**Mental Health Resources**

The Trevor Project - [Trevor Project Home Page](https://www.thetrevorproject.org/#sm.00001orfgj9l4yem7phbmt7lroqix)

TrevorlineLifeline: Helpline (866) 488-7386, 24/7/365, for crisis intervention and suicide prevention

TrevorChat: Instant messaging with a counselor, 7 days a week, Noon-7pm PT

TrevorText: text “Trevor” to (202) 304-1200, Monday-Friday, Noon-7pm PT

The Association for LGBT Issues in Counseling - [Home Page](http://www.algbtic.org/)

[Resources Page](https://saigecounseling.org/resources/)

[National LGBTQIA+ Health Education Center](https://www.lgbtqiahealtheducation.org/)

LGBT Helpline (Ages 25+)

(888) 340-4528 or (617) 267-9001

Hours: Monday-Saturday, 6:00pm-11:00pm

Fenway Health’s anonymous and confidential hotline, offering help, information, referrals, and support for LGBT individuals who are age 25 or older. Call for support related to safer sex, coming out, where to find gay-friendly establishments, HIV and AIDS, depression, suicide, anti-gay/lesbian harassment and violence, or any other issues you are facing.

Peer Listening Line (Ages 25 and Under)

(800) 399-PEER or (617) 267-2535

Hours: Monday-Saturday, 5:30pm-10:00pm

Fenway Health’s anonymous and confidential hotline, offering help, information, referrals, and support for LGBT individuals who are age 25 or under. Call for support related to safer sex, coming out, where to find gay-friendly establishments, HIV and AIDS, depression, suicide, anti-gay/lesbian harassment and violence, or any other issues you are facing.

LGBT National Help Center

Gay, Lesbian, Bisexual and Transgender National Hotline

1 (888) 843-4564; Email: help@GLBThotline.org

Hours (Pacific Time): Monday-Friday, 1:00pm-9:00pm; Saturday, 9:00am-2:00pm

Hours (Eastern Time): Monday-Friday, 4:00pm–Midnight; Saturday, Noon–5:00 pm

The GLBT National Helps Center’s private hotline for one-on-one chat and email peer-support. Call for support related to coming out, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, or any other issues you are facing.

GLBT National Youth Talkline (25 and Under)

1 (800) 246-PRIDE

Hours (Pacific Time): Monday–Friday, 1:00pm-9:00pm; Saturday, 9:00am-2:00pm

Hours (Eastern Time): Monday–Friday, 4:00pm-Midnight; Saturday, Noon-5:00pm

The GLBT National Help Center’s private hotline for one-on-one chat and email peer-support, servicing those up to age 25. Call for support related to coming out, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, or any other issues you are facing.

[Online Peer-Support Chat](https://www.glbthotline.org/peer-chat.html)

Hours (Pacific Time): Monday-Friday, 1:00pm-9:00pm; Saturday, 9:00am-2:00pm

Hours (Eastern Time): Monday-Friday, 4:00pm-Midnight; Saturday, Noon-5:00pm

The GLBT National Help Center’s confidential, one-on-one online chat support for LGBT and questioning people. Reach out for support related to coming out, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, or any other issues you are facing.

Services and Advocacy for GLBT Elders (SAGE)

Toll-free 1 (888) 234-SAGE or 1 (888) 234-7243

Hours (Pacific Time): Monday-Friday, 1:00pm-9:00pm; Saturday, 9:00am- 2:00pm

A place for LGBT elders (50 and over) to call when they need peer counseling, information, and local resources.

[Trans Teens Online Talk Group](https://www.glbthotline.org/transteens.html)

Hours (Pacific Time): Wednesdays 4:00pm-6:00pm

A weekly moderated group for trans and gender-expansive teens ages 12-19 to discuss concerns, issues, and personal victories.

[LGBTQ Teens Online Talk Group](https://www.glbthotline.org/lgbtqteens.html)

Hours (Pacific Time): Tuesdays, 4:00pm-6:00pm

A weekly moderated group for gay, lesbian, bisexual, transgender, queer & questioning to talk in a safe space and to be able to fully express themselves without fear of being made to feel uncomfortable or unwelcome. To discuss concerns, issues and to talk about personal victories. For people ages 12 to 19.

[Resources Search](https://glbtnearme.org/)

[Self Harm Prevention](https://www.glbthotline.org/self-harm-prevention.html)

[Book List](https://www.glbthotline.org/booklist.html)

[Film List](https://www.glbthotline.org/filmlist.html)

National Queer and Trans Therapists of Color Network - [Home Page](https://www.nqttcn.com/)

[Therapist Directory](https://www.nqttcn.com/directory)

Gender Health Center - [Home Page](http://www.thegenderhealthcenter.org/)

A non-profit offering counseling services, help legally changing your name and gender, free rapid HIV testing, health care advocacy, and more.

Trans Lifeline Hotline

(877) 565-8860

Pacific time: 8am-2am

A hotline run by Trans Lifeline, a non-profit centered around offering resources and support to transgender people, with the goal of preventing self harm. The line is intended for those in crisis, including those who are questioning their gender identity, and is run entirely by transgender volunteers

[Sutter Gender Identity Support Group](http://www.sacgender.org/)

Support group for gender variant, transgender and intersex community, their significant others, parents, children, allies and helping professionals. Open, safe, and secure.

Trans Families

Monthly support meeting for transparents, parents with transgender children, spouses and families with or without children. Meets with PFLAG Sacramento.

[Transline](http://www.translifeline.org/)

Crisis hotline operated by transgender people for transgender people. Free with specific hours, counselors are culturally competent to serve trans and gender nonconforming communities.

**Physical Health Resources**

[Gay and Lesbian Medical Association](http://www.glma.org/index.cfm?nodeid=1)

[Resources Page](http://www.glma.org/index.cfm?fuseaction=Page.viewPage&pageId=948&grandparentID=534&parentID=938&nodeID=1)

[Finding a Provider](http://www.glma.org/index.cfm?fuseaction=Page.viewPage&pageId=939&grandparentID=534&parentID=938&nodeID=1)

[Provider Search Engine](https://glmaimpak.networkats.com/members_online_new/members/dir_provider.asp)

[Behavioral Health Providers Who Treat Transgender Persons](http://www.glma.org/index.cfm?fuseaction=Page.viewPage&pageID=667)

[Surgeons Who Perform Sex Confirmation Surgeries](http://www.glma.org/index.cfm?fuseaction=Page.viewPage&pageID=668)

[Surgeons Who Perform Facial And Other Cosmetic Surgery](http://www.glma.org/index.cfm?fuseaction=Page.viewPage&pageID=665)

IMPACT Program

[HIV Prevention](http://www.impactprogram.org/youth-blog/youth-blog-filling-hiv-prevention-toolbox/?gclid=Cj0KCQjw7Z3VBRC-ARIsAEQifZSqBrcJ2NrFxZwwxtC9ChGEjpUNoO939p6lIUe2c4SZwNCG9AuLrZ8aAqGOEALw_wcB)

Healthcare Equality Index - [About the Healthcare Equality Index 2018](http://www.hrc.org/hei/about-the-hei)

Hospitals in the Sacramento Area that meet the earned the Healthcare Equality Index’s “2017 Leader in LGBTQ Healthcare Equality designation”

* Kaiser Permanente, Sacramento Medical Center
* Kaiser Permanente, South Sacramento Medical Center
* Sutter Medical Center, Sacramento
* Sutter Medical Foundation
* UC Davis Medical Center
* Sutter Auburn Faith Hospital
* Sutter Davis Hospital
* Kaiser Permanente, Roseville Medical Center
* Sutter Roseville Medical Center
* Kaiser Permanente, Vacaville Medical Center
* Sutter Auburn Faith Hospital

**Financial Resources**

[20 Scholarships for LGBTQ Students](https://www.learnhowtobecome.org/college/financial-aid-for-lgbtq/)

[Scholarships for LGBTQ Students and Picking a School](https://www.affordablecollegesonline.org/college-resource-center/lgbtq-scholarships-financial-aid/)

[Human Rights Campaign Scholarship Database](https://www.hrc.org/resources/scholarship-database)

[Pride Foundation Scholarships](https://pridefoundation.org/find-funding/scholarships/)

[Campus Pride National Scholarship Database](https://www.campuspride.org/national-scholarship-database/)

**Legally Changing Your Name and/or Gender**

[How to Change Your Name with the DMV and SSA](https://www.dmv.org/ca-california/changing-your-name.php)

[How to file a name change petition](http://www.courts.ca.gov/22489.htm)

[How to change your legal name and gender](http://www.courts.ca.gov/25797.htm)

[How to change only your legal gender](http://www.courts.ca.gov/25797.htm)

**Employment and Business**

[My Rainbow Pages](http://www.myrainbowpages.com/)

LGBT directory of LGBT friendly businesses, professionals and services. Available for free online.

[Sacramento Rainbow Chamber of Commerce](http://rainbowchamber.com/)

LGBT business owners, professionals and allies in the six-county Greater Sacramento region. Chamber hosts monthly mixers and regular professional development workshops for members.

**Legal Resources**

[National Center for Lesbian Rights](http://www.nclrights.org/)

National legal organization committed to advancing the civil and human rights of LGBT people and their families through litigation, legislation, policy, and public education.

[Transgender Law Center](http://transgenderlawcenter.org/)

Advocates change law, policy and attitudes so that all people can live safely, authentically, and free from discrimination regardless of their gender identity or expression.

[Lambda Legal](https://www.lambdalegal.org/)

[California's Policies](https://www.lambdalegal.org/states-regions/california)

[Know Your Rights](https://www.lambdalegal.org/know-your-rights)

[Publications and Resources](https://www.lambdalegal.org/all)

[Lambda Legal Help Desk and Contact](https://www.lambdalegal.org/helpdesk)

Western Regional Office

4221 Wilshire Boulevard,

Suite 280

Los Angeles, CA 90010-3512

(213) 382-7600

[Legal Services of Northern California](https://lsnc.net/)

Sacramento Office Legal Services of Northern California

515 - 12th Street

Sacramento, CA 95814

Phone: (916) 551-2150

Fax: (916) 551-2196

[LSNC Health Program](https://lsnc.net/office/lsnc-health-program)

Serves clients with problems related to obtaining and keeping health-care services.

[Health Insurance Counseling and Advocacy Program](https://lsnc.net/office/health-insurance-counseling-and-advocacy-program-hicap) (HICAP)

Provides counseling and advocacy services for Medicare Beneficiaries in 9 Northern California counties.

[Senior Legal Hotline](https://lsnc.net/slh)

Serves seniors, regardless of income, in Sacramento County.

[Western States Pension Assistance Project](https://lsnc.net/office/western-states-pension-assistance-project)

Provides pension counseling, without charge, to people who live or have worked in Arizona, California, Hawaii or Nevada.

[Voluntary Legal Services Program](https://lsnc.net/office/voluntary-legal-services-program-vlsp) (VLSP)

A voluntary program for private attorneys serving low-income clients in Sacramento County.

**Addiction Recovery**

North Hall – LGBT AA Meetings

3501 2nd Ave Sacramento, California 95817

Daily meetings at 12pm, 6pm, and 8pm

Over the Rainbow NA

1927 L Street, Sacramento, California 95811

Sunday 7-8pm

Tuesday 7-8pm

Thursday 7-8pm

**Seniors**

[Lavender Courtyard by Mutual Housing](http://www.mutualhousing.com/future-communities/lavendercourtyard/)

A new affordable, LGBT-welcoming senior housing project scheduled for the corner of 16th and F streets in Sacramento for those 62 years of age and older.

[National Resource Center on LGBT Aging](http://www.lgbtagingcenter.org/)

Online resources center providing trainings, technical assistance and educational resources for the aging LGBT populations.

[Services & Advocacy of LGBT Elders](http://sageusa.org/)

National organization committed to improving lives of LGBT older adults with advocacy, location specific programs and online workshops.

[The Wisdom Project](http://www.meetup.com/Wisdom-Project-LGBT-Elders/)

Support network to LGBT elders and allies, which hosts monthly meetings and regular social events.

**Veterans**

[American Veterans for Equal Rights](http://aver.us/)

National non-profit for the betterment of active, reserve, and veteran service members, especially LGBT current or prior military personnel.

[Sacramento Valley Veterans](http://www.sacvalleyvets.com/)

Embracing and supporting the LGBT service members and veteran community with events, monthly meetings and military-specific, local resources on website.

[V.A. Office of Diversity and Inclusion](http://www.diversity.va.gov/programs/lgbt.aspx)

United States Department of Veterans Affairs policies of equal treatment of LGBT service members.

**Religious Institutions**

Believe Out Loud - [Home Page](http://www.believeoutloud.com/)

Gay and Lesbian Vaishnava Association - [Home Page](http://www.galva108.org/)

World Congress of GLBT Jews - [Home Page](http://glbtjews.org/)

**Misc. and Multiple Categories**

[Sacramento LGBT Center](https://saccenter.org/)

Works to support the health and wellbeing of LGBTQ people by offering referalls, HIV and Hep C testing, showers, laundry, and toiletries for homeless youth, and more.

[Community Resources](https://saccenter.org/programs/community-resources/)

[Health Programs](https://saccenter.org/programs/health-programs/)

[Youth Programs](https://saccenter.org/programs/youth/)

[Trans College Resources](http://www.affordablecollegesonline.org/transgender-college-student-guide/)

Despite the many advancements made by progressive colleges and universities in the last decade, trans students continue to experience higher-than-usual rates of discrimination and inequitable experiences. In fact, more than 40 percent of trans students reported feeling isolated from campus life during the previous academic year. This guide will help students find answers and resources for common issues experienced on campus while also empowering them to stand up for themselves and know their rights.

**Homelessness and Shelter Housing**

[Wind Youth Services](http://windyouth.org/)

Six-bed, short term shelter and daily drop-in center for youth ages 12-24. Peer advocacy and resources referrals to provide youth with permanent housing solution.

[Sacramento LGBT Center](https://saccenter.org/housing-services)

Q-Spot Drop-In Center: 7-days a week, we offer LGBTQ+ youth a safe and brave space for social and emotional support through mental health respite and peer mentorship.

* Showers and Laundry
* Food and Clothing Closet
* Survival Supplies
* Outlets for Phone Charging, Computer Lab and WiFi
* LGBTQ+ Library
* Art Projects and Life-Skills Workshops
* HIV/HCV Testing
* Victim Services

All housing programs are accessed through Q-Spot. The STEP emergency shelter, TLP transitional living home, and Host Homes do NOT accept walk-up guests.

Short-Term Transitional Emergency Placement Programs (STEP): This program provides 24-hour shelter in community with an average 90-day stay that includes meals, clothing, and transportation assistance for youth ages 18-24 who have been victims of crime. Youth will receive assistance from case managers and advocates to obtain identification documents, access medical and mental health services, and navigate next step in their transition to more permanent housing.

Transitional Living Program (TLP): This program empowers 18-24-year-old youth who have been victims of crime with the support and life-skills they need to establish self-sufficiency. Youth are provided stable housing in community for up to 24-months that includes meals, clothing, transportation assistance, intensive case management, counseling, transportation, education and employment services, life skills workshops, and establishment of a support system that they can maintain after exiting the program.

Host Homes: This program provides bridge housing for 18-24-year-old youth in homes of community hosts. The length of stay is flexible, averaging 4-6 months. Youth are provided stable housing, meals, social/emotional support, and case management while making progress toward their life goals. FAQ sheet can be found [here](https://saccenter.org/wp-content/uploads/2019/07/FAQs-HH.pdf).

This program is funded in part by the Sacramento County Division of Behavioral Health Services through voter approved Proposition 63, Mental Health Services Act (MHSA), the California Office of Emergency Services (CalOES), City of Sacramento, and private community donors.