

# TEHAMA COUNTY LGBTQ+ RESOURCES

## HOTLINE PHONE NUMBERS

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### 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](mailto:help@LGBThotline.org)

**Website:** <https://lgbthotline.org/national-hotline/>

Last Verified On: 04/19/2024

### 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](mailto:help@LGBThotline.org)

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

Last Verified On: 04/19/2024

## LEGAL RESOURCES

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### 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: 04/19/2024



### Trevor Lifeline

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

**Contact:** (866) 488-7386

**Text:** START to 678678

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

Last Verified On: 04/19/2024



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## PHC MEMBER BENEFITS

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### 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: 04/19/2024

## RESOURCE DIRECTORIES

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### Pink Spots – The LGBTQ Directory

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

Last Verified On: 04/19/2024

## SENIORS

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### 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: 04/19/2024



# TEHAMA COUNTY LGBTQ+ RESOURCES

## SUPPORT GROUPS

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### LGBTQ+ Support Groups - TransFamily Support Services

“Middle School Support Group, High School Support Group, Young Adult Support Group, Parent & Caregiver Support Group, Parents of Trans Little Support Group, and Gathering for Trans with Littles”

**Contact:** 858-304-0085

**Email:** [Info@TransFamilySOS.org](mailto:Info@TransFamilySOS.org)

**Website:**

<https://transfamilysos.org/services/support-groups/>

Last Verified On: 04/19/2024

## TRANSGENDER RESOURCES

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### 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: 04/19/2024

### Transgender Map

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

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

Last Verified On: 04/19/2024

### 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: 04/19/2024