

Transgender Adult Resources

Local Community

Human Dignity Coalition

Works to promote equality for the lesbian, gay, bisexual, transgender, queer, (LGBTQ) and allied community. Look for Facebook page.

OUT Central Oregon

A meet-up group that schedules outings and gatherings for LGBTQ people and their families.

[meetup.com](https://www.meetup.com)

Parents and Friends of Lesbians and Gays (PFLAG)

Bend: 6:30-8:00PM, 2nd Tuesday of each month, Nativity Lutheran Church.

Madras: 6:30-8:00PM, Last Thursday of each month, Madras United Methodist Church.

pflagcentraloregon.webs.com

Saving Grace

Domestic violence and sexual assault support.

saving-grace.org

(541) 389-7021

Statewide/Regional

Basic Rights Oregon

LGBT advocacy and social justice organization.

basicrights.org

Brave Space, LLC

Creates community and facilitates access to knowledgeable and expert providers for transgender and gender queer children, youth, adults, and their loved ones.

bravespacellc.com

Cascade AIDS Project

cascadeaids.org/programs/support-services/

NW Gender Alliance

A non-profit social, support and educational group.

nwgenderalliance.org

Outside In

Offers transgender-specific resources for name and gender change on identity documents.

outsidein.org

National & International

FTM International

Educational organization serving FTM transgendered people and transsexual men.

ftmi.org

Gay Men of African Descent

An organization that provides community forums and support for gay and transgender Black males.

gmad.org

National Center for Transgender Equality

Advocacy organization for transgender people.

transequality.org

National LGBT Health Education Center

Educational programs, resources, and consultation with the goal of optimizing health care for lesbian, gay, bisexual, and transgender people.

lgbthealtheducation.org

Transgender Law Center

Civil rights organization advocating for transgender communities.

transgenderlawcenter.org

Transgender Law & Policy Institute (TLPI)

transgenderlaw.org

Social Networking

The Gender Book

Facebook community and online resources.

thegenderbook.com

Trevor Space

Social networking site for LGBTQ youth ages 13-24 and their friends.

trevorspace.org

TransFamily

Online discussion boards for transgender youth and their parents or partners, spouses, and children of transitioning adults.

transfamily.org

Transgender Zone

transgenderzone.com

Toolkits

Variety of toolkits available for supporting people who are transgender in multiple social settings (medical, work, legal, immigration, etc.).

lambdalegal.org/publications/toolkits

Helplines

Gay, Lesbian, Bisexual, and Transgender National Help Center

glnh.org

National Hotline

(888) THE-GLNH [(888) 843-4564]

National Youth Talk Line

(800) 246-PRIDE [(800) 246-7743]

LGBT Helpline (25+)

Toll-Free (888) 340-4528

Monday-Saturday, 6-11pm

Parents, Families, and Friends of Lesbians and Gays (PFLAG)

(301) 439-FLAG (Helpline)

Trans Life Line

National Crisis Hotline (all staff are transgender).

Peer support and assistance with federal and state documents (passports, driver's license, name change).

TransLifeLine.org

(877) 565-8860

PST: 8am-2am

Trans Mentors

Online support from people who are transgender

Transmentors.org

Health Resources

World Professional Association for Transgender Health

Promotes evidence-based care, education, research, advocacy, and public policy in transgender health.

wpath.org

Gay and Lesbian Medical Association

Lists programs, such as a lesbian health fund and a physician referral. They also publicize medical news and information.

glma.org

Provider Directory:

glmaimpak.networkats.com/members_online_new/members/dir_provider.asp

National AIDS Hotline

(800) 342-AIDS / (800) 243-7889 (TTY)

(800) 344-7432 (Spanish)

OHSU Transgender Health Program

ohsu.edu/transgender-health

(503) 494-7970

Transgender Health Rights

transequality.org/know-your-rights/healthcare

Association of Gay and Lesbian Psychiatrists Online Referral System

aglp.memberclicks.net/aglp-referral

Books

Becoming a Visible Man. Jamison Green

The Last Time I Wore a Dress. Daphne Scholinski

My Husband Betty. Helen Boyd

Queerly Beloved. Diane & Jacob Anderson-Minshall

Redefining Realness: My path to Womanhood, Identity, and So Much More. Janet Mock

Trans Bodies, Trans Selves: A Resource for the Transgender Community. Laura Erickson-Schroth

Gender Failure. Ivan Cayote & Rae Spoon

VA and Military

If you are a Veteran, dependent, or support person and would like information about VA services for LGBT Veterans, contact the LGBT Veteran Care Coordinator (LGBT VCC) at your local facility or, visit the patientcare.va.gov/LGBT/VAFacilities.asp

24 hour **Crisis Hotline at 800-273-8255 option 1** or visit veteranscrisisline.net.