

MARIN COUNTY LGBTQ+ RESOURCES

**Note: Some services may have changed due to COVID-19,
please call to confirm hours and services available**

HOTLINE PHONE NUMBERS

LGBT National Hotline

“Callers can speak on many different issues and concerns including, but limited to, coming out issues, gender and/or sexuality identities, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, suicide, and much more.”

Contact: (888) 843-4564

Email: help@LGBThotline.org

Website: <https://www.glbthotline.org/national-hotline.html>

Last Verified On: 04/05/2021

Trevor Lifeline

“Website, chat, & text crisis support, specializing in LGBTQ youth suicide prevention.”

Contact: (866) 488-7386

Text: START to 678-678

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

Last Verified On: 04/05/2021

LGBT National Youth TalkLine

“Free and Confidential peer support for the LGBTQ and questioning community ages 25 and younger.”

Contact: (800) 246-7783

Email: help@LGBThotline.org

Website:

<https://www.glbthotline.org/talkline.html>

Last Verified On: 04/05/2021



LGBT National Senior Hotline

“Speak on many different issues and concerns including, but limited to, gender and/or sexuality identities, coming out issues, relationship concerns, work place and living condition issues, HIV/AIDS anxiety, safer sex information, suicide, isolation, community involvement and much more.”

Contact: (888) 234-7243

Email: help@LGBThotline.org

Website: <https://www.glbthotline.org/senior-hotline.html>

Last Verified On: 04/05/2021

National Suicide Prevention Line

“Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.”

Call/Text: (800) 273-8255

Website:

<http://www.suicidepreventionlifeline.org/>

Last Verified On: 04/05/2021



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HOTLINE PHONE NUMBER

SAGE Hotline

“We connect LGBT older people who want to talk with friendly responders who are ready to listen.”

Contact: (877) 360-5428

Website: <https://www.sageusa.org/what-we-do/sage-national-lgbt-elder-hotline/>

Last Verified On: 04/05/2021

LEGAL RESOURCES

California Courts – How to Change Your Names AND Gender (Adult)

“Official government information on name and gender changes, including instructions and downloadable forms.”

Website:

<https://www.courts.ca.gov/25797.htm?rdeLocalAttr=en>

Last Verified On: 04/05/2021

California Rural Legal Assistance, Inc.

“Employment, Housing, Public Benefits, K-12 Housing”

Contact: 1 (800) 337-0690

Website: <http://www.crla.org/>

Last Verified On: 04/05/2021

National Center for Lesbian Rights (NCLR)

“A national nonprofit law firm that protects the legal and human rights of lesbians, gay men, bisexual & transgender people across the United States through impact litigation, public policy, advocacy, public education, & direct legal services.”

Contact: (415) 392-6257

Website: <http://www.nclrights.org/>

Last Verified On: 04/05/2021

LGBTQ RESOURCE CENTERS

The Spahr Center

“Provides services and support for LGBTQ youth, adults, seniors and families and for people living with and affected by HIV.”

Location: 150 Nellen Ave, Suite 100

Corte Madera, CA 94925

Contact: (415) 457-2487

Website: <https://thespahrcenter.org/>

Last Verified On: 04/05/2021



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PHC MEMBER BENEFITS

Sensitive Services

Sensitive Services includes services for Family Planning, STD testing and treatment, AIDS/HIV testing, and Abortion (ending pregnancy) counseling and services.

You can go to your PCP directly, or any Medi-Cal provider for sensitive services. You do not need Prior Approval.

All members have the right to confidentiality when getting these services.

Website:

<http://www.partnershiphp.org/Members/Medi-Cal/Pages/Benefits.aspx#phpFaqltem28>

Last Verified On: 10/08/2021

RESOURCE DIRECTORIES

Pink Spots – The LGBTQ Directory

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

Last Verified On: 04/05/2021

SENIOR RESOURCES

SAGE

“National organization offering supportive services and consumer resources for LGBTQ older adults and their caregivers.”

Contact: (212) 741-2247

Website: <https://www.sageusa.org/>

Last Verified On: 04/05/2021

National Resource Center on LGBTQ Aging

“Technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults.”

Website: <https://www.lgbtagingcenter.org/>

Last Verified On: 04/05/2021

The Spahr Center

“The Spahr Center offers monthly LGBT senior discussion groups that connect LGBT seniors to community, needed resources and helps to reduce isolation.”

Location: 150 Nellen Ave, Suite 100
Corte Madera, CA 94925

Contact: (415) 457-2487

Website: <https://thespahrcenter.org/programs-services/senior-programs-services/>

Last Verified On: 04/05/2021



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SOCIAL GROUPS

Marin LGBTQ Social Club

“All ages, orientations and gender identities are welcome to join and participate.”

Website: <https://www.meetup.com/Marin-LGBTQ-Social-Club/>

Last Verified On: 04/05/2021

SUPPORT GROUPS

LGBTQ Youth Drop-In Groups – The Spahr Center

“Inclusive spaces... where LGBTQ teens can have fun and informative conversations with their peers to keep them connected to community”

Contact Fel: (415) 886-8555

Website: <https://thespahrcenter.org/youth-drop-in-groups/>

Last Verified On: 04/05/2021

LGBTQ Senior Discussion Groups – The Spahr Center

“Monthly meetings”

When: Mondays at 7 p.m. and Thursdays at 12:30 p.m.

Contact: (415) 761-3261

Website: <https://thespahrcenter.org/programs-services/senior-programs-services/senior-discussion-group/>

Last Verified On: 04/05/2021

LGBTQ+ Young Adults

“Ages 18-25”

When: Wednesdays from 4 – 5 p.m.

Email to Register:

asifuentes@thespahrcenter.org

Last Verified On: 04/07/2021

Parenting Support Groups – The Spahr Center

“For parents, caregivers and family of trans/non-binary/gender questioning children is a great resource for parents and caregivers, to talk about parenting LGBTQ and/or gender-expansive children and teens.”

When: 2nd & 4th Tuesday of each

Location: 150 Nellen Ave, Suite 100
Corte Madera, CA 94925

Website: <https://thespahrcenter.org/parent-support-group/>

Register:

<https://us02web.zoom.us/meeting/register/tZUqduyqjggEtVVJuKZmOEoYwSgfMyM6-HC>

Last Verified On: 04/05/2021

Gender Spectrum – Groups

“Free online groups for pre-teens, teens, parent, caregivers and other family members and adults.”

Website:

<https://www.genderspectrum.org/articles/gender-spectrum-groups>

Last Verified On: 04/05/2021



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TEEN RESOURCES

LGBT National Youth TalkLine

“Telephone & email peer- counseling, factual info & local resources for cities across the U.S.”

Contact: 1 (800) 246-7783

Email: help@LGBThotline.org

Website:

<https://www.glbthotline.org/talkline.html>

Last Verified On: 04/05/2021

Trevor Space

“An affirming international community for LGBTQ young people ages 13-24.”

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

Last Verified On: 04/05/2021

TRANSGENDER RESOURCES

Trans Lifeline

“Provides trans peer support for our community that’s been divested from police since day one. We’re run by and for trans people.”

Contact: (877) 565- 8860

Website: <https://www.translifeline.org/>

Last Verified On: 04/05/2021

Transgender Map

“This free website shows how to make a gender transition”

Website: <https://www.transgendermap.com/>

Last Verified On: 04/05/2021

FTM International

“Find out about legal rights, female-to-male transition, health and successful FTMs in all walks of life”

Website: <http://www.ftmi.org/>

Last Verified On: 04/05/2021

Trans Resilience

“Helps trans and genderqueer/gender non-conforming people to navigate the world and find joy and happiness in their lives, through providing tools to develop self-love, self-compassion, and conscious communication.”

Contact: (510) 842-7088

Website: <https://transresilience.com/>

Last Verified On: 04/05/2021

TransPulse Resource Locator

“Worldwide database including doctors, therapists, and other businesses that welcome transgender clientele.”

Website:

<https://www.transgenderpulse.com/resource-locator/>

Last Verified On: 04/05/2021