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) 977-8800, TheQCorner@hhs.sccgov.org
sccbhsd.org/theQCorner
1075 E. Santa Clara Street, San Jose
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
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
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
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
590 W. El Camino Real, Mountain View
acs-teens.org/what-we-do/outlet/
Serves: Ages 13-18

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
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
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
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
5150 El Camino Real, Building C, Suite 15, Los Altos
paloaltou.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

COUNTY OF SANTA CLARA
Behavioral Health Services
Supporting Wellness and Recovery
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/
Chat forums: 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
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.
transfamiessv@gmail.com
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/translate
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/
Serves: Homeless Adults

**Get More Information**

**LGBTQ Resources**
Access a list of resources compiled by Santa Clara County’s Behavioral Health Services.
sccbhsd.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

**LGBT National Help Center**
Serving the LGBTQ+ community by providing free and confidential peer-support and local resources.
lgbt hotline.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.
scco.e.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

**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/

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