

LGBTQ+ Behavioral Health Referrals

Rev. 4/22

Organization	Contact	Details
Children/Teen LGBTQ+ Resources		
The Trevor Project Lifeline [24/7] Trans Lifeline [24/7] LGBT National Hotline	(866) 488-7386 (877) 565-8860 (888) 843-4564	National Suicide Hotline [24/7] (800) 273-8255 National Domestic Violence Hotline [24/7] (800) 799-7233 Substance Abuse/Behavioral Hotline [24/7] (800) 662-4357
The Trevor Project www.thetrevorproject.org	(866) 488-7386 24/7 Hotline	24/7 Hotline providing crisis/suicide intervention and a safe space to talk for LGBTQ+ youth Also offers support via a secure online chat program (TrevorChat) as well as via text-message – Text START to 678-678
LA LGBT Center 1625 N. Schrader Boulevard Los Angeles, CA 90028 www.lalgbtcenter.org	(323) 993-7500 Ext. #5 M-F, 8:00 - 5:00	Offers group/individual counseling and other social services for LGBTQ+ members between 12-24 years old All mental health services offered on sliding scale (based on need) Provides substance abuse and sexual health services Accepts: Medi-cal and many other insurances
Colors LGBT Youth Counseling 400 Corporate Pointe Culver City, CA 90230 www.colorsyouth.org	(310) 578-1080 Ext. #320 colors@antioch.edu	Provides individual, couples, and family counseling by therapists with a youth LGBTQ+ specialization Free and unlimited services for individuals younger than 25 Call or fill out intake form on website
LifeWorks Los Angeles Part of the LA LGBT Center www.lifeworksla.org	(323) 860-7391 lifeworks@lalgbtcenter.org	Offers one-on-one, peer, and group mentoring opportunities for LGBTQ+ youth under 24 years old Weekly youth safe-space programs [Temporarily Suspended]
We Exist - Tarzana Treatment Centers https://www.tarzanatc.org	(888) 777-8565 - WeExist@TarzanaTC.org	Provide Support groups for LGBTQI2-S Transition Age Youth and their families/ caregivers, referrals to LGBTQ+ affirming services and community presentations and trainings.
UCLA Health EMPWR Program www.uclahealth.org/empwr	(310) 825-7573 empwr@mednet.ucla.edu	UCLA's division of behavioral health designed to promote well-being and resilience in LGBTQ+ children and young adults Offers individual, family, and group therapy Online/telehealth LGBTQ+ teen resilience group (ages 12-17)
Children's Hospital, Los Angeles Center for Transyouth Health www.chla.org/the-center-transyouth-health-and-development	(323) 361-5372 ctyhd@chla.usc.edu	Provides gender-affirming care to transgender adolescents and their families via peer support groups, hormone therapies, etc. Helps connect families with proper support services and external resources

Adult LGBTQ+ Resources

LA LGBT Center 1625 N. Schrader Boulevard Los Angeles, CA 90028 www.lalgbtcenter.org	(323) 993-77500 Ext. #5 M - F, 8:00 - 5:00	Offers individual, couple, family, group and psychiatric care Provides health services such as Hiv/STD testing Accepts: Medi-cal and other insurances
Trans Wellness Center 3055 Wilshire Boulevard, Suite 360 Los Angeles, CA 90010 www.mytranswellness.org	(323) 993-2900	Trans-oriented counseling every Wednesday and Thursday Bilingual therapists (English and Spanish) are available Specializes in transitioning, depression, domestic violence, etc. Call for appointment [Walk-Ins Temporarily Suspended]
LGBT Center, Long Beach 2017 E. 4th Street Long Beach, CA 90814 www.centerlb.org	(562) 434-4455 Ext. #228	Individuals, couples, group and family therapy options Therapy offered M-F, 10:00 - 8:00, and Sat. 10:00 - 3:00 Weekly 50 minute sessions offered on <u>Sliding scale only</u>
Bienestar [Multiple Locations] 4955 W. Sunset Boulevard Los Angeles, CA 90027 www.bienstar.org/mental-health POC Resource	(866) 590-6411 info@bienstar.org	Individual, partner, and family therapy for LGBTQ+ people Offers opportunities to join support group with emphasis on reaching members of the Latino community Bilingual therapists and counselors available (English and Spanish) All services are temporarily online
Los Angeles Gender Center 1923 Westwood Boulevard Los Angeles, CA 90025 www.lagendercenter.org	(310) 475-8880 Contact via Website	Variety of peer support groups for those exploring gender identity. Provides referrals to therapist who specialize in gender identity and gender dysphoria (<i>fees/scheduling is dependent on affiliates</i>) All support groups are temporarily online
San Gabriel Valley LGBTQ Center 2607 S. Santa Anita Ave. Arcadia, CA 91006 www.sgvlgbtq.org	(626) 578-5772 info@sgvlgbtq.org	Offers a variety of peer support groups and programs Special programs for elders and non-binary individuals All programs are temporarily online
Open Paths Counseling Center 400 Corporate Pointe, Suite 300 Culver City, CA 90230 www.openpaths.org	(310) 258-9677 M-F, 10:00 - 6:00	Reduced-price, sensitive therapy for LGBTQ+ members Individual therapy sessions in English and Spanish based on a sliding-scale fee structure and support groups (some for free!) All services are temporarily being offered online
South Bay LGBTQ Center 16610 Crenshaw Blvd. Torrance, CA 90504 www.southbaycenter.org	(310) 328-6550 SouthBayLGBTCenter@gmail.com	Offers a variety of programs, activities, and support groups from game nights to book clubs, designed to celebrate and uplift members of the queer community All services are temporarily online
Am Bi, Los Angeles Chapter www.ambi.org/losangeles	Connect through Facebook (website)	Hosts events and activities throughout LA for individuals to explore their bisexuality and establish community Holding virtual events w/ LA-LGBT center during COVID-19 (<i>Note: all meetings will require a Meetup invitation</i>)
PFLAG Los Angeles 10497 Wilshire Blvd. Los Angeles, CA 90024 www.pflagla.org POC Resource	(888) 735-2488 info@pflag.org	Offers twice-monthly online support meetings for members of the LGBTQ+ community and their families and friends Provides support and resources for families of faith as well as English and Spanish speakers
Trans Lifeline www.translifeline.org/resources Online Resource / POC Resource	(877) 565-8860 24/7 Hotline	24/7 Hotline staffed by trans/non-binary peer operators Provides online resources for self-care, emotional support, etc. Offers microgrants to trans individuals to support name changes

Resources for Parents of LGBTQ+ Individuals

Supporting Trans Loved Ones PFLAG (www.pflag.org) Online Resource / POC Resource	(888) 735-2488 info@pflag.org	Questions and answers for parents, families, and friends of people who are transgender or gender expansive. https://pflag.org/sites/default/files/Our%20Trans%20Loved%20Ones.pdf
Transforming Family 1000 N. Alameda Street, Suite 240 Los Angeles, CA 90012	FamilySupport@transformingfamily.org	Offers zoom meetings for Los Angeles families with transgender or gender non-conforming children to get support and guidance. Request Invitation: https://www.transformingfamily.org/contact_us
Trans Youth Family Allies www.imatyfa.org Online Resource	(866) 462-8932 info@imatyfa.org	Set of online resources for parents of Transyouth including tips and answers to frequently asked questions. http://www.imatyfa.org/parents.html (English & Spanish)
Family Acceptance Project www.familyproject.sfsu.edu Online Resource	fap@sfsu.edu	Resources and publications to help diverse families learn how to best support their LGBTQ+ family members Includes resources for faith-based family education https://familyproject.sfsu.edu/publications (English, Spanish & Chinese)