

Resources for Trans Individuals

*These resources can also be applicable for gender-nonconforming and non-binary people

National Crisis Lines

The Trevor Project

Phone: **1-866-488-7386**

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

Hours of Operation: 24/7

Services Provided: Crisis hotline for LGBTQ youth. Available via text, chat, and phone call. LGBTQ youth can also connect with other queer peers through <https://www.trevorspace.org/>

LGBT National Hotline

Phone: **888-843-4564**

Website: <https://www.lgbthotline.org/national-hotline.html>

Hours of Operation: M-F 4PM to Midnight; Saturday Noon to 5PM

Services Provided: Crisis hotline for LGBTQ individuals.

Trans Lifeline

Phone: **(877) 565-8860**

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

Hours of Operation: 24/7

Services Provided: Crisis hotline for trans people. Also has resources for trans individuals.

988 Suicide & Crisis Lifeline

Phone: **988**

Website: <https://988lifeline.org/>

Hours of Operation: 24/7

Services Provided: Free, confidential support for people in crisis.

Virtual Resources

Metro Area Gender Identity Connection (MAGIC)

Meets at Falls Church Presbyterian Church

225 East Broad Street Falls

Church, Virginia 22041

Phone: 703-532-6518

Email: transmagicdc@gmail.com

Website: <http://www.magicdc.org/>

Hours of Operation: 1st Friday of each month 8:00 PM – 10:00 PM on Zoom

Services Provided: Peer support group for transsexual, gender queer, and other gender identity questioning people living in the greater Washington DC metropolitan area. Email for details, including Zoom meeting information or meeting location.

PFLAG T* Families Support Group

Meets at Metropolitan Community church NOVA

Facilitator: Libby McKnight

10383 Democracy Lane

Fairfax, Virginia 22030

Phone: 202-460-6002

Email: transfamiliesva@gmail.com

Hours of Operation: 3rd Sunday of every month 2:00 PM – 4:00 PM (Call or email to confirm location and time)

Services Provided: Support for family and friends of trans men, trans women, and gender queer or fluid folks as well as trans and gender non-binary persons. **Due to COVID-19, all meetings are via Zoom until further notice. Call or email to request meeting link.**

The James House

6610 Commons Drive, Suite C

Prince George, Virginia 23875

Phone: 804-458-2704

Fax: 866-681-0490

Hotline: 804-458-2840

Website: <http://www.thejameshouse.org/>

Email: helpline@thejameshouse.org

Hours of Operation: Monday – Thursday 9:00 AM – 4:30 PM Friday by appointment only.

Services Provided: Education, support, and advocacy for all people impacted by interpersonal violence.

Most services provided remotely via Zoom and telephone, due to COVID-19. Services available in Spanish.

Side by Side Charlottesville/Blue Ridge - Youth Support Group

Meets at UVA Teen & Young Adult Health Center

1204 West Main Street

Charlottesville, Virginia 22903

Phone: 804-651-2120

Youth Support Line: 888-644-4390

Email: info@sidebysideva.org

Website: <http://www.sidebysideva.org>

Hours of Operation: Meeting Times: Mondays 6:30 PM - 8:30 PM for ages 14 – 20 Sundays 3:30 PM – 5:00 PM for ages 11 – 14

Services Provided: Side by Side offers weekly curriculum-based support groups for LGBTQ youth ages 11-20; information and referrals for youth and families; and trainings for school personnel, human service providers, and other youth workers on how to best address the needs of LGBT youth. Housing and other types of emergency assistance are also available, including some transition-related items, please see website for details. Information and referrals provided for youth and families. **Please note: all support groups are meeting virtually during the COVID-19 pandemic.**

Statewide Resources

Black Transmen, Incorporated

Contact: Charley Burton

Virginia State Chapter Phone: 434-825-1052

Email: cburton@blacktransmen.org or mjackson@blacktransmen.org

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

Hours of Operation: Akanni group meets online Wednesdays 7:00 PM EST. Call or email for details about other services.

Services Provided: Akanni group – support for Black transmen to provide mentorship for Black transmen. Other services include yoga, mindfulness meditation classes, binder exchange, and now grants available to assist with costs of surgeries, binders, and other health products; see website for details.

LGBTQ Partner Abuse and Sexual Assault Helpline

Virginia Sexual and Domestic Violence Action Alliance

1118 West Main Street

Richmond, Virginia 23220

Phone: 804-377-0335

Fax: 804-377-0339

Hotline: 866-356-6998

Text line: 804-793-9999

Chat Online: <http://www.vadata.org/chat>

Email: info@vsdvalliance.org

Website: <http://www.vsdvalliance.org/>

Hours of Operation: Hotline, Textline, and Chat available every day, 24 hours/day.

Services Provided: Free and confidential telephone service for lesbian, gay, bisexual, trans, and queer or questioning callers looking for information or help regarding intimate partner abuse, sexual assault, and stalking. Servicios en español están disponibles. Services can also be provided in 200 other languages through contracted phone service.

Transgender Assistance Program of Virginia (TAP)

Contact: De Sube

Phone: 757-563-4784

Fax: 757-499-0106

Email: transactivista@gmail.com

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

Hours of Operation: Daily 9:00 AM – 6:00 PM

Services Provided: Emergency housing, assistance with rent, utilities, phone bills, food, resources, and referrals. All services are free to transgender and gender non-binary adults (age 18 or older) statewide.

Transgender Assistance Program of Virginia

Phone: 757-563-4784

Email: Transactivistva@gmail.com

Website: <https://tapvirginia.org>

Services Provided: Has resources and crisis hotlines for trans individuals. Connects trans/non-binary/gender-nonconforming individuals with host housing.

FOLX Health

One Boston Place

Boston, Massachusetts 02108

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

Hours of Operation: Member support contact is available Monday – Friday 9:00 AM – 7:00 PM ET

Services Provided: Hormone therapy (estrogen, testosterone), erectile medication, PrEP, and virtual primary care/consults. All services for people 18 and over. No insurances accepted (eligible for pharmacy benefits); eligible for payment through Health Savings Accounts (HSAs) or health Flexible Spending Accounts (FSAs). FOLX Health is also currently available for people in 40 US states with services for additional states coming soon. See website for details.

Prismatic Speech Services, PLLC

600 Summit Avenue

Greensboro, North Carolina 27405

Phone: 336-609-6258 Fax: 336-2321371

Email: kevin@prismaticspeech.com

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

Hours of Operation: Sunday - Thursday 10:00 AM – 5:00 PM

Services Provided: Transgender vocal training, rehabilitative voice therapy. Services available in Virginia (statewide), North Carolina, South Carolina, and Georgia, via telepractice.

Orange County-specific Resource

Diversity in Recovery

Email: info@diversityinrecovery.com

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

Hours of Operation: See website for more information or reach out via email.

Services Provided: Regular 12-step recovery meetings, resources for 12-step recovery. Diversity in Recovery is a group of LGBTQ BIPOC and allies promoting recovery from drugs and alcohol in the Piedmont area including Charlottesville City, Albemarle, Fluvanna, Orange, Louisa, Nelson, Buckingham, and Greene counties.