

Wellbeing & Suicide Prevention Resources for the LGBTQ+ Community

Get Services

The Q Corner

Offers peer services to support LGBTQ+ community members and allies to access resources, referrals, social and community building activities, mentoring, and training.

(408) 977-8800, TheQCorner@hhs.sccgov.org

sccbhsd.org/theQCorner

1075 E. Santa Clara Street, San Jose

Serves: All ages

LGBTQ Wellness

Supports the mental health of LGBTQ community members and allies by providing outreach, education and advocacy services.

(408) 841-4300

452 S. 1st Street, San Jose

lgbtqwell.org

Serves: Adults

The LGBTQ Youth Space

A community drop-in center and mental health program for LGBTQ+ and ally youth and young adults who live in Santa Clara County.

(408) 343-7940

452 S. 1st Street, San Jose

youthspace.org

Serves: Ages 13-25

Bill Wilson Center LGBTQ Connections

Provides a safe drop in space, support groups, and services to connect to housing, education, and mental health resources.

(408) 925-0233

693 S. 2nd Street, San Jose

billwilsoncenter.org/services/all/lgbtq-outreach.html

Serves: Ages 18-25

Outlet, Adolescent Counseling Services

Outlet empowers LGBTQ+ youth through support services, leadership training, community education and advocacy.

(650) 424-0852 x107

590 W. El Camino Real, Mountain View

acs-teens.org/what-we-do/outlet/

Serves: Ages 13-18

Billy DeFrank LGBTQ+ Community Center

Provides community, leadership, advocacy, services and support to the Silicon Valley's LGBTQ People and their Allies.

(408) 293-3040

938 The Alameda, San Jose

defrankcenter.org

Serves: Adults

Avenidas LGBTQ Seniors Initiative

New programs and services in the areas of Socialization and Health Education/ Cultural Competency through strategic partnerships with LGBTQ organizations.

(650) 289-5417, tkingery@avenidas.org

avenidas.org/programs/lgbtq-seniors-initiative/

Serves: Older adults

Social Services Agency: Department of Family and Children's Services

LGBTQ Social Worker who provides support, advocacy, education, and resources related to LGBTQ youth involved in the child welfare system.

(408) 501-6889, lgbtq@ssa.sccgov.org

Serves: Students and families

Sexual and Gender Identities Clinic – The Gronowski Center

Affordable and affirming psychological services for individuals who identify as LGBTQ as well as those questioning their sexual orientation or gender identity.

(650) 961-9300

5150 El Camino Real, Building C, Suite 15, Los Altos

paloalto.edu/gronowski-center/sexual-gender-identities-clinic

Serves: Youth and adults

Talk to Someone

Crisis Text Line

Crisis Text Line is free, 24/7 support for those in crisis. Text from anywhere in the US to access a trained Crisis Counselor.

Text **LGBTQ** to **741741**

Serves: Youth & Adults

SAGE National LGBT Elder Hotline

The SAGE LGBT Elder Hotline is available 24 hours a day, 7 days a week, in English and Spanish, with translation in 180 languages.

(877) 360-LGBT (5428)

Serves: Older Adults

Wellbeing & Suicide Prevention Resources for the LGBTQ+ Community

The Trevor Project

The only accredited, nationwide, 24/7 crisis and suicide prevention helpline for LGBTQ youth.

TrevorLifeline: (866) 488-7386

TrevorText: Text **START** to 678-678

TrevorChat: thetrevorproject.org/get-help-now/

Chat forums: Trevorspace.org

Serves: Youth under 25 and their friends and allies

Gender Affirming Resources

Trans Lifeline

Our peer support hotline is run by and for trans people. Volunteers may be available during off hours.

(877) 565-8860, 7 days a week, 7am-1am

Serves: Transgender Youth & Adults

VHC Downtown Gender Health Center

Offers medical care, medical referrals, mental-emotional support, and social work services for transgender, nonbinary, and gender expansive people of all ages.

(408) 977-4550

777 E. Santa Clara Street, San Jose

www.scvmc.org/genderhealth

Serves: All ages

Valley Homeless Healthcare Program – Gender Clinic

A safe space and walk-in clinic for transgender, nonbinary, and gender diverse people experience homelessness in Santa Clara County.

(408) 272-6050

2101 Alexian Drive, Suite D, San Jose

Serves: All ages

TransFamilies of Silicon Valley

A community of families with transgender and gender-creative children, offering an active online support group, monthly playgroups and peer-led support meetings for parents/caregivers with teens and young adults.

transfamiliesv@gmail.com

transfamiliesca.org

Serves: Families

Callen-Lorde Safer Binding and Tucking Brochures

Learn the do's and don'ts of binding and tucking in this helpful brochure series.

callen-lorde.org/transhealth

Serves: Transgender youth and adults

LGBTQ+ Friendly Shelter

Life Moves-New Haven Inn

A referral-only inclusive shelter in downtown San Jose with focused support for individuals who identify as LGBTQ+.

(650) 533-9299

lifemoves.org/directory/new-haven-inn/

Serves: Homeless Adults

Get More Information

LGBTQ Resources

Access a list of resources compiled by Santa Clara County's Behavioral Health Services.

scbhsd.org/lgbtq

Office of LGBTQ Affairs

Provides leadership and support for the well-being and longevity of LGBTQ communities in Santa Clara County through coordinated, integrated approaches.

sccgov.org/lgbtq

LGBT National Help Center

Serving the LGBTQ+ community by providing free and confidential peer-support and local resources.

LGBThotline.org

Santa Clara County Office of Education LGBTQ+ Resources

Resources and Information for LGBTQ+ students and their families, including the LGBTQ+ Information and Resource Guide and OUT for Safe Schools Campaign.

scoe.org/safe-and-healthy/LGBTQ/Pages/default.aspx

National Resource Center on LGBT Aging

The country's first resource center providing training, technical assistance and educational resources to providers, LGBT organizations and LGBT older adults.

gbtagingcenter.org

Family Acceptance Project (FAP)

The Family Acceptance Project teaches evidence-based approaches and strategies to increase family support for culturally diverse LGBTQ+ children and youth.

familyproject.sfsu.edu/

PFLAG

PFLAG provides support, information, and resources for LGBTQ+ people, their parents and families, and allies.

pflagsanjose.org