

# 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) 961-4497**, [TheQCorner@hhs.sccgov.org](mailto:TheQCorner@hhs.sccgov.org)  
[sccbhsd.org/theQCorner](http://sccbhsd.org/theQCorner)

1870 Senter Road, San Jose (Drop-in hours 1p to 5p Tues, Wed & Thurs)

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](http://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](http://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](http://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**

643 Bair Island Road, Suite #402, Redwood City

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

Serves: Ages 10-25

### 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](http://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](mailto:tkingery@avenidas.org)

[avenidas.org/programs/lgbtq-seniors-initiative/](http://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](mailto: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**

1172 Castro Street, Mountain View

[paloalto.edu/gronowski-center/sexual-gender-identities-clinic](http://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/](https://thetrevorproject.org/get-help-now/)

Chat forums: [Trevorspace.org](https://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](http://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](mailto:transfamiliesv@gmail.com)

[transfamiliesca.org](http://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](http://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/](http://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](http://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](http://sccgov.org/lgbtq)

### LGBT National Help Center

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

[LGBThotline.org](http://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](http://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](http://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/](http://familyproject.sfsu.edu/)

### PFLAG

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

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