram

Mark Kanemura

Professional LGBTQ+ Hawaiian dancer and choreographer, seen on So You Think You Can Dance and Rupaul's Drag Race. Posts pride content, dance skits, and collabs with other queer entertainers

@mkik808 on instagram

Elle Deran

As a nonbinary actor, singer, and content creator. Elle uses her platform to share educational and informative queer-affirming content. They fill their feed with their daily experiences, messages on mental health, and so much more

@elle.deran on instagram

Dylan Mulvaney

Social media personality who has detailed her gender transition in daily videos published on TikTok since early 2022. She gained a higher profile after her interview with U.S. president Joe Biden at the White House, during which she spoke about transgender rights

@dylanmulvaney on instagram

Schuyler Bailar

Author, educator, American swimmer and advocate for LGBTQ+ rights. He is the first openly transgender NCAA Division I swimmer, and also the first publicly documented NCAA D1 transgender man to compete as a man in any sport

@pinkmantaray on instagram

Elliot Fletcher

Transgender actor who is best known for his work in the MTV comedy series Faking It, Freeform's drama series The Fosters, and Showtime's series Shameless - amongst other roles
@elliottfgf on instagram

Ezra Michel

Public speaker, community educator, musician. In 2022 Ezra launched his first designer clothing brand, PUSSYBOY, a line dedicated to the empowerment of his transmasculine community, specifically targeting folks with bottom dysphoria
@ezramichelmusic on instagram

Indya Moore

Indya Adrianna Moore is an American actor and model. They are known for playing the role of Angel Evangelista in the FX television series Pose. Time named them one of the 100 most influential people in the world in 2019. Moore is transgender and non-binary, and uses they/them and she/her pronouns
@indyamoore on instagram

Michaela Jae Rodriguez

She made history as the first Trans woman to win a Golden Globe Award for her ground-breaking performance in Pose. While Pose propelled Rodriguez to global fame, she has always been committed to changing the way the world views Trans actors
@mjrodriguez7 on instagram