

# LGBTQ+ RESOURCES FOR TEENS IN THE BAY AREA

Referral list curated by CHC experts



## **BILLY DEFRANK LGBTQ COMMUNITY CENTER**

*San Jose*

The Billy DeFrank LGBTQ+ Community Center provides community, leadership, advocacy, services and support to Silicon Valley's LGBTQ+ People and their Allies. Services: Drop in center, counseling, support groups and HIV testing.

[defrankcenter.org](http://defrankcenter.org)

408.293.3040

## **GENDER SPECTRUM**

*Virtual*

Gender Spectrum is a national non-profit organization based in San Leandro, CA committed to the health and well-being of gender-diverse children and teens through education and support for families, and training and guidance for educators, medical and mental health providers and other professionals.

[genderspectrum.org](http://genderspectrum.org)

## **OUR SPACE: A PROGRAM OF SIDE BY SIDE**

*Alameda County, Marin County*

Our Space is a vibrant safe space for LGBTQIA+ youth ages 13-24. East Bay services include peer support groups in schools, community-based mental health and case management, community building activities, paid youth leadership opportunities and a community center with a gender affirming clothes closet and food pantry. In Marin, Our Space partners with Side by Side's YouThrive program to provide weekly virtual support groups for LGBTQIA+ students at College of Marin.

[sidebysideyouth.org/programs/our-space](http://sidebysideyouth.org/programs/our-space)

OurSpace@sidebysideyouth.org

## **OUTLET: A PROGRAM OF ADOLESCENT COUNSELING SERVICES**

*Redwood City, Mountain View & San Mateo*

Outlet empowers Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Intersex, Asexual/Agender+ (LGBTQIA+) youth and builds safe and accepting communities through support, education and advocacy. Outlet offers social groups, therapy groups, parent support groups, mental health counseling, resources, education and training. Groups, consultations and referrals are free of charge, counseling and workshops at a cost.

[acs-teens.org/what-we-do/outlet](http://acs-teens.org/what-we-do/outlet)

650.424.0852 x 103

## **SAN MATEO COUNTY PRIDE CENTER: A PROGRAM OF STARVISTA**

*San Mateo*

Designed as a collaboration model organization and one-stop shop for the LGBTQ+ community, San Mateo County Pride Center provides robust programs and services for all ages. The Pride Center offers education, training, community events, peer support groups, daily programming, clinical therapy and case management. Most events, programs and activities are free of charge, with exception of clinical counseling services which are covered by Medi-Cal or on a sliding scale.

[sanmateopride.org](http://sanmateopride.org)

650.591.0133

## **SFLGBT CENTER**

*San Francisco*

The SFLGBT Center places LGBTQ+ youth (ages 16-24) on a path to self-efficacy, connection, and stability through positive youth development. Ongoing programs include a dedicated youth drop-in space with a full spectrum of services from community building to crisis intervention, cultivating social connections, access to essential needs such as food and hygiene supplies, mental health services, housing navigation and educational workshops.

[sfcenter.org/program/youth-services](http://sfcenter.org/program/youth-services)

415.865.5555





## STANFORD'S GENDER CLINIC

*Sunnyvale & Emeryville*

This multidisciplinary clinic provides medical services for gender nonconforming youths and their families in one central location. The expert members of the Gender Clinic team consists of providers from pediatric endocrinology, adolescent medicine, pediatric urology and social services, supporting each child's or adolescent's gender identity. Services include help with social, medical and legal transitions.

[stanfordchildrens.org/en/service/gender](https://stanfordchildrens.org/en/service/gender)

650.721.1811, option 1

## THE LGBTQ YOUTH SPACE: A PROGRAM OF FAMILY & CHILDREN SERVICES AND CAMINAR

*Santa Clara County*

The Youth Space offers drop-in services and counseling for lesbian, gay, bisexual, transgender, queer, questioning and ally youth and young adults ages 13-25 in Santa Clara County. Safe and confidential space with support groups, art workshops, activism and leadership opportunities, movie nights, field trips, volunteer opportunities, free snacks, internet access, video games, safe sex supplies, resources, referrals and mental health services like individual counseling, case management and psychiatry.

[youthspace.org](https://youthspace.org)

408.343.7940

## UCSF CHILD AND ADOLESCENT GENDER CENTER (CAGC)

*San Francisco, Oakland & San Ramon*

CAGC offers comprehensive medical and psychological care and advocacy and legal support to transgender, nonbinary and gender-diverse children and adolescents. By bringing together experts from UCSF and elsewhere, CAGC aims to promote gender health and positive outcomes for children and adolescents (ages 3-17) exploring gender identity and expression.

[ucsfbenioffchildrens.org/clinics/child-and-adolescent-gender-center](https://ucsfbenioffchildrens.org/clinics/child-and-adolescent-gender-center)

415.885.7770

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## Hotlines & Resources

### LGBT NATIONAL HELP CENTER

[lgbthotline.org](https://lgbthotline.org) | 800.246.7743

### THE TREVOR PROJECT: 24/7 SUICIDE PREVENTION LIFELINE

[thetrevorproject.org](https://thetrevorproject.org) | 866.488.7386

or text START to 678-678

### TRANS LIFELINE

[translifeline.org](https://translifeline.org) | 877.565.8860

### CHC CARE TEAM & RESOURCE LIBRARY

[chconline.org](https://chconline.org) | 650.688.3625

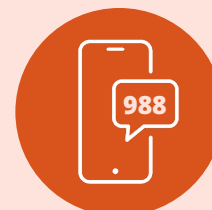
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## 24-Hour Crisis Lines



### 911 EMERGENCY

If you or someone you know is experiencing a medical emergency, please **call or text 911**.



### 988 SUICIDE & CRISIS LIFELINE

For a behavioral or mental health crisis, **call or text 988 or chat on 988lifeline.org**.