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
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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/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/
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.
sccoe.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