

YOLO COUNTY LGBTQ+ RESOURCES

HOTLINE PHONE NUMBERS

LGBT National Talk Line

“Provide a confidential safe space where callers of any age can speak about sexual orientation or gender identity/expression issues. This includes coming out issues, 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://lgbthotline.org/national-hotline/>

Last Verified On: 05/30/2025

LGBT National Youth Talk Line

“Provide a confidential safe space where callers of any age can speak about sexual orientation or gender identity/expression issues. This includes coming out issues, relationship concerns, family, bullying, school issues, HIV/AIDS anxiety, safer sex information, suicide, and much more.”

Contact: (800) 246-7743

Email: help@LGBThotline.org

Website: <https://lgbthotline.org/youth-talkline/>

Last Verified On: 05/30/2025

HEALTH CENTERS

Gender Health Center

“Offers a wide range of free or low-cost, low-barrier services to the community, including a free hormone clinic, mental health counseling, support groups, harm reduction, legal assistance, healthcare navigation, case management, and resource referrals.”

Location: 3823 V Street

Sacramento, CA 95817

Contact: (916) 455-2391

Email: info@ghcmail.org

Website:

<http://www.thegenderhealthcenter.org/index.html>

Last Verified On: 05/30/2025



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: 05/30/2025



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LEGAL RESOURCES

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.ncrlrights.org/>

Last Verified On: 05/30/2025

Oasis Legal Services

“Comprehensive legal services to assist LGBTQIA+ immigrants. Our services include: screening for immigration relief, affirmative asylum, residency, citizenship, family petitions.”

Location: 1900 Addison Street, Suite 100
Berkeley, CA 94704

Contact: (510) 666-6687

Website:

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

Last Verified On: 05/30/2025

LGBTQ RESOURCE CENTERS

LGBTQIA Resource Center – UC Davis

“The UC Davis Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and Asexual Resource Center provides an open, safe, inclusive space where people of all sexes, orientations, gender identities, and gender expressions are welcomed and celebrated.”

Location: Student Community Center, First Floor

6000 J Street

Sacramento, CA 95819

Contact: (916) 278-3940

Email: pride@csus.edu

Website: <https://lgbtqia.ucdavis.edu/>

Last Verified On: 05/30/2025

Lavender Library

“A volunteer-run LGBTQ+ library, archive, and community space in Sacramento with queer books, films, archives, zines, and more”

Location: 1414 21st Street

Sacramento, CA 95811

Contact: (916) 492-0558

Email: lavendarlibrary4us@gmail.com

Website: <http://lavenderlibrary.com/>

Last Verified On: 05/30/2025

Sacramento LGBT Community Center

“We support the health and wellness of the most marginalized, advocate for equality and justice, and work to build a culturally rich LGBTQ+ community.”

Location: 1015 20th Street

Sacramento, CA 95811

Contact: (916) 442-0185

Email: info@saccenter.org

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

Last Verified On: 05/30/2025



YOLO COUNTY LGBTQ+ RESOURCES

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: 05/30/2025

SENIORS

LGBT National Senior Hotline

“Free and Confidential peer support for the LGBT and questioning community ages 50 and above.”

Contact: (888) 234-7243

Email: help@LGBHotline.org

Website: <https://lgbthotline.org/senior-hotline/>

Last Verified On: 05/30/2025

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: 05/30/2025

SUPPORT GROUPS

Community Group, Sacramento LGBT Community Center

“Providing peer support to marginalized populations within the LGBTQ+ community. All groups are free and welcome new participants that are part of the group’s focus.”

Location: 1015 20th Street

Sacramento, CA 95811

Contact: (916) 442-0185

Email: resources@saccenter.org

Website: <https://saccenter.org/mental-health>

Last Verified On: 05/30/2025



YOLO COUNTY LGBTQ+ RESOURCES

TRANSGENDER RESOURCES

River City Gems

“Goal is to provide a collection of online resources on diverse topics of interest to the transgender and crossdressing community, as well as a selected list of local Sacramento and Northern California resources..”

Email: info@rivercitygems.org

Website: <https://rivercitygems.org/resources/>

Last Verified On: 05/30/2025

Sutter Gender Identity Support Group

“We are an open, non-profit, non-sexual social group serving the Greater Sacramento area for those who are serious about their gender identity. We provide a safe and secure place where they can interact with others with similar experiences and meet, visit and exchange information.”

Location: 2391 Saint Mark’s Way
Sacramento, CA 95864

Email: contact@sacgender.org

Website: <http://www.sacgender.org/home>

Last Verified On: 05/30/2025

Trans Resilience - Resources

“Here are a few resources that may be useful for community organizations, trans individuals, or therapists and medical providers.”

Website: <https://www.trans-ilience.com/>

Last Verified On: 05/30/2025

Trans Lifeline

“Trans Lifeline connects trans people to the community support and resources we need to survive and thrive.

Contact: (877) 565-8860

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

Last Verified On: 05/30/2025

Transgender Map

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

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

Last Verified On: 05/30/2025

Transgender Services, Sacramento LGBT Community Center

“Providing: community resource navigation, drop-in respite, free counseling, support grounds, housing, free legal assistance, community events, and sexual health services.”

Location: 1015 20th Street
Sacramento, CA 95811

Contact: (916) 442-0185

Website: <https://saccenter.org/transgender-services/>

Last Verified On: 05/30/2025



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YOUTH RESOURCES

California Coalition for Youth, California Youth Crisis Line

"Thoughts of suicide, depression, bullying, health and identity questions, trauma, human trafficking or any teen-related struggle are discussed with a crisis counselor in confidence and without judgment. We do not provide advice. We listen with compassion."

Call/Text: (800) 843-5200

Email: cycl@calyouth.org

Website:

<https://calyouth.org/cycl/#:~:text=If%20you%20or%20someone%20you,%2D800%2D843%2D5200>.

Last Verified On: 05/30/2025

Q-Spot Youth Programs, Sacramento LGBT Community Center

"Services for LGBTQ+ youth, their family, friends, and allies. Our goal is to provide youth housing, workshops, social enrichment, and leadership opportunities that lead to improved economic and social justice, mental and physical health, and self-sufficiency."

Location: 1015 20th Street

Sacramento, CA 95811

Contact: (916) 442-0185 x107

Email: youth@saccenter.org

Website: <https://saccenter.org/youth>

Last Verified On: 05/30/2025