

National Gender-Affirming Care Resources

Behavioral Health Resources

Medical Resources

Behavioral Health Resources

- **The Trans Lifeline:** Crisis intervention, emotional support, and financial support by trans people, for trans people: 877-565-8860
 - Website: <https://translifeline.org/>
- **The Trevor Project:** Crisis intervention and mental health support for LGBTQ+ youth
 - Website: <https://www.thetrevorproject.org/>
- **Psychology Today:** Database of therapists and psychiatrists searchable by location, specialties, and accepted insurance. Their [transgender filter](#) identifies trans-affirming providers. Clinicians offering telehealth may work with any client in their state.
 - Website: <https://www.psychologytoday.com/us/therapists>
- **Inclusive Therapists and TherapyDen:** Mental healthcare directories with specific filters for historically marginalized clients and providers.

Medical Resources

- **OutCare:** LGBTQ+ provider directory, health equity education, community resources, support groups, research
 - Website: <https://www.outcarehealth.org/>
- **Trans Health Project – Transgender Legal Defense and Education Fund:** Health access information and tutorials, state-by-state coverage information, resource databases
 - Website: <https://transhealthproject.org/>
- **Trans in the South Guide** – Health and legal service provider directory in Southeast US
 - Website: <https://southernequality.org/resources/transinthesouth/>
- **Outcare:** Database of healthcare, behavioral health, social, and political resources for the trans community
 - Website: <http://transcaresite.org/>
- **Out2Enroll:** Health insurance navigation and support for LGBTQ+ individuals.
 - Website: [Home - Out2Enroll - Out2Enroll](#)
- **Sppare.me** - At-home sperm freezing and storage
 - Website: <https://sppare.me/>



Legal Resources

- **ID Change Library – Trans Lifeline:** Master list of location-specific procedures for changing legal name, driver's license, birth certificate, passport, social security card, immigration documents, tribal ID, and microgrants for changing fees
 - Website: <https://translifeline.org/resources/id-change-library/>
- **ID Documents Center – National Center for Transgender Equality:** State-specific name and gender change information
 - Website: <https://transequality.org/documents>
- **Trans Legal Services Network Directory – National Center for Transgender Equality:** State-by-state trans legal services directory
 - Website: <https://transequality.org/resources/trans-legal-services-network-directory>
 - **Transgender Law Center** - Legal helpdesk, shared resources, litigation services, and programs such as Border Butterflies, Black LGBTQIA+ Migrant Project, Positively Trans, Disability Project, Black Trans Circles
 - Website: <https://transgenderlawcenter.org/get-help/>
- **National Center for Lesbian Rights** (serves all LGBTQ+ identities) – litigation, legislation, policy, public education
 - Website: <https://www.nclrights.org/>
- **Lambda Legal Help Desk** – General legal information and resources relating to discrimination based on sexual/gender identity and HIV status
 - Website: <https://lambdalegal.org/helpdesk/>
- **Sylvia Rivera Law Project** – Legal Support
 - Website: <https://srlp.org/>

Financial Resources

- **Genderbands**
 - All-ages transition grants
 - Website: <https://www.genderbands.org/grants>
- **Jim Collins Foundation**
 - Gender-affirming surgical grants
 - Website: <https://jimcollinsfoundation.org/>
- **TransMission** – Up to \$500 toward transition-related expenses
 - Website: <https://www.loftgaycenter.org/transmission>
- **Trans United with Family and Friends**
 - Transition grants



- Website: <https://tufforg.wixsite.com/tuffnew/apply>
- **Point of Pride**
 - Trans surgery fund, HRT access fund, electrolysis support fund, free chest binders, free femme shapewear
 - Website: <https://www.pointofpride.org/>
- **Funding Your Transition**
 - Scholarship list from Trans in the South
 - Website: <https://southernequality.org/resources/transinthesouth/funding-your-transition/>
- **Black Transmen Brother2Brother Grants**
 - Up to \$1,000 for top surgery, free chest binder
 - Website: <https://blacktransmen.org/top-surgery-grant/>
- **Dem Bois Grant**
 - Gender-affirming surgery grant for AFAB applicants.
 - Website: <https://www.dembois.org/apply-for-a-grant>
- **Elevated Access**
 - Free private flights to access gender-affirming care
 - Website: <https://www.elevatedaccess.org/get-help/gender-affirming-care>
- **Xyosted Copayment Assistance Program**
 - This program provides a maximum benefit up to \$125 per 28-day supply and up to \$375 for a 84-day supply. Eligible patients may pay as low as \$15 co-pay for each prescription filled.
 - Website: [Welcome XYOSTED \(activatethecard.com\)](https://www.activatethecard.com)

Funding PrEP (National Resources)

- **Ready, Set, PrEP**
 - Free PrEP for qualified individuals without insurance prescription coverage
 - Website: <https://readyssetprep.hiv.gov/>
- **Gilead Advancing Access Program**
 - Patient assistance program for uninsured, copay coupons
 - Website: <https://www.gileadadvancingaccess.com/>
- **ViiV Connect**
 - Patient assistance and copay savings for Apretude
 - Website: <https://www.viivconnect.com/patient/get-savings-information/apretude>
- **Patient Advocate Foundation**
 - Copay and premium relief funds
 - Website: <https://copays.org/funds/hiv-aids-and-prevention/>



Family and Youth Resources

- **Imi**
 - Info guides and resource lists to support LGBTQ+ teens exploring identity and mental health
 - Website: <https://imi.guide/>
- **Trevor Project**
 - Information, crisis support, and counseling for LGBTQ+ youth
 - Website: <https://www.thetrevorproject.org/>
- **QChat Space**
 - Online community for LGBTQ+ teens
 - Website: <https://www.qchatspace.org/>
- **Mama Bears**
 - A network of groups, websites, special projects & resources dedicated to supporting, educating and empowering families with LGBTQ+ members and the LGBTQ+ Community
 - Website: <https://www.realmamabears.org/>
- **TransParent**
 - Resources and connection for parents and caregivers of trans individuals
 - Website: <https://transparentusa.org/>
- **Stand With Trans**
 - Therapy Assistance Programs and support groups for trans youth and caregivers
 - Website: <https://standwithtrans.org/>
- **Lambert House Youth Resources**
 - In-person and online support groups for LGBTQ+ youth
 - <https://www.lamberthouse.org/youth-programs>
- **Trans Youth Equality Project**
 - Education, advocacy, support
 - <https://www.transyouthequality.org/>

Informational Resources

- **Transgender Map**
 - Information for planning and funding gender transition including resource lists and definitions
 - Website: <https://www.transgendermap.com/>
- **Trans Health Guides**
 - Callen Lorde educational booklets on topics including sexual health, safe binding/tucking, voice training, and more
 - Website: <https://callen-lorde.org/transhealth/>



- **Safer Sex for Trans Bodies**
 - HRC safe sex guide for centering trans and nonbinary experiences.
 - Website: <https://www.hrc.org/resources/safer-sex-for-trans-bodies>
- **The Gender Dysphoria Bible**
 - Crowdsourced descriptions of experiences relating to gender dysphoria
 - Website: <https://genderdysphoria.fyi/en>
- **The Gender Unicorn**
 - Informational graphic for training and education on gender and sexual identity and expression
 - Website: <https://transstudent.org/gender/>
- **Binding Resource Guide**
 - Information from the Fenway Institute
 - [Binding Resource Guide.pdf \(fenwayhealth.org\)](#)
- **Gender Affirming Clothing Sites**
 - List provided by Seattle Children's Hospital
 - <https://www.seattlechildrens.org/globalassets/documents/for-patients-and-families/pfe/pe3822.pdf>
- **SPARTA**
 - Support and advocacy for trans veterans
 - Website: <https://spartapride.org/>

Education/Career Resources

- **BestColleges' List of Scholarships for Transgender and Nonbinary Students**
 - <https://www.bestcolleges.com/resources/transgender-nonbinary-scholarships/>
- **HRC's LGBTQ+ Student Scholarship Database**
 - <https://www.hrc.org/resources/scholarships>

