

# LGBTQIA+ Resources



## Health Care Providers:

- **LGBTQ+ Health Directory:** <https://lgbtqhealthcaredirectory.org/>
- **Denver Health:** <https://www.denverhealth.org/services/lgbtq-services>
- **LGBTQ+ Providers in Colorado:** <https://www.transgendercenteroftherockies.org/physicians-transgender-healthcare-resources>
- **Children's Hospital Colorado TRUE Center:** <https://www.childrenscolorado.org/doctors-and-departments/departments/gender-diversity-center/>
- **University of Colorado Medicine LGBTQ+ Family Planning:** LGBTQ+ family planning options, including sperm/egg donation, IVF, surrogacy, and counseling for gay, lesbian and transgender individuals/couples. <https://www.cumedicine.us/services/lgbt-family-planning>
- **Boulder Community Health:** <https://www.bch.org/our-services/lgbtqia-services/>

## Breastfeeding/Chestfeeding Resources:

- **The mama'hood:** LGBTQIA+ friendly lactation services. <https://www.themamahood.com/>

## Mental Health Resources:

- **Transgender Center of the Rockies Counseling:** The Transgender Center of the Rockies offers trauma-informed gender-affirming individual and group counseling for transgender, non-binary, and gender-expansive individuals focused on support for mental health and substance use challenges. Payment accepted includes Medicaid, and a sliding scale is offered. <https://www.transgendercenteroftherockies.org/services-tcr>
- **Trans Lifeline:** The Trans Lifeline is specifically geared towards transgender people who are going through a crisis, dealing with gender identity confusion and self-harm prevention. The Trans Lifeline is a phone line open 18 hours daily (11am to 5am). <https://translifeline.org/>
- **Gender Spectrum:** Gender Spectrum hosts free online groups for pre-teens, teens, parents, caregivers, and other family members and adults. These groups provide you with the opportunity to connect with others, share experiences, and feel the comfort of a supportive community. <https://www.genderspectrum.org/>
- **National Queer and Trans Therapists of Color Network (NQTTCN)** is a healing justice organization committed to transforming mental health for queer and trans people of color (QTPoC). <https://nqttcn.com/en/>

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## Wellbeing and resource connection:

- **You:Flourish** is a wellness platform crafted by and for the LGBTQ+ community. Here, you'll discover a wealth of wellness resources, peer support networks, and a comprehensive directory of healthcare providers who embrace and affirm all identities. <https://you-flourish.com/>
- **Fortaleza Familiar:** Fortaleza Familiar is dedicated to the wellness of Indigenous Chicana Latinx Lesbian Gay Bi Queer Trans Two-Spirit young people and their families in Colorado. <https://www.fortalezafamiliar.org/>
- **Colorado Name Change Project:** Resources and workshops supporting LGBTQ+ Coloradans with legal name changes and gender marker corrections. <https://www.namechangeproject.org/>
- **Heart Mind Haven:** Heart Mind Connect's mission is to fill the critical need for safe, affirmative supportive housing for our LGBTQIA community and our Allies. <https://heartmindhaven.org/>
- **Rainbow Families:** Rainbow Families supports, educates, and connects lesbian, gay, bisexual, transgender, and queer (LGBTQ) families, parents, and prospective parents by providing educational programs, advocacy, social events, and discussion forums. <https://rainbowfamilies.org/>

## Suggestions for continued learning:

- **Envision You:** You seeks to close gaps in behavioral health outcomes for LGBTQ+ individuals through co-created community programming, advocacy engagement, public awareness campaigns, and evidence-based training. <https://www.envision-you.org/resources>
- **World Professional Association for Transgender Health (WPATH):** <https://www.wpath.org/>
- **Book suggestions:**
  - *Where's the Mother? Stories from a Transgender Dad* by Trevor MacDonald
  - *Choosing Family: A Memoir of Queer Motherhood and Black Resistance* by Francesca Royster
  - *You're Not from Around Here, Are You? A Lesbian in Small-Town America* by Louise A. Blum
  - *Determined To Be Dad: A Journey of Faith, Resilience, and Love* by Steve Disselhorst
  - *Journey to Same-Sex Parenthood: Firsthand Advice, Tips and Stories from Lesbian and Gay Couples* by Eric Rosswood
  - *The Queer Parent* by Lotte Jeffs and Stu Oakley