



Essential LA County Resources The Transgender and Nonbinary Community



Mental Health Services (Free or Low Cost)

1. **Los Angeles County Department of Mental Health**
Directories, Service Linkage, Provider Training
www.dmh.lacounty.gov

For 24/7 help, please call the Helpline: (800) 854-7771
2. **Los Angeles Gender Center**
Individual and Group Therapy, Letter Writing
www.lagendercenter.org
3. **PFLAG Los Angeles**
Family and Friends Support Groups, Ally Training, Mental Health Support
www.pflagla.org
4. **The Trans Life Line**
Crisis Support
www.translifeline.org

Medical Health Services (Accepts Medi-Cal)

1. **UCLA Gender Health Program**
HRT, Gender Affirmation Surgery, Primary Care, Gynecological Care
www.uclahealth.org/gender-health
2. **Cedars-Sinai Transgender Surgery and Health Program**
HRT, Gender Affirmation Surgery, Primary Care
www.cedars-sinai.org/programs/transgender-surgery-and-health
3. **Kaiser's Gender Pathways Program**
HRT, Gender Affirmation Surgery, Primary Care, Fertility Preservation
thrive.kaiserpermanente.org/care-near-you/southern-california/transgender
4. **AIDS Project Los Angeles (APLA)**
Primary Care, Dental Care, Legal Care, HIV Care, Housing Services, Food Pantries
www.aplahealth.org



All Encompassing Care

1. **St. Johns Gender Health Program**
Medical Care, HIV Care, Mental Health Services, Insurance Enrollment
www.wellchild.org/transgender-health-program
2. **The Trans Wellness Center**
Mental Health Services, Legal Services, Social Groups, Housing Services
www.mytranswellness.org
3. **Los Angeles LGBTQ+ Center**
Medical Care, Mental Health Services, Legal Services, HIV Care, Housing Services
www.lalgbtcenter.org

Youth and Families

1. **TransForming Families**
Support Groups, Social Events, Linkage to Health Care
www.transformingfamily.org
2. **Colors Counseling Center**
Free Youth Counseling, Family Support
www.colorsyouth.org

Legal & Housing

1. **Transgender Law Center**
Document Change Assistance, Employee Rights, Legal Assistance
www.transgenderlawcenter.org
2. **Covenant House Los Angeles**
Shelters, Clothing Assistance, Showers, Linkage to All Encompassing Care
www.covenanthouse.org

Social Justice

1. **Reach LA - BIPOC Social Justice**
Sexual Health Services, Social Supports, Creative Arts
www.reachla.org

