



# LGBTQ+ Resources

## GENERAL

### **San Diego LGBT Community Center**

<http://www.thecentersd.org/>

3909 Centre St, San Diego, CA, 92103 (Hillcrest) || Phone: (619) 692-2077

Open daily, The Center provides a wide variety of gay, lesbian, bisexual and transgender programs and services including crisis counseling, individual and couple counseling, facilitated coming-out groups, and over a dozen gay and lesbian peer support and rap groups each week. Additional social, educational and cultural events and information regarding community resources available. HIV testing, counseling and substance abuse information and referral.

### **North County LGBTQ Resource Center**

<http://www.ncresourcecenter.org/>

510 N Coast Hwy, Oceanside, CA 92058 || Phone: (760) 994-1690

North County LGBTQ Resource Center serves the LGBTQ community in the North County region from their base in Oceanside. The center is open daily and serves as a meeting place and drop in center, as well as advocating for positive change in the local community.

## TRANSGENDER SERVICES

### **TransFamily Support Services**

<https://transfamilysos.org/>

TransFamily Support Services offers a variety of services and programs for transgender people and their families, including insurance navigation, support groups, mentorship, trainings, and more.

### **Transgender Health Services, Transgender Patient Advocate Program Hillcrest Family Health Center**

<http://www.fhcsd.org/transgender-health-services/>

4094 4<sup>th</sup> Ave, San Diego, 92103 (Hillcrest) || Phone: (619) 515-2300

The Transgender Patient Advocate Program provides advocacy and support for trans-identified, gender non-conforming and genderqueer patients at FHCS.

### **Project TRANS at The Center**

<http://www.thecentersd.org/programs/transgender-services/>

3909 Centre St, San Diego, 92103 (Hillcrest) || Phone: (619) 692-2077 x162

A program of the Center, these services are designed specifically for the transgender community.

## ADDICTION RECOVERY RESOURCES

### **Live and Let Live Alano Club**

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

3847 Park Blvd. San Diego, CA, San Diego, 92103 (University Heights) || Phone: 619-298-8008

The “Live & Let Live” Alano Club is a non-profit sober clubhouse that keeps its doors open 365 days a year to serve the San Diego recovery community. Their mission is to help the LGBTQ community find a better life utilizing recovery and community resources.

### **Stepping Stone**

<http://www.steppingstonesd.org/>

3767 Central Ave, San Diego, 92105 (City Heights) || Phone: (619) 278-0777

Outpatient: 3928 Illinois St, San Diego, 92104 (North Park) || Phone: (619) 763-1140

Stepping Stone is a recovery center offering services geared towards alcohol and drug addictions. They primarily serve the LGBTQ community.

## SEXUAL VIOLENCE / RELATIONSHIP VIOLENCE

### **Center for Community Solutions (San Diego)**

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

4508 Mission Bay Dr, San Diego, California 92109-4919 || Phone: 1-888-385-4657

CCS provides direct services including counseling and advocacy for victims/survivors of relationship and/or sexual violence, as well as prevention education & community outreach. The mission at Center for Community Solutions is to end relationship and sexual violence by being a catalyst for caring communities and social justice.

### **RAINN (National)**

<https://www.rainn.org/about-national-sexual-assault-telephone-hotline>

Phone: 800.656.HOPE (4673)

Note: While not an explicitly LGBTQ hotline though RAINN expects its affiliated centers to be explicitly LGBTQ+-inclusive -- however, depending on location, callers could be connected with a crisis center that is not LGBTQ+-affirming,

## SUICIDE PREVENTION / MENTAL HEALTH

### **Trevor Project (for LGBTQ+ Youth)**

<https://www.thetrevorproject.org/get-help-now/>

Phone: 1-866-488-7386 || Text: text START to 678-678

Chat online: <https://www.thetrevorproject.org/get-help-now/>

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth.

### **Trans Lifeline**

<https://translifeline.org/>

Phone (English or en espanol): 877-565-8860

Trans Lifeline's hotline is staffed by trans volunteers and staff, and does not engage in non-consensual active rescue - ie they will not call law enforcement without consent.

Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive.

### **BlackLine**

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

Phone or Text: 1 (800) 604-5841

BlackLine prioritizes BIPOC (Black, Indigenous, and other People of Color), and provides a space for peer support and counseling, reporting of mistreatment, and affirming the lived experiences to folx who are most impacted by systemic oppression with an LGBTQ+ Black Femme Lens. BlackLine is non-judgmental, affirming and supportive, listener-witnessing and information gathering about your experience.

### **National Suicide Prevention Lifeline**

<https://suicidepreventionlifeline.org>

Call: 1-800-273-8255 || Online Chat: <https://suicidepreventionlifeline.org/chat/>

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. While this is not an explicitly LGBTQ hotline, all counselors have received training in LGBTQ+ cultural competency.

### **It's Up to Us San Diego**

<https://up2sd.org/>

Crisis Line: (888) 724-7240

Resource hub for suicide prevention, resources, and support. The It's Up to Us campaign is designed to empower San Diegans to talk openly about mental illness, recognize symptoms, utilize local resources and seek help.

*\*NOTE: with the exception of Trans Lifeline, all of these resources practice active rescue - that is, sending law enforcement out for a wellness check if deemed an emergency.*

*\*NOTE for youth: many of these hotlines may be answered by folks who are mandated reporters in the state of California. It is recommended that you check-in about mandated reporting prior to disclosing abuse or violence.*