

# Arizona LGBTQ+ Resource Guide

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## Youth & Young Adult Services

Lighthouse Project (Tucson, AZ)

<https://www.lhprojectaz.com/>

Lighthouse provides linkage to housing services, mental health services, substance abuse treatment, recovery support groups, education assistance, employment help, and housing assistance to LGBTQ+ young adults aged 18 and older.

One-n-Ten (Phoenix, AZ)

<https://oneten.org/>

One-n-ten is a nonprofit organization dedicated to serving and assisting lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth ages 14 to 24. From weekly discussion groups to fun, social networking events, one-n-ten creates a safe space, mentally and physically, for youth of all socio-economic and cultural backgrounds. They also offer resources to promote healthy choices and living.

Thornhill Lopez Center on 4th (Tucson, AZ)

<https://saaf.org/services/thornhill-lopez-center-on-4th/>

The Thornhill Lopez Center on 4th (TLC4) is a SAAF place for LGBTQ+ and allied youth ages 13-24 to visit in order to access a variety of services to support their health and well-being. TLC4 runs a drop-in support lounge that provides housing case management, food, clothing, showers, and a variety of prevention programs including suicide, sexual-violence, and substance use prevention.

Valid USA (Tucson, AZ)

<https://www.validusa.org/>

Valid USA offers a range of complimentary services, including free chest binders, bras, underwear, packers, referrals, and compassionate support from fellow trans peers. Two welcoming locations at the University of Arizona Lutheran Campus Ministry and El Rio RHAP Clinics are available or participants can have items mailed. Available for transgender and gender non-conforming youth up to the age of 24 in Arizona.

## Crisis and Non-Crisis Response Helplines

SAGE LGBTQ+ Elder Hotline

<https://www.sageusa.org/>

Call: 1-877-360-5428

The SAGE LGBTQ+ Elder Hotline is available 24/7 for LGBTQ+ elders and their caretakers. Services are available in English and Spanish, with translation in 180 languages.



Trans LifeLine

<https://translifeline.org/>

Call: 1-877-565-8860 (English/Spanish)

Trans Lifeline is a grassroots hotline and microgrants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis run by and for the Transgender and Non-Binary community. The hotline is a peer support phone service run by Trans people, is fully anonymous and confidential, and does not engage in nonconsensual active rescue.

The Trevor Project

<https://www.thetrevorproject.org/>

Call: 1-866-488-7386

Text: 678-678

The Trevor Project runs a 24/7 crisis and suicide prevention hotline for LGBTQ+ youth ages 13-24. Youth can call, text, or chat through the online app.

## Transgender and Non-Binary Community Organizations

Northern Arizona Gender Mentors Network (Northern Arizona)

<https://www.prismaz.net/programs/nazgem>

Northern Arizona Gender Mentors Network (NAZGEM) is a Transgender support organization that serves 5 counties including Yavapai, Mojave, Coconino, Apache, Navajo, and Gila. NAZGEM provides support with document changes, referrals to gender-affirming resources, and virtual support groups for Transgender and Non-Binary people living in Northern AZ.

Prism Network (Yavapai County)

<https://www.prismaz.net/>

Prism Network (formerly Greater Yavapai County Coalition) is a non-profit collaboration of organizations that provide an umbrella of support to members and allies of the LGBTQ+ Community in Yavapai County.

Southern Arizona Gender Alliance (Tucson, AZ)

<https://sagatucson.org/>

Southern Arizona Gender Alliance (SAGA) provides support, education, resources, advocacy, and community by sponsoring support groups each month, conducting education and training, and maintaining an information and referral database of Trans-friendly businesses, service providers, and doctors. Additionally SAGA provides assistance with legal name and gender marker changes.



The Queer Center (Phoenix, AZ)

<http://www.queercenter.net/>

The Queer Center is Phoenix's LGBT+ virtual center, serving the community in the greater Phoenix metropolitan area. The center provides linkage to resources, holds community events, and collaborates on Project Binder Finder to provide binders, tucking gaffs, and packers to Transgender and Non-Binary community members.

Trans Spectrum of Arizona (Phoenix, AZ)

[www.tsaz.org](http://www.tsaz.org)

Trans Spectrum of Arizona (TSAZ) programming includes peer to peer support groups for the Transgender and allied community, hosting community events, and maintaining a resource guide for the Phoenix Transgender community in English and Spanish.

Trans Queer Pueblo (Statewide)

[www.tgpueblo.org](http://www.tgpueblo.org)

Trans Queer Pueblo (TQP) offers bilingual services working with undocumented people and people seeking asylum. TQP runs a holistic and primary care and hormone treatment clinic for LGBTQ+ undocumented and migrant patients. The clinic provides support for name change, health programming on HIV and Hep C, and resources for parents with children who are exploring gender identity. Additionally, TQP offers migration post-arrest support, advice while detained, sponsorship letters, and legal support including referrals to lawyers, and support with work permits, residency applications, political asylum and visa cases, and trainings for clients to know their legal rights.

## Medical Services

CAN Community Health (Statewide)

<https://www.cancommunityhealth.org>

CAN Community Health provides testing and treatment for sexually transmitted infections, HIV pre-exposure prophylaxis (PrEP), care services for people living with HIV, and linkage to care services in collaboration with community partners in the local area. Services are provided both in-person and via telehealth in English and Spanish. Different services may be available depending on where patients live across the state.

El Rio (Tucson, AZ)

<https://elrio.org/service/transgender-health/>

El Rio offers pediatric and adult gender-affirming care across multiple locations in Tucson. In addition to specialized gender-affirming care, El Rio also offers general adult, family, and pediatric medicine, dental services, behavioral health services, and reproductive health services.



Identity Hormones (Phoenix, AZ)

<https://identityhormones.com/>

Identity Hormones is a specialty clinic offering medical care for the LGBTQI+ community and its allies throughout the Phoenix area. Services include gender-affirming hormone therapy, testosterone therapy for cisgender people, HIV care and prevention, STI testing and treatment, erectile dysfunction, and weight management.

Spectrum Medical (Phoenix, AZ)

<https://spectrummedicalcareaz.com>

Spectrum Medical provides LGBTQ+ inclusive medical care in Phoenix, AZ. Services include primary care, HIV care and prevention, STI testing and treatment, and hepatitis care.

Valleywise Health- McDowell Clinic (Phoenix, AZ)

<https://valleywisehealth.org/locations/community-health-center-mcdowell/>

Valleywise Health offers family care (pediatric, dental, vision), specialty care (maternity, radiology, surgery), and emergency care. The McDowell clinic specifically offers gender-affirming healthcare including gender-affirming hormone therapy.

## Transgender and Non-Binary Health Navigation Support

Southwest Center Gender Affirming Program (GAP)

<https://www.swcenter.org/trans-program>

The GAP seeks to increase access to high-quality care and support for transgender and gender non-conforming members of our community. This program offers linkage to care for gender-affirming hormone therapy, support with finding gender-affirming therapists and surgeons, clothing and accessories through their gender-affirming clothing closet, and support with legal name change and gender marker changes for free to all clients.

## Transgender and Non-Binary Financial Support

Arizona Trans Youth and Parent Organization Name Change Grant

<https://www.aztypo.com/>

AZTYPO is a safe space for families with gender-diverse children. They provide a supportive environment for children, adolescents, and their families to explore issues of gender identity through virtual and in-person peer-to-peer support groups. Additionally, AZTYPO provides grants for name change and gender-affirming clothing.



## Black Trans Advocacy Coalition & FOLX Health HRT Care Fund

<https://www.folxhealth.com/hrt-care-fund/>

FOLX Health and the Black Trans Advocacy Coalition (BTAC) have partnered to create the FOLX HRT Care Fund. This fund redistributes financial resources from people inside and outside of the LGBTQ+ community to support Transgender, Non-Binary, Intersex, and other gender-expansive people in accessing hormone replacement therapy care through FOLX. These grants cover 12 months of gender-affirming hormone replacement therapy including unlimited clinical visits.

## Dr. Rizi Timane Trans Surgery Grant

<https://rizitimane.com/trans-surgery-scholarship-application/>

The Dr. Rizi Timane Trans Surgery Grant was established in 2012 to pay for gender-affirming surgery for Trans and Non-Binary individuals who need surgery as part of gender-affirming transition, but can't afford to pay for it.

## Genderbands HRT and Surgery Grants

<https://www.genderbands.org/grants>

Genderbands Transition Grants are open every year from October 1<sup>st</sup> to November 30<sup>th</sup> for all transition-related expenses including surgical and social transition costs. Additionally, funds may be used to support travel for gender-affirming healthcare for the patient and/or travel for one caregiver.

## Jim Collins Foundation

<https://jimcollinsfoundation.org/apply/#>

The Jim Collins Foundation grant cycle is from June 1<sup>st</sup> to August 15<sup>th</sup> for gender-affirming surgery costs. Applicants must have a surgeon selected and demonstrate a genuine need for financial assistance as part of the application.

## Points of Pride Gender-Affirmation Funds

<https://www.pointofpride.org/>

Points of Pride offers financial aid and direct support to Trans people in need of health and wellness care. Funding opportunities include gender-affirming surgeries, hormone replacement therapy, and electrolysis support. Additionally, Points of Pride offers free chest binders and femme shapewear.

## The Queer Center Project Binder Finder (Phoenix, AZ)

<http://www.queercenter.net/index.php/project-binder-finder/>

Project Binder Finder is a program by the Queer Center designed to provide gender-affirming clothing to Transgender and Non-Binary people in Phoenix, AZ. The project offers free binders, gaffs, and packers.





### TransMission Microgrants

<https://www.loftgaycenter.org/transmission>

The TransMission program provides financial assistance of up to \$500 for expenses related to social, legal, medical, or surgical transition. Applicants must be over 18 years of age and reside within the United States, with priority given to residents of New York's Hudson Valley.

### Trans LifeLine Microgrants

<https://translifeline.org/microgrants/>

The Trans LifeLine provides microgrants to support correct names and/or gender marker changes, for gender-affirming permanent hair removal, and to supply necessities to incarcerated Trans and Non-Binary people. Microgrants are processed within 1-4 weeks and applications are open the 1<sup>st</sup>-14<sup>th</sup> of every month.

## Substance Use Recovery

### Lambda Phoenix Center (Phoenix, AZ)

<https://www.lambdaphx.org/>

The Lambda Center is a neighborhood-based support center providing safe and supportive community space for individuals and families in the metro Phoenix LGBTQ community who are in recovery. They offer LGBTQ+ inclusive Alcoholics Anonymous, Narcotics Anonymous, Crystal Meth Anonymous, Al-Anon, and Codependents Anonymous support meetings virtually and in-person.

### Stonewall Institute LGBTQ+ Inclusive Rehab Program (Phoenix, AZ)

<https://www.stonewallinstitute.com/lgbt-drug-rehab/>

The Stonewall Institute is an LGBTQ+ inclusive rehabilitation program out of Phoenix, AZ. The institute accepts health insurance and offers integrative programming with clinicians trained on supporting LGBTQ+ clients.

## Legal Support

### Transgender Law Center

<https://transgenderlawcenter.org/>

The Transgender Law Center is the largest national Trans-led organization dedicated to decriminalizing Trans lives. TLC runs the Legal Services Project which includes a Legal Information Helpdesk and the Attorney Solidarity Network to be connected directly to an affirming attorney to provide legal advice or representation.



## Mental and Behavioral Health

### [Sexual Orientation & Gender Institute of Arizona \(Phoenix, AZ\)](#)

SOGIA is a comprehensive behavioral/mental health center dedicated to meeting the needs of the Arizona 2SLGBTQIA+ community. Providers offer support around relationships and dating, anxiety, depression, impulse control and anger management, parenting and family planning, trauma/PTSD, and grief and loss. Individual therapy and group sessions are both available.

## Housing

### [One-n-Ten POND Housing Program](#)

<https://onenten.org/housing-program/>

The POND program provides housing solutions for LGBTQ+ youth, ages 18-24, who are experiencing homelessness or housing instability. The program is designed to assist participants with housing for up to 9-12 months

### [Southern AZ AIDS Foundation- Bread and Roses Program](#)

<https://saaf.org/services/bread-roses/>

Bread and Roses provides crisis transitional housing for unhoused LGBTQ+ youth ages 18-24. Up to 8 youth can be housed at a time and each youth will have access to support from a case manager, counselor, housing navigator, health specialist, employment coach, and substance use disorder therapist.

