

**SMSU Queer &
Transgender Resource
Center**

**Guide for the Greater
Inland Empire Area and
Coachella Valley**

Table of Contents

- [Urgent Hotlines](#)
- [Survivor Resources](#)
- [Trans Policies in Cities.](#)
- [Queer & Transgender Organizations/Resource Centers](#)
- [Queer & Transgender Health Services](#)
- [Queer & Transgender-Friendly Medical Doctors](#)
- [Queer & Transgender-Friendly Dental Care](#)
- [Queer & Transgender Prescription Services](#)
- [Queer & Transgender-Friendly Mental Health Services](#)
- [Queer & Transgender-Friendly Spiritual Health Services](#)
- [Gender-Affirming Operation Services](#)
- [Queer & Transgender-Friendly Barbers/Hairstylists](#)
- [Queer & Transgender-Friendly Tattoo Artists/Piercers](#)
- [State of California Legalities](#)
 - Jails & Corrections
 - LGBT Inmate Outreach
 - Name & Gender Change
 - Gender Change
 - Hormone Therapy
 - Gender Reassignment Surgery
 - Inland Counties Legal Services
- [Queer & Transgender-Friendly Youth Shelters](#)
- [Ace Competent Healthcare Resources](#)

The following information was gathered by Transgender Community Coalition in 2014 (transcc.org)**; edited & organized by Devin Almond in 2017; updated by Steven Avila in 2023.

URGENT HOTLINES

NON-SPECIFIC CRISES HOTLINES:

Note: Some of these services may utilize police as a method of intervention. We are unable to find any information that says they specifically do or do not.

Riverside County Department of Mental Health (Updated 8/31/21)

- 24/7 Mental Health Urgent Care
 - Provides 24 hour/7 days/365 urgent care mental health screening and assessment services and medications to address the needs of those in crisis in a safe, efficient, trauma-informed, and least-restrictive setting.
 - Locations:
 - **Riverside:** 9990 County Farm Rd. Riverside, CA 92503
 - (951) 509-2499
 - **Palm Springs:** 2500 N Palm Canyon Dr, Suite # A4 Palm Springs, CA 92262
 - (442) 268-7000
 - **Perris:** 85 Ramona Expressway, Suites 1-3 Perris, CA 92571
 - (951) 349-4195
- National Suicide Prevention Lifeline
 - By calling 1-800-273-TALK (8255) you'll be connected to a skilled, trained counselor at a crisis center in your area, anytime 24/7.
 - (800) 273-8255
 - Spanish line: (888) 628-9454
 - TTY: (800) 799-4889

QUEER AND TRANS SPECIFIC CRISES HOTLINES:

- The Trevor Lifeline
 - National organization providing crisis and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) Youth.
 - (866) 488-7386

- Transgender Suicide Hotline (**Trans Suicide Hotline does not utilize police intervention**).
 - US: (877) 565-8860; Canada: (877) 330-6366
 - The line is staffed by transgender people and is entirely dedicated to the trans community. It's open every day for 18 hours.
 - Pacific Standard Time (PST): 8 AM to 2 AM
 - Mountain Standard Time (MST): 9 AM to 3 AM
 - Central Standard time (CST): 10 AM to 4 AM
 - Eastern Standard Time (EST): 11 AM to 5 AM

SURVIVOR RESOURCES

Claudia Ochoa, CSUSB Campus Survivor Advocate

Counseling & Psychological Services (CAPS) Building

Office: (909) 537-7354

Cell: (909) 273-7872

Email: claudia.ochoa@csusb.edu

Website: <https://www.csusb.edu/survivor-advocacy-services/>

Riverside Area Rape Crisis Center (RARCC)

1845 Chicago Ave, Suite A

Riverside, CA 92507

Phone: (951) 686-7273

Email: info@rarcc.org

Hours: Monday-Friday: 8 AM to 5 PM

Provides 24/7 Hotline, advocacy, individual counseling, support groups, professional trainings, and workshops.

Partners Against Violence

444 N. Arrowhead Ave, Suite 101

San Bernardino, CA 92401

Phone: (909) 885-8884

Email: info@partnersav.org

For other locations: <https://www.partnersagainstviolence.org/locations>

Provides support for survivors of sexual assault and violent crimes. All services are confidential and available at no cost to survivors, their significant others, and family members. Committed to building healthy relationships, families, communities, and generations that are free from violence.

TRANS POLICIES IN CITIES

- City of Palm Springs Municipal Code for Transgender Civil Protections: City of Palm Springs Administrative Policy Discrimination, Harassment and Retaliation, revised February 2013.
- City of Palm Springs Equal and Fair treatment of Transgender persons: City of Palm Springs Administrative Policy Discrimination, Harassment and Retaliation, revised February 2013.
- City of Palm Springs Equal Employment Opportunity for Transgender Persons: City of Palm Springs Administrative Policy Discrimination, Harassment and Retaliation, revised February 2013.
- City of Thousand Palms Municipal Code for Transgender Civil Protections: <http://www.riversideca.gov/hrc/>
- City of Thousand Palms Equal and Fair treatment of Transgender persons: <http://www.riversideca.gov/hrc/> City of Thousand Palms Equal Employment Opportunity for Transgender Persons: <http://www.riversideca.gov/hrc/>
- City of Indian Wells excludes Transgender persons from equal decisions, appointments, promotions and Discipline, p.283, #11: <http://www.cityofindianwells.org/civicax/filebank/blobdload.aspx?BlobID=14038#xml=http://www.cityofindianwells.org/search/dtsearch.asp?cmd=pdfhits&DocId=2692&Index=C%3a%5cSites%5cIndianWells%5fweb%5cweb%5cdtSearch&HitCount=6&hits=14609+1460a+16245+16246+1b913+1b914+&hc=80&req=Sexual+Orientation>
- City of Indian Wells Municipal Code for Transgender Civil Protections: NONE. Chapter 2.15 City's Non-Discrimination Policy.
- City of Indian Wells Equal and Fair treatment of Transgender persons: NONE. Chapter 2.15 City's Non-Discrimination Policy.
- City of Indian Wells Equal Employment Opportunity for Transgender Persons: NONE. Chapter 2.15 City's Non-Discrimination Policy.
- City of Palm Desert provides assistance to persons based on sexual orientation but not Transgender for hate crimes:

<http://www.cityofpalmdesert.org/Modules/ShowDocument.aspx?documentid=5734>

- City of Palm Desert Municipal Code for Transgender Civil Protections: Page 7, #2.5:
<http://www.cityofpalmdesert.org/Modules/ShowDocument.aspx?documentid=5351>
- City of Palm Desert Equal and Fair treatment of Transgender persons: Page 7, #2.5:
<http://www.cityofpalmdesert.org/Modules/ShowDocument.aspx?documentid=5351>
- City of Palm Desert Equal Employment Opportunity for Transgender Persons: Page 7, #2.5:
<http://www.cityofpalmdesert.org/Modules/ShowDocument.aspx?documentid=5351>
- City of Indio Municipal Code for Transgender Civil Protections: NONE see Policies A-1, A-12, and A-14. And,
<http://www.indio.org/Modules/ShowDocument.aspx?documentid=1316>
- City of Indio Equal and Fair treatment of Transgender persons: NONE see Policies A-1, A-12, and A-14. And,
<http://www.indio.org/Modules/ShowDocument.aspx?documentid=1316>
- City of Indio Equal Employment Opportunity for Transgender Persons: NONE see Policies A-1, A-12, and A-14. And,
<http://www.indio.org/Modules/ShowDocument.aspx?documentid=1316>
- City of Indio policy on proper pronouns and preferred names for Transgender Persons: NONE see Policies A-1, A-12, and A-14.
- City of Sun City Municipal Code for Transgender Civil Protections:
<http://www.riversideca.gov/hrc/>
- City of Sun City Equal and Fair treatment of Transgender persons:
<http://www.riversideca.gov/hrc/>
- City of Sun City Equal Employment Opportunity for Transgender Persons:
<http://www.riversideca.gov/hrc/>

- City of La Quinta employee training on Transgender contacts: NONE. Sec. 4, 4.05 Equal Employment

Goals and Policies

- City of La Quinta Municipal Code for Transgender Civil Protections: NONE. Sec. 4, 4.05 Equal Employment Goals and Policies.
- City of La Quinta Equal and Fair treatment of Transgender persons: NONE. Sec. 4, 4.05 Equal Employment Goals and Policies.
- City of La Quinta Equal Employment Opportunity for Transgender Persons: NONE. Sec. 4, 4.05 Equal Employment Goals and Policies.
- City of La Quinta policy on proper pronouns and preferred names for Transgender Persons: NONE. Sec. 4, 4.05 Equal Employment Goals and Policies.
- City of Bermuda Dunes Municipal Code for Transgender Civil Protections: <http://www.riversideca.gov/hrc/>
- City of Bermuda Dunes Equal and Fair treatment of Transgender persons: <http://www.riversideca.gov/hrc/>
- City of Bermuda Dunes Equal Employment Opportunity for Transgender Persons: <http://www.riversideca.gov/hrc/>
- City of Thermal Municipal Code for Transgender Civil Protections: <http://www.riversideca.gov/hrc/>
- City of Thermal Equal and Fair treatment of Transgender persons: <http://www.riversideca.gov/hrc/>
- City of Thermal Equal Employment Opportunity for Transgender Persons: <http://www.riversideca.gov/hrc/>

QUEER & TRANS ORGANIZATIONS/RESOURCE CENTERS

TruEvolution

4164 Brockton Ave, Suite A

Riverside, CA 92501

Phone: (951) 888-1346

Toll-Free Number: (877) 890-1169

Email: info@truevoluton.org

Hours: Monday-Thursday: 10 AM to 6 PM; **Friday:** 10 AM to 4 PM; **Saturday & Sunday:** Closed

TruEvolution fights for health equity and racial justice to advance the quality of life and human dignity of LGBTQ+ people. They provide HIV Care, PrEP, & Prevention Services, Emergency Housing, and Behavioral Health Clinic, Therapy, & Support Groups.

Transgender Health & Wellness Center

(**COVID-19 Update:** Open by Appointment Only)

The Transgender Health & Wellness Center is the preeminent provider of services and support for the transgender diverse community and our allies

Email: info@trans.health

(Palm Springs Location)

340 S Farrell Dr, Suite A208

Palm Springs, CA 92262

(760) 202-4308

Hours: Monday-Friday: 11 AM to 5 PM

(1st Riverside Location)

6700 Indiana Ave, Suite 252

Riverside, CA 92506

(951) 530-8257

Hours: Monday-Friday: 10 AM to 5 PM

(2nd Riverside Location)

6840 Indiana Avenue

Riverside, CA 92506

(951) 530-8148

Hours: Monday-Friday: 11 AM to 5 PM

LGBTQ Center Orange County

1605 N Spurgeon St

Santa Ana, CA 92701

Office Phone: (714) 953-5428

Counseling: (714) 953-5428 [x330]

Fax: (714) 246-8907

Email: info@lgbtqcenteroc.org

Hours: Monday-Friday: 10 AM to 6 PM; Saturday & Sunday: BY APPOINTMENT

The LGBTQ Center OC's mission is to advocate on behalf of the Orange County Lesbian Gay Bisexual Transgender and Queer/Questioning communities and provide services that ensure its well-being and positive identity. They provide programs for seniors, gay, lesbian, trans, youth, and those living with HIV. They also offer mental health, HIV testing, and outreach and educational services.

The LGBTQ Community Center of the Desert

1301 North Palm Canyon Dr, 3rd Floor

Palms Springs, CA 92262

(760) 416-7790

Email: info@thecentercv.org

Hours: Monday-Friday: 8:30 AM to 4:30 PM

The Center is the cornerstone of our LGBTQ community in the Coachella Valley. Each year, we log more than 65,000 visits as folks come here to meet and make connections, find support systems and to take advantage of our many resources.

Radiant Health OC

Radiant Health Centers provides the LGBTQ+ community medical services that are compassionate and comprehensive while continuing to serve those living with and affected by HIV. If a client is HIV positive we assign them to a social worker who connects them with a continuum of care which includes medical needs, financial and housing assistance, mental health counseling, nutrition support, peer groups and transportation. We continue to expand our medical services to ensure more people from our community have timely, compassionate access to the health services they need.

17982 Sky Park Circle, Suite J

Irvine, CA 92614

Phone: (949) 809-5700

Service Hours: Monday-Friday: 8:30 AM to 5 PM; **Saturday & Sunday:** Closed

Testing Hours (949) 809-8764: Sunday & Monday: Closed; **Tuesday & Wednesday:** 10 AM to 6:30 PM; **Thursday:** 11 AM to 6:30 PM; **Friday:** 9:30 AM to 1 PM; **Saturday:** 9 AM to 3 PM

Medical Clinic Hours (949) 809-8764: Sunday & Monday: Closed; **Tuesday & Wednesday:** 10 AM to 6 PM; **Thursday:** 11 AM to 6 PM; **Friday:** 9 AM to 12 PM; **Saturday:** 9:30 AM to 3 PM

Rainbow Pride Youth Alliance

3041 N Sierra Way

San Bernardino, CA 92405

(909) 206-4830

<https://www.rainbowprideyouthalliance.org/home>

The Rainbow Pride Youth Alliance is a LGBTQ+ mental health non-profit based out of San Bernardino. Our mission is to promote, advocate and offer support for LGBTQ+ youth and their families. It's 2020 and RPYA has gone virtual. Keep an eye on our "Upcoming Events" section and our Social Media accounts to find out about our zoom virtual meetings, Instagram Live, and more.

UCR LGBT Resource Center

“Can only provide ‘services’ to students of UCR, but can provide resources to anyone”

900 University Ave, 245 Costo Hall

Riverside, CA 92521

Phone: (951) 827-2267

Email: out@ucr.edu

Established in 1993, the LGBT Resource Center provides support, education, and advocacy regarding sexual orientation and gender identity/expression for the UC Riverside community and beyond.

PFLAG (Parents, Families, & Friends of Lesbians & Gays):

PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies. With nearly 400 chapters and 250,000 members and supporters crossing multiple generations of families in major urban centers, small cities, and rural areas across America, PFLAG is committed to creating a world where diversity is celebrated and all people are respected, valued, and affirmed.

(Riverside Location)

950 Spruce St

Riverside, CA 92507

Phone: (951) 500-6904

Email: pflag_riversideca@yahoo.com

<https://www.facebook.com/pflagriverside>

(Palm Springs Location)

Phone: (760) 202-4430

Email: info@pspflag.org

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

Meetings held virtually through ZOOM`

(Temecula Location)

Phone: (951) 878-8052

41000 Main St

Temecula, CA 92591

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

Inland Region Equality Network (IREN)

Phone: (909) 742-9092

Email: inlandregionequalitynetwork@gmail.com

IREN envisions a supported, resourced, civically engaged, empowered LGBTQ community across the Inland Region.

Trans Family Support Services

12463 Rancho Bernardo Rd., #218

San Diego, CA 92128

Phone: (858) 304-0085

Email: info@transfamilysos.org

Trans Family Support Services saves lives by shaping a gender affirming and accepting Community.

LGBTQ+ Center of Riverside

(951) 364-3305

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

Riverside LGBTQ+ Pride

P.O. Box 56012

Riverside, CA 92517

Email: info@riversideprideie.org

Foothill AIDS Project

Foothill AIDS Project (FAP) is dedicated to helping people who live with or are at risk for HIV/AIDS in the San Gabriel Valley of Los Angeles County, San Bernardino County, and western Riverside County.

Our programs and services provide many tools for people living with HIV/AIDS (PLWH) to live longer, healthier, and more stable lives.

(Claremont Location)

678 S. Indian Hill Blvd, Suite 220

Claremont, CA 91711

(800) 488-0858

(Hesperia Location)

16501 Walnut St

Hesperia, CA 92345

(760) 684-4368

(Pasadena Location)

2555 E. Colorado Blvd, Suite 202

Pasadena, CA 91101

(626) 639-3321

(Riverside Location)

5750 Division St, #101,102

Riverside, CA 92506

(951) 742-7660

(San Bernardino Location)
344 W. 2nd St
San Bernardino, CA 92401
(909) 884-2722

Bienestar

5326 East Beverly Blvd
Los Angeles, CA 90022
(323) 727-7896

Email: info@bienestar.org

Website: <https://www.bienestar.org/>

Services for HIV positive Individuals only: Case Management, Housing Assistance, HIV Treatment Education, Mental Health Counseling, Healthy Relationships, Peer Support, Food Bank

HIV & STI Prevention & Education Programs for Gay & Bisexual men:

Hermanos De Luna Y Sol, Comprehensive Risk Counseling Services, Popular Opinion Leader, Empowerment (youth 18 to 24 yrs. of age), Support groups.

Programs for transgender women:

Hermanas De Luna Y Sol, Comprehensive Risk Counseling Services, Popular Opinion Leader, Support Groups.

Programs for Substance Users:

Needle Exchange, Substance Abuse & Hepatitis C Prevention

**Call for info of satellite locations in Riverside County*

QUEER & TRANS HEALTH SERVICES

MISTR

Free online PrEP & STI testing. No doctor's office, no needles, no paperwork & free delivery.

Website: <http://www.heimistr.com>

Folx Health

Serving LGBTQIA+ folx with Primary, HRT, & Sexual Healthcare

Website: <http://www.folxhealth.com>

Radiant Health OC

Radiant Health Centers provides the LGBTQ+ community medical services that are compassionate and comprehensive while continuing to serve those living with and affected by HIV. If a client is HIV positive we assign them to a social worker who connects them with a continuum of care which includes medical needs, financial and housing assistance, mental health counseling, nutrition support, peer groups and transportation. We continue to expand our medical services to ensure more people from our community have timely, compassionate access to the health services they need.

17982 Sky Park Circle, Suite J

Irvine, CA 92614

Service Phone: (949) 809-5700

Clinic & testing Phone: (949) 809-8764

Service Hours: Monday-Friday 8:30 AM to 5 PM; Saturday & Sunday: Closed

Testing Hours: Sunday & Monday: Closed; Tuesday & Wednesday: 10 AM to 6:30 PM; Thursday: 11 AM to 6:30 PM; Friday: 9:30 AM to 1 PM; Saturday: 9 AM to 3 PM

Medical Clinic Hours: Sunday & Monday: Closed; Tuesday & Wednesday: 10 AM to 6 PM; Thursday: 11 AM to 6 PM; Friday: 9 AM to 12 PM; Saturday: 9:30 AM to 3 PM

TruEvolution

4164 Brockton Ave, Suite A

Riverside, CA 92501

Phone: (951) 888-1346

Toll-Free Number: (877) 890-1169

Email: info@truevoluton.org

Hours: Monday-Thursday: 10 AM to 6 PM; **Friday:** 10 AM to 4 PM; **Saturday & Sunday:** Closed

TruEvolution fights for health equity and racial justice to advance the quality of life and human dignity of LGBTQ+ people. They provide HIV Care, PrEP, & Prevention Services, Emergency Housing, and Behavioral Health Clinic, Therapy, & Support Groups.

Transgender Health & Wellness Center

(COVID-19 Update: Open by Appointment Only)

The Transgender Health & Wellness Center is the preeminent provider of services and support for the transgender diverse community and our allies

Phone: (760) 202-4308

Fax: (760) 818-8025

Email: info@trans.health

Hours: Monday-Friday: 9 AM to 5 PM

(Palm Springs Location)

340 S Farrell Dr, Suite A208

Palm Springs, CA 92262

(Riverside Location)

6700 Indiana Ave, Suite 252

Riverside, CA 92506

BOCA Recovery Center

Boca Recovery Center is a substance use disorder & co-occurring mental health treatment program offering the most advanced clinical programming, detoxification residential treatment. We deliver the highest quality of care in beautifully appointed surroundings, making the recovery process safe, secure and comfortable. We strive to provide our clients and their families with the best care, support and guidance throughout our program and beyond to achieve a lasting recovery.

For general inquiries about BOCA, including billing and lab work:

Phone: (800) 516-4357

Email: contact@bocarecoverycenter.com

Website: <https://www.bocarecovery.com>

QUEER & TRANS FRIENDLY MEDICAL DOCTORS

Dr. Alexander Del Rosario (Updated 9/09/21)

1401 N Palm Canyon Dr, Suite 202

Palm Springs, CA 92262

(760) 837-8366

STI, HIV/AIDS, Hep C treatment. Hep A & B, and Meningitis vaccinations.

Insurance: PPO, Medi-Cal, & Medi-Care

Expect months to get in and see him

Coachella Valley Volunteers in Medicine

82915 Avenue 48

Indio, CA 92201

(760) 342-4414

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

Hours: Tuesday-Thursday: 9 AM to 5 PM; **Friday-Monday:** CLOSED

It is worth noting that they are known to provide the medical needs for undocumented citizens and workers. If Trans-undocumented this would be worth checking into. Only takes people with no insurance in Riverside County and Coachella Valley, and must qualify as poor to no income.

Dr. Richard A. Loftus (Updated 9/09/21)

39000 Bob Hope Dr

Rancho Mirage, CA 92270

(760) 834-7930

Insurance: PPO, Medi-Cal, & Medi-Care

Expect months to get in and see him

Loma Linda VA Hospital

11201 Benton St.

Loma Linda, CA 92357

(909) 825-7084

(800) 741-8387

<https://www.lomalinda.va.gov/>

Has one of the best Trans health care systems for those who qualify:

<https://www.lomalinda.va.gov/services/LGBT.asp>

Insurance: PPO, Medi-Cal, & Medi-Care

Desert AIDS Project

1695 N. Sunrise Way

Palm Springs, CA 92262

(760) 323-2118

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

Insurance: PPO, Medi-Cal, & Medi-Care

Dr. John J. Kowalczyk, MD

1127 Wilshire Blvd, Suite 1001

Los Angeles, CA 90017

(213) 977-1176

Insurance: PPO, Medi-Cal, & Medi-Care

Borrego Health Foundation

590 N D St

San Bernardino, CA 92401

Phone: (909) 453-6900

Providers:

Patric Schine, NP: Transgender Health

Melody Angeles-Riparip, MD: Family Medicine

Eric Eschweiler, NP: Family Medicine

Arrowhead Regional Medical Center

400 North Pepper Ave

Colton, CA 92424

Phone: (909) 580-1443

HRC Fertility

John M. Norian, MD, FACOG

8112 Milliken Ave., Suite 101-1

Rancho Cucamonga, C 91730

Phone: (909) 941-1120

Website: <http://www.havingbabies.com>

QUEER & TRANS-FRIENDLY DENTAL CARE

Loma Linda School of Dentistry: Koppel Special Care Dentistry Clinic

11092 Anderson St

Loma Linda, CA 92350

Phone: (909) 558-4663

<https://www.llu.edu/dentistry/index.page>

Provides dental treatment for low-income individuals on a sliding pay scale. You must call Monday morning at 8:00 a.m. to set up an appointment for the following week. It is a first come first serve service and the services fill up quickly. You should continue to hit redial until you get through.

Coachella Valley Volunteers in Medicine

82915 Avenue 48

Indio, CA 92201

(760) 342-4414

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

Hours: Tuesday-Thursday: 9 AM to 5 PM; Friday-Monday: CLOSED

Accepts trans-undocumented, and uninsured, provides services like dental, primary, gynecology, orthopedics, cardiology, labs, x-ray, HIV screening, and flu shots.

Desert AIDS Project

1695 N. Sunrise Way

Palm Springs, CA 92262

(760) 323-2118

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

Insurance: PPO, Medi-Cal, & Medi-Care

7 month process to be seen. Can only be seen through dental referrals

QUEER & TRANS PRESCRIPTION SERVICES

Wal-Greens

If the transgender customer's name has not been legally changed, Walgreens allows the prescriptions to be mailed directly to the customer's residence after initial sign up at the Walgreens. This will allow the transgender customer not to be 'outed' when having to give their legal name at the prescription counter in front of customers and employees.

<http://www.walgreens.com/pharmacy/>

MISTR

Free online PrEP & STI testing. No doctor's office, no needles, no paperwork & free delivery.

<http://www.heimistr.com>

Folx Health

Serving LGBTQIA+ folx with Primary, HRT, & Sexual Healthcare

<http://www.folxhealth.com>

QUEER & TRANS-FRIENDLY MENTAL HEALTH SERVICES

TruEvolution

4164 Brockton Ave, Suite A

Riverside, CA 92501

Phone: (951) 888-1346

Toll-Free Number: (877) 890-1169

Email: info@truevoluton.org

Hours: Monday-Thursday: 10 AM to 6 PM; **Friday:** 10 AM to 4 PM; **Saturday & Sunday:** Closed

TruEvolution's Behavioral Health team offers individual, couples, family, and group therapy to support your emotional and physical well-being. We are committed to providing services that are affirmative, sex-positive, culturally competent, and trauma-informed care to address the mental and emotional health needs of members of the community with a special emphasis of the needs and strengths of the LGBTQ+ community.

Insurance: IEHP/Medi-Cal

Deborah Meints-Pierson, LMFT

Palm Desert Counseling

41865 Boardwalk, Suite 217

Palm Desert, CA 9211

(760) 498-1439

Insurance: Will courtesy bill your insurance company

<https://www.psychologytoday.com/us/therapists/deborah-meints-pierson-palm-desert-ca/58165?sid=613a52bd0d7f3&name=Deborah+Meints-Pierson&ref=1>

C&C Center for Healing

308 W State St, Unit 3-D

Redlands, CA 92373

(909) 323-0458 (x559)

Insurance: Medi-Cal and some PPOs

<https://www.psychologytoday.com/us/therapists/gay/ca/redlands/381679?sid=613a552c732a2&ref=2>

Call for availability/free consultation

Collaborative Psychology Group

(Riverside Location)

5051 Canyon Crest Dr., Suite 204

Riverside, CA 92507

Hours: Mon-Thurs: 8 AM to 8 PM; **Friday:** 8 AM to 6 PM; **Saturday:** 8 AM to 2 PM

(Murrieta Location)

41760 Ivy St., Suite 204

Murrieta, CA 92562

Hours: Tuesday & Thursday: 10 AM to 8 PM; **Wednesday:** 11 AM to 8 PM

Insurance: No Insurance Required. Pay Scale Range: \$30-80

Website: <https://openpathcollective.org/clinicians/collaborative-psychology-group/>

Karisa Quick, M.A. Ed, LPCC, PPS (they/them)

9681 Business Center Dr, Building 16, Suite C

Rancho Cucamonga, CA 91730

(909) 244-3219

Insurance: Out of Network, PPO

<https://www.psychologytoday.com/us/therapists/gay/ca/riverside/866882?sid=613a6dd1cfad8&ref=1>

Call for Availability/Free Consultation

T. Donavon Bradley II, MSW, LCSW, PPSC (he/him)

Riverside, CA 92505

(951) 521-0806

Insurance: Out of Network

<https://www.psychologytoday.com/us/therapists/transgender/92879/780936?sid=613a6d43dff0&zipdist=7&ref=1>

Call for Availability/Questions

Creative Insights Counseling

Services: LGBTQIA Affirming therapy, children's therapy, blog, web-based therapy, college student therapy, couples and family therapy.

Location(s):

18 E. Street, Suite 206, Redlands, CA 92373

409 Harvard Ave., Suite 101, Claremont, CA 91711

Phone: (909) 240-7833

E-Mail: drtraci@creativeinsightcounseling.com

Website: <http://creativeinsightcounseling.com>

Central Counseling Services

Services: Specializes in Transgender Care

6840 Indiana Ave., Suite 275

Riverside, CA 92506

Phone: (951) 778-0230

Website: <http://www.centralcounselingservices.net/>

Blue Tiger Recovery LLC

Services: Comprehensive treatment for trauma, sex and love addiction, substance abuse, & sexual abuse. Online counseling, LGBTQ+, HIV/AIDS, and more!

4375 E. Calle De Ricardo, Suite B

Palm Springs, CA 92264

Phone: (760) 534-3487

E-Mail: info@bluetigerrecovery.com

Website: <http://bluetigerrecovery.com>

Katrina Sevilla. M.S. (she/her)

1440 N. Harbor Blvd., Suite 127

Fullerton, California 92835

(714) 248-5170

Email: kat@gatherandgrowoc.com

Websites: <https://www.gatherandgrowoc.com/katrina-sevilla>

<https://www.psychologytoday.com/us/therapists/katrina-sevilla-fullerton-ca/945092>

Insurance: Does not take any but provides superbills.

Valenta Mental Health

9479 Haven Avenue

Rancho Cucamonga, CA 91730

An outpatient eating disorder clinic designed to help individuals with Anorexia Nervosa, Bulimia Nervosa, Binge or Compulsive Overeating, and Other associated Illnesses. We have expanded our outpatient services to include Depression and Anxiety Recovery Programs as well as Therapeutic and Nutrition Counseling Services in Rancho Cucamonga, California.

Eating Disorders: (909) 771-8023

Depression/Anxiety: (909) 719-7979

Website: <https://www.valentaonline.com/>

Hours- MON-FRI: 7 AM – 3:30 PM; SAT & SUN: CLOSED

QUEER & TRANS-FRIENDLY SPIRITUAL HEALTH SERVICES

Bloom in the Desert Ministries

Demuth Community Center

3601 East Mesquite Ave

Palm Springs, CA

Phone: (760) 327-3802

Website: <http://bloominthedesert.org/>

UFCCRiverside Live (Updated 9/23/2021)

1407 N Arrowhead Ave

San Bernardino, CA 92405

Phone: (951) 848-6070

Website: <https://www.facebook.com/unityriversidelive/>

First Congressional Church of Riverside: United Church of Christ

3504 Mission Inn Ave

Riverside, CA 92501

Phone: (951) 648-2494

Website: <http://fccriverside.org/>

Metropolitan Community Church of the Coachella Valley

32150 Candlewood Dr.

Cathedral City, CA 92234

Phone: (760) 512-1700

Website: <http://www.mcccvcv.net/>

Church of St. Paul's of the Desert

125 W. El Alameda

Palm Springs, CA 92262

Phone: (760) 320-7488

Website: <http://stpaulsps.org/>

Spiritual Center of the Desert

45630 Portola Ave

Palm Desert, CA 92260

Phone: (760) 346-4649

Email: info@cslpalmdesert.org

Website: <http://cslpalmdesert.org>

United Church of Christ Redlands

168 Bellevue Ave

Redlands, CA 92379

Phone: (909) 793-3520

Website: <http://uccredlands.org>

Gender-Affirming Operation Services

Laser Hair Removal:

Prolase Glendale

15030 Ventura Blvd #12

Sherman Oaks, A 91403

Phone: (818) 507-0909

Website: <https://prolaseclinic.com/>

Insurance: No Insurance Required

Laser Resurfacing:

Dr. Bruce Chisholm

Eisenhower Medical Center

Bannan Building, #1208

39-300 Bob Hope Drive

Rancho Mirage, CA 92270

Phone: (760) 779-9559

Fax: (760) 770-5077

Website: <https://www.bchisholmmd.com/cont.htm>

Insurance: No Insurance Required, Accepts Care Credit

Electrolysis:

Carol Montoya Russo

Perfection Electrolysis & Permanent Make-Up (Updated 10/19/2021)

73700 Highway 111, Suite 4

Palm Desert , CA 92260

Phone: (760) 346-0355

30+ Years' Experience & 40+ Years' Beauty Business

Insurance: NONE REQUIRED

Breast Removal & Implants

Judith B. Zacher, MD, FACS (Updated 10/19/2021)

39-300 Bob Hope Drive, Bannan Building, Suite 1106

Rancho Mirage, CA 92270

Phone: (760) 340-5774

Insurance: Medicare/Medi-Cal

Dr. Kaming Li

3110 Inland Empire Blvd

Ontario, CA 91674

(909) 581-7777

Website: <https://www.drliplasticsurgery.com/>

Insurance: None Required, Accepts Care Credit

Kryger Institute of Plastic Surgery

947 E. Thousand Oaks Blvd.

Thousand Oaks, CA 91360

Phone: (805) 777-3877

Website: <https://www.drkryger.com/>

Call to schedule consultation, desk staff is very friendly

HYSTERECTOMIES & GYNCECOLOGY

Dr. Eduardo Garza, MD (Updated 9/09/21)

Fleur's Women's Health Center

72780 Country Club Dr, Suite A103

Rancho Mirage 92270

(760) 779-5511

Las Palmas OBGYN INC

72027 Highway 111, Suite A

Rancho Mirage, CA 92270

(760) 323-9309

Insurance: Medi-Care & Private Insurance

QUEER & TRANS-FRIENDLY BARBERS/HAIRSTYLISTS

Bec Farrell (they/them)

Queer Gender-Affirming Hairstylist

Instagram: @bec_styleshair

Project Q Community Center

818 N. Spring St, #101

Los Angeles, CA 90012

Phone: (213) 617-8442

Email: project.info@gmail.com

Free Haircuts & Workshops for LGBTQIA+ Black & Brown Youth Experiencing Homelessness

Strands for Trans

Haircuts are historically gendered: Salons for women. Barbershops for men. This leaves the trans community feeling uncomfortable, unwelcome and unsure. Strands for Trans is bringing gays, straights, women, men, anyone, together to create more trans-friendly barbershops and hair salons. Join in and let's help this community feel welcome.

Website: <https://www.strandsfortrans.com/>

QUEER & TRANS-FRIENDLY TATTOO **ARTISTS/PIERCERS**

Tai (She/They)

Professional Queer Body Piercer

Steadfast Tattoo Riverside

10330 Hole Ave, Suite 5

Riverside, CA 92505

Instagram: @teddybeartai.mods

Booking: <https://beacons.page/teddybeartai.mods> (Walk-Ins Available; Ask for Tai)

State of California Legalities

Inland Counties Legal Services (ICLS)

Inland Counties Legal Services pursues justice & equality for low income people through counsel, advice, advocacy, and community education, treating all with dignity & respect.

Areas of Coverage:

- Consumer
 - Debt Collection Defense
- Education
- Family Law
- Health
- Housing
- Immigration
- Public Benefits
- Small Businesses
- Tax/Bankruptcy
- Senior Outreach

To apply for **FREE** legal services:

Phone: (888) 245-4257

Senior Line: (800) 977-4257

Website: <https://inlandlegal.org>

JAILS AND CORRECTIONS

Know Your Rights, You Never Know If You Will Be Detained And Later Found Innocent.

If you are detained for evaluation by the Courts for a possible conviction and punishment, and you are on hormones there are a few things that it is imperative that you know:

1. . You have an absolute 'right' to be safe from violence and sexual assault while detained.

http://www.transequality.org/Resources/PREA_July2012.pdf

2. Under the new PREA cited above, Transgender Persons receive unique treatment during strip searches, cavity searches and showering. Failure to do so is a violation of PREA and considered sexual harassment. Federal PREA Mandate on the County: §115.15 Limits to Cross-Gender viewing and searches, (f), “The agency shall train security staff in how to conduct cross-gender pat-down searches, and searches of transgender and intersex inmates, in a professional and respectful manner, and in the least intrusive manner possible, consistent with security needs.” § 115.42 Use of screening information, (f), “Transgender and intersex inmates shall be given the opportunity to shower separately from other inmates.” As of the date of this document, Riverside County Jail does not comply with these mandates and have not made them a top priority, as the law requires.

3. If you have had your gender legally changed, it is very important that they do not list you as the housing gender. The reason for this is that the Jails processing unit that cannot see you can determine that you are a particularly vulnerable inmate by the opposite gender documented in the control units listings. Farmer v. Brennan (1994) 511 U.S. 825.

4. During medical intake, it is ‘imperative’ that you inform medical that you are transgender, on medications, Hormone Replacement Therapy and your doctor’s name and location so they can continue your medications. Double check multiple times during the medical intake to make sure they have documented you as transgender and you are on hormones. <http://www.transgenderlaw.org/resources/prisoners.htm>

LGBT INMATE OUTREACH

Since 2006, Thomi Clinton has written hundreds of letters to LGBT inmates helping with resources, connecting with family, managing their Facebook, helping the inmate to receive adequate health care. If a friend of loved one that is LGBT is in jail or prison, you may wish to connect them to Thomi.

Email: thomas.clinton@hotmail.com and Facebook is Thomi Clinton.

NAME/GENDER CHANGES

The process for name changes has changed:

Generally, to get a court order changing your name and gender, follow these steps.

1. Fill out your court forms.
 - a. Petition for Change of Name and Gender (Form NCC-200) and attachments to Petition for Change of Name (Form NC-100);
 - b. Order to Show Cause for Change of Name (Form NC-220); and
 - c. Civil Case Cover Sheet (Form CM-010).

2. Have your doctor fill out an affidavit telling the court that you have undergone clinically appropriate treatment for change of gender.

Your doctor can use the Declaration of Physician—Attachment to Petition (Form NC-210) or write out his or her own declaration. It is very important a licensed physician do it, a nurse cannot do it. If your doctor uses his or her own letter, make sure it contains the required information.

3. Have your forms reviewed

4. Make copies of all your forms. You will need 1 copy of all your forms except for Form NC-220. You will need 2 copies of NC-220.

5. File your forms with the court clerk

File all the forms in the superior court in the county where you live. The clerk will stamp your forms “Filed”, keep the original, and return the copies to you. The clerk will give you a date for your court hearing and will write it on the Order to Show Cause, along with information on the time and department number for your hearing. You will have to pay a filing fee of \$435.00 or you can file a fee waiver form if you are low to no income. (Form FW-001)

6. Publish the Order to Show Cause

Publish the Order to Show Cause for Change of Name in a newspaper of general circulation once a week for 4 weeks in a row. Your court most likely has a list of newspapers that are approved for publishing legal notices. The cost for publication can vary greatly between newspapers and your court fee waiver will not waive your publication fees. So it is very important that you check the price of publishing BEFORE you put the name of the newspaper in the Order to Show Cause for Change of Name (Form NC-220). This is because once the judge signs the Order to Show Cause for Change of Name, you must publish in the newspaper list on the form. You cannot change the form after it is signed. The procedures for publishing in a newspaper have changed for Transgender persons that qualify: <http://www.eqca.org/atf/cf/%7B34f258b3-8482-4943-91cb-08c4b0246a88%7D/AB-1121.PDF>

7. Go to Court hearing

Go to court on your court date and take your proof that the Order to Show Cause was published in the newspaper, along with the Decree Changing Name and Gender (Form NC-230) for the judge to sign.

8. Get your Decree Changing Name and Gender from the court

If the judge approves your request for change of name and gender, the judge will sign the Decree Changing Name and Gender (Form NC-230) Once you get your signed decree, get a certified copy from the court clerk. You will need this to change all your legal documents, including your birth certificate and other government-issued identification like your driver’s license.

Department of Corrections Name Changes:

1. The Inmate or parolee must first be granted permission by the Warden or Parole Office. Title 15§ 3294.5 Inmate Name Change.
2. If the Inmate or Parolee is denied the name change they must first properly exhaust the inmate grievance process.
3. If it is not granted at the Director Level Review the inmate must petition the Court to be granted the name change.
4. If the Court denied the inmate must appeal up the levels of Court until relief is granted, if it is granted then the inmate will start the process the same as a citizen would above.

GENDER CHANGES

1. Fill out your court forms:
 - a. Petition for Change of Gender and Issuance of New Birth Certificate (Form NC-300)
 - b. Setting of Hearing on the Petition for Change of Gender and Issuance of New Birth Certificate (Form NC-320); and
 - c. Civil Case Cover Sheet (Form CM-010)
2. Have your doctor fill out an affidavit telling the court that you have undergone clinically appropriate treatment for change of gender. Your doctor can use the Declaration of Physician—Attachment to Petition (Form NC-310) or write out his or her own declaration. It is very important a licensed physician do it; a nurse cannot do it. If your doctor uses his or her own letter, make sure it contains all the required information.
3. Have your forms reviewed.
4. Make at least 1 copy of all forms.
5. File your forms with the court clerk.

File all the forms and copies in any superior court. The clerk will stamp your forms "Filed," keep the original and return the copies to you. The clerk will give you a date for your court hearing and will write it on the Setting of Hearing on the Petition for Change of Gender, along with information on the time and department number for your hearing. You will have to pay a filing fee. The filing fee is \$435.00. If you are low income to no income there is a fee waiver form that you can provide the court clerk. (Form FW-001)

6. Go to your court hearing.

Go to Court on your court date. Take the Order for Change of Gender and Issuance of New Birth Certificate (Form NC-330) for the judge to sign.

7. Get your Order for Change of Gender from the Court.

If the judge approves your request for a change of gender, the judge will sign the Order for Change of Gender and Issuance of New Birth Certificate (Form NC-330). Once you get your signed order, get a certified copy from the court clerk. You will need this to

change all your legal documents, including your birth certificate and other government-issued identification like your driver's license.

Additional Online Resources for Name/Gender Change:

Riverside County- <https://www.riverside.courts.ca.gov/>

San Bernardino County- <https://www.sb-court.org/>

Trans Lifeline- <https://translifeline.org/resource/id-change-library/>

HORMONE THERAPY:

V.A. Hormone Therapy

PROCESS:

1. Become familiar with your insurance plans, this will determine the course you can take with which doctor. As an example: Dr. Del Rosario does not take Medi-Cal or I.E.H.P., on its own, but takes Medicare paired with Medi-Cal or I.E.H.P., as the secondary.
2. You must First Qualify. Not all Veterans Qualify.
3. Contact and you will be seen by the Head of the Women's Clinic or the psychologist at the women's clinic.
4. They will tell you-you need a release for from your primary doctor before treatment to HRT.
5. Then you have blood tests.
6. Then you meet with the transgender health care staff.
7. Be prepared to go to all sorts of specialists to complete the process, including blood work, endocrinologists, and etc.
8. Be patient it takes time.

Medi-Cal, Medi-Care and I.E.H.P. Hormone Therapy

PROCESS:

1. Become familiar with your insurance plans, this will determine the course you can take with which doctor. As an example: Dr. Del Rosario does not take Medi-Cal or I.E.H.P., on its own, but takes Medicare paired with Medi-Cal or I.E.H.P., as the secondary.
2. First you must go to a Psychologist that is covered by your insurance and get diagnosed with Gender Identity Disorder. There is a list of Psychologists in this resource.

3. Set up your appointment with one of the listed doctors.
4. The doctor will evaluate you and determine your course of treatment.
5. Be prepared to go to all sorts of specialists to complete the process, including blood work, endocrinologists, and etc.

Private Insurance Hormone Therapy

PROCESS:

1. First you must go to a Psychologist that will diagnose you with Gender Identity Disorder. There is a list of Psychologists in this resource.
2. Set up your appointment with one of the listed doctors.
3. The doctor will evaluate you and determine your course of treatment.
4. Be prepared to go to all sorts of specialists to complete the process, including blood work, endocrinologists, and etc.

GENDER REASSIGNMENT SURGERY:

Medi-Cal, Medi-Care and I.E.H.P. Gender Reassignment Therapy

Covered Medi-Cal benefits include:

1. Psychotherapy
2. Continuous hormonal therapy
3. Laboratory testing to monitor hormone therapy, and
4. Gender reassignment surgery that is not cosmetic in nature

Gender reassignment surgery is covered when the individual with GID is at least 18 years of age, has the capacity for fully informed consent, and the WPATH criteria for the surgery have been met. Covered benefits include mastectomy, orchiectomy, hysterectomy, salpingoophorectomy, ovariectomy and genital surgery, including placement of testicular prostheses when indicated.

Augmentation mammoplasty for male-to-female individuals (MtF) is a covered benefit only when an appropriate trial of hormone therapy has not resulted in breast enlargement.

Intersex surgery should not be requested or billed using CPT-4 code 55970 (intersex surgery; male to female) or CPT-4 code 55980 (intersex surgery; female to male). Due to the serial nature of surgery for the gender transition, CPT-4 coding should be specific for the procedures performed during each operation. A Treatment Authorization Request (TAR) is necessary only for procedures that currently require a TAR.

Non-Covered Benefits

The following surgeries are considered cosmetic in nature and are not covered Medi-Cal benefits:

1. Reduction thyroid chondroplasty
2. Rhinoplasty
3. Facial bone reconstruction
4. Face lift, blepharoplasty
5. Voice modification surgery
6. Hair removal or transplant, and
7. Liposuction

Augmentation mammoplasty is not a covered benefit for MtF individuals except as noted above.

Private Insurance Gender Reassignment Surgery

1. It would be the same process for Medi-Cal, I.E.H.P., and Medi-Care and with your private contracted providers through your private insurance. It will most likely require a grievance to receive this right through your insurance provider.

Inland Counties Legal Services (ICLS)

ICLS pursues justice and equality for low income people through counsel, advice, advocacy, and community education, treating all with dignity and respect.

To apply for **FREE** legal services;

Call: 888-425-4257

Visit: <https://www.inlandlegal.org>

Queer & Transgender-Friendly Youth Shelters

Our House

940 Stillman Ave,

Redlands, CA 92374

(909) 335-2676

Website: <https://www.familyassist.org/>

Temporary teen runaway shelter for ages 12-17. Schooling & Family-Reunification oriented. Identifies as LGBTQ+ affirming.

Operation Safe House

9685 Hayes Street

Riverside, CA 92503

(951) 351-4418

Email: info@operationsafehouse.org

Website: <https://operationsafehouse.org/>

Temporary shelter for at risk teens, runaway teens, and youth victims at risk. Identifies as LGBTQ+ affirming

Joshua Home: An LGBTQ Safe Haven

Text (877) 726-4274 for info and services

Email: joshuahomelgbtq@gmail.com

Website: <https://www.joshuahomelgbtq.org/>

The mission of Joshua Home is to End LGBTQ+ youth homelessness by creating Permanent Gender Inclusive Housing solutions, supportive services and programs beginning in the Inland Empire of Southern California.

Joshua Home is designed to service at-risk LGBTQ+ youth ages twelve to seventeen who are homeless, in foster or group homes, or in the foster care or juvenile justice systems. We provide personalized programs for each youth to foster positive self-awareness, academic development and achievement, independent living skills, sustainability and conflict resolution in a safe, stable, empowering and loving home environment.

Of the youth shelters in Southern California few are trained, experienced and/or sympathetic enough to address the specific challenges LGBTQ Youth face when homeless, helpless and alone. There are no widely known permanent homes open to LGBT+ youth in the Inland Empire, or surrounding counties.

Our goal is to make sure every homeless Lesbian, Gay, Bisexual, Transgender, Questioning and other young person has a place to call home, where they are taught to embrace and love themselves through the acceptance, guidance and love they receive at Joshua Home.

Programs will include but are not limited to:

- **Receiving a High School Diploma or GED**
- **Independent Study Programs**
- **College or Trade School**
- **Job Training**
- **Independent Living Skills**
- **Health Maintenance and Safety**
- **Music and Art Therapy**
- **Family Reconciliation Mediation**
- **Trauma-Based Counseling/Therapy**
- **Spiritual Guidance (optional)***
- **Sustainability and Environment Preservation/Responsibility**
- **And more**

**Joshua Home: An LGBTQ Safe Haven is not a Faith-based organization*

Family Assistance Program

Since 1985, Family Assistance Program (FAP), formally known as High Desert Domestic Violence Program (HDDVP) has been providing shelter and advocacy services to victims of domestic violence (DV).

Throughout the years, the agency has grown into so much more. We now have a much larger shelter, a transitional housing program, a separate outreach office, satellite offices in the cities of San Bernardino and Fontana, and we have embarked on several new programs: two runaway/homeless youth shelters, a homeless youth street outreach team, youth drop-in centers, Next Step re-entry program, community centers, anti-human trafficking program, and other programs and services to support the needs of our Victor Valley, San Bernardino, and Morongo Basin communities.

As the community needs have been identified, the agency has grown to accommodate and assist our population.

We provide assistance with restraining orders, advocacy, homelessness, homeless prevention, rapid re-housing, preventative services through teen violence classes, substance use disorder classes, family/group/individual counseling, supervised

visitation, and the distribution of household commodities are just some of the services we provide to our community in need.

It is our goal and continued effort to build stronger families through other services that do not necessarily pertain only to Domestic Violence. Our agency is growing more diversified as the community develops and the needs are assessed. In turn, all these services have been offered in an effort to assist low-income families in creating safe and stable homes.

(Victorville Location)

15075 7th Street

Victorville, CA 92395

Office: (760) 843-0701

(San Bernardino Location)

1255 East Highland Ave., Suite 210

San Bernardino, CA 92404

Office: (909) 567-2123

Domestic Violence 24/7 Hotline: (760) 949-4357

Homeless/Runaway Youth 24/7 Hotline: (909) 335-2676

Anti-Human Trafficking 24/7 Hotline: (909) 333-7476

LGBTQIA+ Advocacy: (909) 312-0207

Website: <https://www.familyassist.org>

Ace Competent Healthcare Resources

“The following is an informal collection of a few currently available guidelines, research papers, personal experience testimonials, and general musings on the topic of ace competent healthcare that have been gathered from various ace activists and organizations.

Rather than a final set of recommendations, this is more of a general introduction to the subject for those who are looking to learn more and need a place to start.

This document was last updated on October 22, 2019.”

-Sennkestra (sennkestra@gmail.com)

Asexuality 101 and General Resources: <http://www.asexualitysf.org/further-resources/>

Community Guidelines for Providers

- [Asexuality: Basics for Health Professionals](#) + [Asexualidad: Información Básica para Profesionales de la Salud](#) from Resources for Ace Survivors (RFAS) – Printable
- RFAS’s [Recommended Resources](#) for Providers
- The AceTheist’s [Advice for Therapists of Ace Clients](#)

Ace 101 Books

- [Understanding Asexuality](#) by Anthony Bogaert
 - Good basic introduction and overview of early asexual research. As it was published in 2012, the research summaries are becoming out of date - both the quantity and quality of asexual research has been trending upward at a rapid rate since 2013. However, it still serves as an accessible introduction to the field for those who have no idea where to start.

- Very much an outside researcher perspective; sometimes a bit out of touch with the lived experiences of actual asexuals (especially in chapters 11 and 12, which I recommend skipping).
- Of particular interest is chapter 9, “Do you have hypoactive skydiving disorder”.
- [Asexuality: The Invisible Orientation](#) by Julie Sondra Decker (aka Swanklvy)
 - Ace community perspective, from an experienced ace community member. Lots of personal anecdotes about the actual lived experiences of ace people.
- [Affirmative Counseling with LGBTQIA+ People](#), edited by Misty M. Ginicola, Cheri Smith, and Joel M. Filmore.
 - Includes information, guidelines, and sample talking points for counselors with LGBTQIA+ patients
 - Includes a chapter on counseling asexual people, as well as a chapter on counseling clients questioning their affectional orientation (what ace communities refer to as romantic orientation)

Articles, Essays, and Blog Posts

- [It's 2021. Why Are Doctors Still Trying to "Cure" Asexuality?](#) (Michele Kirichanskaya for Bitch Media)
- [Why We Need Mental Healthcare Without Asexual Erasure - And How to Get There](#) (Kirstin Kelley, for Everyday Feminist)
- [Asexuality & the Healthcare Professional](#) (Julie Sondra Decker, for Psychology Today)
- [Asexuality & Mental Health](#) collection from RFAS - an excellent collection of ace community writings about asexuality and mental healthcare.
- [Asexual People Deserve Better From Our Medical Providers](#) by Anna Goshua for the Huffington Post
- Ace community discussion about issues arising around gynecological exams: <http://ace-muslim.tumblr.com/tagged/gynecology>

- [Discussion on personal experiences of negative and/or "corrective" responses from mental health professionals](#)
- [Suggestions on giving advice to aces and questioning aces](#) from queenieofaces
 - This was technically made for ace activists who run advice blogs, but it's good reading for anyone who might find themselves in a position where someone is asking them for advice about asexuality.

Academic Research

- Research specifically on asexuality and healthcare:
 - [Asexual-identified clients in clinical settings: Implications for culturally competent practice](#) (Foster & Scherrer, 2014)
 - [What Does Asexuality Teach Us About Sexual Disinterest? Recommendations for Health Professionals Based on a Qualitative Study With Asexuality Identified People](#) (Gupta, 2015)
 - [Underexplored Identities: Attending to Asexuality in Therapeutic Contexts](#) (Steelman & Hertlein, 2016)
 - [Examining Concordant & Discordant Sexual & Romantic Attraction in American Adults: Implications for Counselors](#) (Thomas, Sias, & Bradley, 2016)
 - [Asexual-Identified Adults: Interactions with Health-Care Practitioners](#) (Flanagan & Peters, 2020)
- More academic research on asexuality can be found in the [Asexual Research Zotero Library](#)
 - In particular, articles with keywords "DSM", "Pathology", and "HSDD" may be of interest, especially to mental health professionals
 - We also have a section for review papers, if you want a general overview of the field first: [Asexual Zotero Research Collection](#)

Community Research

- Ace Community Census: <https://asexualcensus.wordpress.com/> - an annual community run survey of members of various online ace communities

- A larger focus in Healthcare-related data was included in 2016, so that years report may be a good one to read through first.

Activist Organizations

- Asexuality SF - Aces of the Greater San Francisco Bay Area
 - <http://www.asexualitysf.org>
 - Ace community building and educational outreach group for the SF Bay Area. While we're new to healthcare outreach, we are happy to help answer questions about asexuality and continue further discussions.
- Resources for Ace Survivors (RFAS)
 - <http://asexualsurvivors.org/>
 - Online support network for ace survivors of sexual assault, with some great resources for mental healthcare providers on how to support asexual patients, especially those who may have experienced sexual assault (which may be related or completely unrelated to their asexuality). Please note that RFAS is entirely volunteer-run with limited manpower and resources and may be slow to respond to non-urgent inquiries like general requests for information.
- Asexual Visibility and Education Network (AVEN)
 - www.asexuality.org
 - The largest and best-known online asexual community, and the first ace activist organization. While AVEN is more focused on asexuality 101 outreach and online community building, they have a wide network of contacts and are a great resource if you are looking to connect with local ace activists or groups in your area.
- Asexual Outreach
 - www.asexualoutreach.org
 - Asexual Outreach is a more recently formed ace activist organization and 501c3 nonprofit, currently active in the United States and Canada. They have a strong focus on resource development and professional outreach, including a great program of support for high school students and educators. While healthcare isn't one of their main focuses at the moment,

they are a great resource for general information on asexuality and can also help providers network with local groups and activists.

Other

- [Angie Foster Lawson](#) offers training workshops on asexual inclusion for educators, therapists, counselors, & medical providers

Foreign Language Resources

- [AVEN Alternate Language Communities](#)
- En Español
 - Asexual Community España - <http://www.asexual.es/>
 - [Asexualidad, la Orientación Invisibilizada: Aportaciones desde la psicología y la sexología](#)
 - [Asexualidad: Información Básica para Profesionales de la Salud](#)
 - [Salud Sexual y Reproductiva: Asexualidad](#)