



## LGBTQ+ Resources

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## Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or [navigation@jcmh.org](mailto:navigation@jcmh.org)

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

### **Medical Care**

#### **One Colorado - Guide to LGBTQ+ Healthcare Rights**

<https://www.one-colorado.org/resources/lgbtqia-protections-in-colorado>

- A comprehensive guide to understanding legal rights in accessing health insurance and medical care for LGBTQ+ patients.

#### **Denver LGBT Healthcare Guild for Gender and Sexual Minorities**

<https://denverhealthcareguild.wordpress.com/>

- Not for profit organization of licensed mental health and medical healthcare professionals.
- Provides resources including finding an LGBT aware medical and/or mental healthcare provider.

#### **Denver Health - LGBTQ+ Health Services**

303-602-5699

777 Bannock St, Denver, CO 80204

<https://www.denverhealth.org/services/lgbtq-services>

- Medicaid, Medicare, and most major insurance providers accepted
- Denver Health provides a variety of services to patients of all ages including:
  - LGBTQ+ primary care
  - Hormone therapy
  - Gender affirming surgery
  - Transgender and non-binary voice therapy
  - Behavioral health
  - Patient navigation

#### **UC Health - Integrated Transgender Program**

720-848-0040

1635 Aurora Court, 6<sup>th</sup> Floor, Aurora CO 80045

[www.uchealth.org/services/diabetes-endocrinology-care/uchealth-integrated-transgender-program/](http://www.uchealth.org/services/diabetes-endocrinology-care/uchealth-integrated-transgender-program/)

- Medicaid, Medicare, and most major insurance providers accepted
- UC Health- Integrated Transgender Program offers a variety of services to patients ages 18+ including:
  - Primary care
  - Sexual health and STI screening
  - Hormone therapy
  - Gender affirming surgery
  - Fertility preservation
  - Dermatological care
  - Mental health care

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## Children's Hospital Colorado - TRUE Center for Gender Diversity

720-777-8783

<https://www.childrenscolorado.org/doctors-and-departments/departments/gender-diversity-center/>

- The TRUE Center is the only comprehensive care center in the Rocky Mountain region specifically set up for gender-diverse children, adolescents, and young adults. Multidisciplinary team includes adolescent medicine providers, pediatric endocrinologist, pediatric psychiatrist, pediatric clinical psychologist, an art therapist, registered dietitian, social workers, nurse care coordinators, medical assistant care coordinator, and community health navigator.
- The TRUE Center supports patients and families on their transition journey with services that include:
  - Puberty-blocking medicines
  - Hormone therapy
  - Nutrition services
  - Referral to therapy and support groups
  - Assistance with legal name change and gender marker change
  - We can also refer you to additional services at your request: mental health, spiritual care, child life, plastic surgery, adolescent gynecology, dermatology, laser hair removal or electrolysis, and fertility preservation, as well as a variety of community resources

## Therapy Services

### The Center on Colfax

303-733-7743/ GLBT Legal Helpline: 303-282-6524

1301 E Colfax Ave, Denver, CO 80218

<https://lgbtqcolorado.org/>

- A nonprofit community center for Colorado's gay, lesbian, bisexual, and transgender population.
- General Services
  - HIV/STI screenings, fingerprinting services, insurance help, social support, peer support groups, fitness classes, LGBTQ+ lending library, and more.
- Rainbow Alley
  - A safe, brave space for LGBTQ+ youth (ages 10-17) to find support and acceptance through special events, weekly drop-in times, workshops about life skills and wellness, and more.
- Saga
  - An affirming, empowering space for LGBTQ+ young adults (ages 18-24) to find support through professional and life skills development, educational workshops, and social events.
- West of 50
  - An inclusive LGBTQ+ older adult space focused on creative aging, healthy living, and social connection through social, educational, and support programs and events.
- Disability Program
  - A social and supportive space for 21+ LGBTQ+ individuals with disabilities. Features monthly peer support groups, educational workshops, and annual special events to celebrate the community.
- Glass Lawler Mental Health
  - Free culturally responsive mental health services for LGBTQ+ adults (18+), and peer support groups and community events hosted in a welcoming environment.

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## **Transgender Center of the Rockies**

303-761-0200

3460 S. Feral Blvd, Sheridan, CO 80110

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

- The Transgender Center of the Rockies provides holistic gender-affirming services to support transgender and gender-expansive individuals.
  - Provides social-emotional support and substance use treatment for the adult transgender community with clinical groups, individual counseling, peer-led support groups, employment, PrEp navigation, WPATH letters, gender affirming clothing, case management and community events.

## **Queer Asterisk**

720-507-6161

1575 Franklin St Denver, CO 80218

<https://queerasterisk.com/>

- Provides a variety of therapeutic services for LGBTQPIA folx who identify as lesbian, gay, bisexual, transgender, queer/questioning, pan, intersex, agender/asexual or non-conforming and their allies.

## **The Denver Element**

720-382-5900

4242 Delaware St, Denver, CO 80216

<https://denverelement.org/>

- Non-profit organization through Mile High Behavioral Health to promote mental, physical, and social well-being
  - Free HIV and comprehensive STI testing.
  - Counseling and HIV+ support
  - PrEp
  - PIQUE - a social program designed for Denver's gay, bisexual and questioning men.

## **Resilience1220**

720-282-1164

32003 Ellingwood Trail, Evergreen, CO 80439

<https://www.resilience1220.org/>

- Resilience1220 provides services in the form of FREE counseling sessions and support groups for young people ages 12 - 20.
- The main office is in Bergen Park, though therapists see clients in their own offices across the front range mountain communities.
- Provides individual therapy that is LGBTQ+ affirming and support groups for LGBTQ+ youth.

## **Heart Mind Haven**

303-541-9583

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

- Provides safe services for LGBTQ community including a spectrum of mental health and housing services for individuals 18 years of age and older.
- Services include individual and group therapy, group support, life skills coaching, relapse and crisis prevention and education.
- Transitional housing services available include emergency housing, short term and long term options.

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## **The Denver Family Institute**

303-756-3340

3600 Yosemite St., Ste. 1050, Denver, CO 80237

<https://denverfamilyinstitute.org/>

- Provides therapy for individuals, couples, and families
- Offers services specific for transgender and gender non-conforming individuals.
- DFI is open and affirming to people of all gender identities and is committed to ensuring a safe space for all clients

## **It Takes a Village**

303-367-4747

1475 Lima Street, Aurora, CO 80010

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

- Provides support, outreach, resources, groups and HIV prevention/care for the Denver metro transgender community.
- Free services, no appointment needed, no ID requested
  - HIV and STI Testing, PrEP
  - Brothas4Ever - building and nourishing community among African American same gender loving men throughout the Denver Metro area.
  - TransAction - Since 2007, It Takes a Village has implemented the only HIV prevention program for Transgender women of color.
  - Hermanos - It Takes a Village implements an educational, social group for Latinx gay men twice a month in the evenings, providing dinner and support.
  - Phenomenal Women + VOICES - Since 2003, African American women have come together to address issues that impact them and their ability to stay safe.
  - Community Without Walls - This program provides transitional support for all men and women living with HIV who are incarcerated (with no more than three months till release) or recently released from incarceration.
  - Crime Survivors Program
  - Healthy Relationships Program

## **Support Organizations**

### **Colorado LGBTQ Commission**

<https://www.denvergov.org/Government/Agencies-Departments-Offices/Agencies-Departments-Offices-Directory/Human-Rights-Community-Partnerships/Commissions/LGBTQ-Commission>

- Partners with the community to advance social, economic, and political equality for lesbian, gay, bisexual, transgender, and queer people using its unique position within the City and County of Denver.
  - Purpose Statements
    - Advise the Human Rights and Community Partnership's Executive Director and the Mayor on the critical issues and opportunities facing the LGBTQ community.
    - Recommend legislation, policies, programs, procedures, or administrative actions that advance social, economic, and political equality for the LGBTQ community, or oppose those that do not.
    - Support efforts to organize, educate, and mobilize the LGBTQ community through coalition building, and coordination with allied individuals, groups, and organizations.

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## **PFLAG, Denver Chapter**

303-573-5861 (call or text)

1536 Wynkoop St. STE. 914 Denver, CO 80206

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

- PFLAG (Parents, Families and Friends of Lesbians and Gays) provides supports, education and advocacy to promote the well-being of gay, lesbian, bisexual and transgender persons.
  - Offers telephone helplines, support group meetings, resource referrals, and information.
  - Meeting calendar available online with information on dates and times for support groups.

## **One Colorado**

303-396-6170

303 E 17<sup>th</sup> Ave Suite 400, Denver, CO 80203

[www.one-colorado.org](http://www.one-colorado.org)

- One Colorado is the state's leading advocacy organization dedicated to advancing equality for lesbian, gay, bisexual, transgender, and queer (LGBTQ) Coloradans and their families. Effectively advocate for LGBTQ+ Coloradans and their families by lobbying the General Assembly, executive branch, and local governments on issues like safe schools, transgender equality, relationship recognition, and LGBTQ health and human services.

## **Envision: You**

303-214-2119

<https://envision-you.wixsite.com/envision-you>

- The mission of Envision: You is provide support, education, and empower members of Colorado's LGBTQ+ community who are living with a mental health and/or substance use disorder.
  - Provides education to the public and offers trainings.
  - Advocates for changes to local and statewide policies.
  - Also has information on resources in the community and available to individuals nationally.

## **Youth Specific Programs**

### **The Center on Colfax**

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<https://lgbtqcolorado.org/>

- A nonprofit community center for Colorado's gay, lesbian, bisexual, and transgender population.
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- Rainbow Alley
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## Urban Peak

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

Main Line: 303-974-2900

Shelter: 303-974-2908

630 South Acoma, Denver, CO 80223

- Non-profit organization to serve youth ages 12-24 experiencing homelessness or who are at imminent risk of becoming homeless.
  - Provides assistance and support to become self sufficient
  - Services include street outreach, shelter services, daytime drop in center, supportive housing, education and employment services, case management, life skills courses, behavioral health evaluations, and meals.

## The Trevor Project

866-488-7386 (24/7)

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

- Offers crisis and suicide prevention services for gay and questioning youth, ages 13-24.
  - TrevorChat – free confidential, secure instant messaging services for LGBTQ youth that provides live help from trained volunteers
  - TrevorText – free, confidential, secure services in which LGBTQ youth can text a trained counselor for support and crisis intervention
    - Text 'START' to 678-678

## Gender Spectrum

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

- Gender Spectrum provides education, training, and support to help create a gender sensitive and inclusive environment for children of all ages.
  - Online support community called “The Lounge” for teens, parents, and professionals
  - Multiple gender related tools, resources, and research for educators, families and schools
  - Gender transition plans for schools, training and consultations.

## Voz Y Corazon Suicide Prevention Program

303-504-6500

4141 E Dickenson Place, Denver, CO 80222

<https://www.wellpower.org/voz-y-corazon/>

- Suicide prevention program through WellPower to provide free, community-based, culturally sensitive services and mentoring to youth and their families.
  - Services are available in English and Spanish.

## Trans Youth Family Allies

888-462-8932

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

- Provides educational information and advocacy for transgender youth.
  - Resources and information is targeted towards parents, educators, and healthcare practitioners.

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## Veterans

### **American Veterans for Equal Rights**

[www.aver.us](http://www.aver.us)

### **Modern Military Association**

<https://modernmilitary.org/>

- The Modern Military Association of America is a united voice for LGBTQ+ military and veteran communities. Modern Military works to uphold and expand the civil rights progress made on behalf of LGBTQ+ service members, veterans, and their families through education, advocacy, support networks, and discrimination tracking.

## Online Transgender Resources

### **Colorado Name Change Project**

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

- A resource that provides information and forms on how to update your name gender marker in the State of Colorado.

### **Susan's Page**

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

- Online resource with varying types of information including news articles, online chat forums, and links to resources.

### **Transgender Map**

[www.transgendermap.com](http://www.transgendermap.com)

- Provides social, legal, medical, financial resources and education materials.

### **FTM Resource Guide**

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

- Website states: "This Guide is intended to provide information on topics of interest to female-to-male (FTM, F2M) trans men, and their friends and loved ones. Non-trans men have also found the pages on men's grooming and clothing to be helpful. Transgender, cisgender, intersex, non-binary, genderqueer, questioning, and "just plain folks" are all welcome."

### **Transyouthchannel – Youtube Channel**

[www.youtube.com/user/TransYouthChannel](http://www.youtube.com/user/TransYouthChannel)

- Provides information on how to transition from transgender youth as part of Rescqu.net's resource and information program. Provides different perspectives from transgender youth weekly on varying topics submitted by viewers.

## National Resources:

### **National Center for Transgender Equality**

202.642.4542

1133 19<sup>th</sup> St NW Unit 302, Washington DC 20036

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

- Provides information on transgender topics.

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## **LGBT National Help Center**

<https://gbthotline.org/>

## **GLMA Health Professionals Advancing LGBT Equality**

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

## **Human Rights Campaign (HRC)**

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

## **Gay and Lesbian Alliance Against Defamation**

<https://glaad.org/>

## **Gay, Lesbian & Straight Education Network (GLSEN)**

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

## **Consortium of Higher Education LGBT Resource Professionals**

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

## **Transgender Law Center**

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

## **WPATH (transgender health)**

<https://app.wpath.org/>

## **National LGBT Health Education Center**

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

## **Social Groups and Organizations**

### **The Mile High Freedom Band**

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

- Charitable organization serving the LGBTQ+ community in Denver
  - Social organization for musicians
  - Open to all who respect the diversities in life including the LGBTQ+ community and allies.

### **Denver LGBTQ+ Visitor's Guide**

[www.denver.org/about-denver/lgbt](http://www.denver.org/about-denver/lgbt)

## **LGBTQ+ Centered Services**

### **Good Judy Garage**

303-872-8810

1865 W Union, Unit M, Sheridan, CO 80110

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

- A queer owned and operated automotive service and repair shop where all are welcome.
- Commits to not marking up the cost of parts, being transparent and in-line with the industry average rates and discussing all options in an easily understandable way with no pressure.



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## **Above Ground Denver**

<https://abovegrounddenver.com/>

- A queer owned and operated hair salon where everyone is welcome.
- Free gender affirming haircuts for trans youth.

## **Great Guys Colorado**

<https://greatguyscolorado.com/>

- Queer owned and operated HVAC, electrical, and plumbing installation and repair.

## **All About Ease**

<https://allabouteaseorganizing.com/>

- Queer owned and operated home organizing service.

## **Denver's Cupid**

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

- Matchmaking for LGBTQ singles in the Denver metro area.