

MENDOCINO 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

“For all ages about coming-out issues, relationship concerns, HIV/AIDS, anxiety, safe sex practices & more.”

Phone: (888) 843-4564

Email: help@LGBThotline.org

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

Last Verified On: 04/05/2021

LGBT National Youth TalkLine

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

Contact: (800) 246-7743

Email: help@LGBThotline.org

Website:

<https://www.glbthotline.org/talkline.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 678678

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

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



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

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



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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

Legal Helpline: (800) 528-6257

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

Last Verified On: 04/05/2021

LGBTQ ADVOCACY & SUPPORT RESOURCES

Ukiah Parents, Families and Friends of Lesbians and Gays (PFLAG)

“To promote the health and well-being of gay, lesbian, bisexual, transgender and intersexed persons, their families and friends through support, education and advocacy.”

Contact: (707) 367-8094

Email: info@pflagukiah.org

Website: <http://ukiahpflag.org/>

Last Verified On: 04/05/2021

Mendocino County AIDS/Viral Hepatitis Network (MCAVHN)

“Providing services and comfort to persons and families affected by HIV/AIDS, Hepatitis C, and the co-occurring disorders of mental illness and substance abuse.”

Location: 148 Clara Avenue

Ukiah, CA 95482

Contact: (707) 462-1932

Website: <http://newmcavhn.org/index.htm>

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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

Gay Mendocino County Travel Guide

“Known for its towering redwoods, world-renowned viticulture and striking seaside views, Mendocino County has long been a destination for travelers looking to get away for a while. Located just a couple hours’ drive from San Francisco, this relaxed destination can be a welcome respite from the city while being just as gay-friendly.”

Contact: (800) 429-8728

Website: <https://www.gaytravel.com/gay-guides/mendocino-county>

Last Verified On: 04/05/2021

Pink Spots – The LGBTQ Directory

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

Last Verified On: 04/05/2021

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SENIORS

SAGE

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

Contact: (212) 741-2247

Sage Hotline: (877) 360-5428

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

SUPPORT GROUPS

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

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

Website:

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

Last Verified On: 01/06/2022

Gay and Lesbian Alliance of Mendocino (GLAM)

“GLAM is local LGBTQI youth group for youth ages 13-25.”

When: Every Thursday from 5:30 – 6:30 p.m.

Text Katherine Fengler to join group: (707)

391-4589

Last Verified On: 04/08/2021

TRANSGENDER RESOURCES

Trans Lifeline

“Fight the epidemic of trans suicide and improves overall life-outcomes of trans people by facilitating justice-oriented, collective community aid. For trans people, by 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/>

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TRANSGENDER RESOURCES

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

YOUTH RESOURCES

LGBT National Youth TalkLine

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

Contact: (800) 246-7743

Email: help@LGBThotline.org

Website:

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

Last Verified On: 04/05/2021

Gender Spectrum

“Gender Spectrum works to create gender sensitive and inclusive environments for all children and teens.”

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

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