



LGBTQ+ Resources Navigation Services



Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

If you notice any changes or inconsistencies with our resources, please inform Navigation to help us stay current.

Medical Care

One Colorado - Guide to LGBTQ+ Healthcare Rights

<https://one-colorado.org/lgbtq-resources/health-resources-for-lgbtq-patients/>

- A comprehensive guide to understanding legal rights in accessing health insurance and medical care for LGBTQ+ patients.

Denver LGBT Healthcare Guild for Gender and Sexual Minorities

www.healthcareguild.com/denver.html

- Not for profit organization of licensed mental health and medical healthcare professionals.
 - Provides resources including finding an LGBT aware medical and/or mental healthcare provider.

Denver Health - LGBTQ+ Health Services

303-602-5699

777 Bannock St, Denver, CO 80204

<https://www.denverhealth.org/services/lgbtq-services>

- Medicaid, Medicare, and most major insurance providers accepted
- Denver Health provides a variety of services to patients of all ages including:
 - LGBTQ+ primary care
 - Puberty blocking
 - Requires one parent/guardian signature
 - Hormone therapy
 - Under 18 requires one parent/guardian signature
 - Gender affirming surgery (not available to patients with a BMI over 35)
 - Top surgery available to ages 16+
 - All other surgeries available to 18+
 - Transgender and non-binary voice therapy
 - Behavioral health
 - Patient navigation
 - Updating gender identification on credentials, behavioral health, gender affirming surgery, and primary care.

UC Health - Integrated Transgender Program

720-848-2650

1635 Aurora Court, 6th Floor, Aurora CO 80045

www.uchealth.org/services/diabetes-endocrinology-care/uchealth-integrated-transgender-program/

- Medicaid, Medicare, and most major insurance providers accepted
- UC Health- Integrated Transgender Program offers a variety of services to patients ages 18+ including:
 - Primary care
 - Sexual health and STI screening

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- Hormone therapy
- Gender affirming surgery (not available to patients with a BMI over 35)
- Fertility preservation
- Dermatologic care
- Mental health care

Children's Hospital Colorado - TRUE Center for Gender Diversity

720-777-8783

<https://www.childrenscolorado.org/doctors-and-departments/departments/gender-diversity-center/>

- The TRUE Center is the only comprehensive care center in the Rocky Mountain region specifically set up for gender-diverse children, adolescents, and young adults. Multidisciplinary team includes: adolescent medicine providers, pediatric endocrinologist, pediatric psychiatrist, pediatric clinical psychologist, an art therapist, registered dietitian, social workers, nurse care coordinators, medical assistant care coordinator, and community health navigator.
- The TRUE Center supports patients and families on their transition journey with services that include:
 - Puberty-blocking medicines
 - Hormone therapy
 - Gender counseling
 - Nutrition services
 - Referral to therapy and support groups
 - Assistance with legal name change and gender marker change
 - We can also refer you to additional services at your request: mental health, spiritual care, child life, plastic surgery, adolescent gynecology, dermatology, laser hair removal or electrolysis, and fertility preservation, as well as a variety of community resources

Therapy Services

The Center

Rainbow Alley for youth ages 12-21

Sage of the Rockies for individual 50 and older

303-733-7743/ GLBT Legal Helpline: 303-282-6524

1301 E Colfax Ave, Denver, CO 80218

<https://lgbtqcolorado.org/>

- A nonprofit community center for Colorado's gay, lesbian, bisexual, and transgender population.
 - Services include: Legal helpline to provide legal advice and referral, Rainbow alley – a drop in center for GLBT youth, ages 11-21, Sage of the Rockies – services for GLBT individuals 50 years and old, transgender programs and services, individual and group supports, a lending library, a Cyber Center that allow s GLBT a safe and free location to obtain internet access, create resumes, etc.

Transgender Center of the Rockies

303.761.0200

3460 S. Feral Blvd, Sheridan, CO 80110

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

- The Transgender Center of the Rockies provides holistic gender-affirming services to support transgender and gender-expansive individuals. The goal is to empower the transgender community to live full and authentic lives.
 - Provides social-emotional support and substance use treatment for the adult transgender community with clinical groups, individual counseling, peer-led support groups, employment, PreP case management and community events.

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Queer Asterisk

720.507.6161

1575 Franklin St Denver, CO 80218

<https://queerasterisk.com/>

- Provides a variety of therapeutic services for LGBTQPIA folx who identify as lesbian, gay, bisexual, transgender, queer/questioning, pan, intersex, agender/asexual or non-conforming and their allies.

The Denver Element

720.382.5900

4242 Delaware St, Denver, CO 80216

<https://denverelement.org/>

- Non-profit organization through Mile High Behavioral Health to promote mental, physical, and social well-being for the LGBTQ.
 - HIV support group “Positive Impact” and “Health Relationships” educational program for HIV positive community members.
 - Free HIV and comprehensive STI testing.

Resilience1220

720-282-1164

32003 Ellingwood Trail, Evergreen, CO 80439

<https://www.resilience1220.org/>

- Resilience1220 provides services in the form of FREE counseling sessions and support groups for young people ages 12 - 20.
- The main office is in Bergen Park, though therapists see clients in their own offices across the front range mountain communities.
- Provides individual therapy that is LGBTQ+ affirming and support groups for LGBTQ+ youth.

Heart-Mind-Haven

303-578-0226

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

info@heartmindconnect.org

- Provides safe services for LGBTQ community including a spectrum of mental health and housing services for individuals 18 years of age and older.
- Services include individual and group therapy, group support, life skills coaching, relapse and crisis prevention and education.
- Transitional housing services available including emergency housing, short term and long term options. Please contact for more information.

Support Organizations

Colorado LGBTQ Commission

720.913.8488

1490 N Lafayette St Unit 304, Denver, CO 80218

<https://www.denvergov.org/Government/Agencies-Departments-Offices/Agencies-Departments-Offices-Directory/Human-Rights-Community-Partnerships/Commissions/LGBTQ-Commission>

- Partners with the community to advance social, economic, and political equality for lesbian, gay, bisexual, transgender, and queer people using its unique position within the City and County of Denver.
 - Purpose Statements

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- Advise the Human Rights and Community Partnership's Executive Director and the Mayor on the critical issues and opportunities facing the LGBTQ community.
- Recommend legislation, policies, programs, procedures, or administrative actions that advance social, economic, and political equality for the LGBTQ community, or oppose those that do not.
- Support efforts to organize, educate, and mobilize the LGBTQ community through coalition building, and coordination with allied individuals, groups, and organizations.

PFLAG, Denver Chapter

303.573.5861 (available 24 hours a day in English and Spanish)

PO Box 6448, Denver, CO 80206

www.pflagdenver.org

- PFLAG (Parents, Families and Friends of Lesbians and Gays) provides supports, education and advocacy to promote the well-being of gay, lesbian, bisexual and transgender persons.
 - Offers telephone helplines, support group meetings, resource referrals, and information.
 - Meeting calendar available online with information on dates and times for support groups.

One Colorado

303.396.6170

303 E 17th Ave Suite 400, Denver, CO 80203

www.one-colorado.org

- One Colorado is the state's leading advocacy organization dedicated to advancing equality for lesbian, gay, bisexual, transgender, and queer (LGBTQ) Coloradans and their families. Effectively advocate for LGBTQ Coloradans and their families by lobbying the General Assembly, executive branch, and local governments on issues like safe schools, transgender equality, relationship recognition, and LGBTQ health and human services.

It Takes a Village

303.367.4747

1475 Lima Street, Aurora, CO 80010

www.ittakesavillagecolorado.org

- Provides support, outreach, resources, groups and HIV prevention/care for the Denver metro transgender community.
 - Support groups available in English and Spanish
 - Seeking Safety groups are available for transgender individuals who are struggling with adult and/or childhood trauma and/or addiction.
 - Drop in for one-on-one discussions/sessions on weekdays.

Envision: You

303-214-2119

<https://envision-you.wixsite.com/envision-you>

- The mission of Envision: You is provide support, education, and empower members of Colorado's LGBTQ+ community who are living with a mental health and/or substance use disorder.
 - Provides education to the public and offers trainings.
 - Advocates for changes to local and statewide policies.
 - Also has information on resources in the community and available to individuals nationally.

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Youth Specific Programs

Trans Youth Education and Support of Colorado

303-351-2044

www.tyes-colorado.org

- A statewide education and advocacy organization that supports transgender and gender expansive youth and their families.

The Center

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1301 E Colfax Ave, Denver, CO 80218

www.glbtcOLORADO.org

- A nonprofit community center for Colorado's gay, lesbian, bisexual, and transgender population. Services include: Legal helpline to provide legal advice and referral, Rainbow alley – a drop in center for GLBT youth, ages 11-21, Sage of the Rockies – services for GLBT individuals 50 years and old, transgender programs and services, individual and group supports, a lending library, a Cyber Center that allow s GLBT a safe and free location to obtain internet access, create resumes, etc.

Urban Peak

The Spot (Drop In Center, Outreach, and Education)

2100 Stout St, Denver, CO 80205

303-974-2900

Shelter (for individual ages 15 to 20)

1630 South Acoma, Denver, CO 80223

303-974-2908

- Non-profit organization to serve youth ages 15-24 experiencing homelessness or who are at imminent risk of becoming homeless.
 - Provides assistance and support to become self sufficient
 - Services include: street outreach, shelter services, daytime drop in center, supportive housing, education and employment services, case management, life skills courses, behavioral health evaluations, and meals.

The Trevor Project

866.488.7386 (24/7)

www.thetrevorproject.org

- Offers crisis and suicide prevention services for gay and questioning youth, ages 13-24.
 - TrevorChat – free confidential, secure instant messaging services for LGBTQ youth that provides live help from trained volunteers, available daily from 1:00 pm to 5:00 pm Mountain time.
 - TrevorText – free, confidential, secure services in which LGBTQ youth can text a trained counselor for support and crisis intervention, available Fridays from 2:00 pm to 6:00 pm mountain time at 202.304.1200

Gender Spectrum

510.788.4412

www.genderspectrum.org

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

- Gender Spectrum provides education, training, and support to help create a gender sensitive and inclusive environment for children of all ages.
 - Online support community called “The Lounge” for teens, parents, and professionals
 - Multiple gender related tools, resources, and research for educators, families and schools
 - Gender transition plans for schools, training and consultations.

Voz Y Corazon Suicide Prevention Program

303.504.6500

4141 E Dickenson Place, Denver, CO 80222

www.mhcd.org/voz-y-corazon

- Suicide prevention program through the Mental Health Center of Denver to provide free, community-based, culturally sensitive services and mentoring to youth and their families.
 - Services are available in English and Spanish.

Trans Youth Family Allies

888.462.8932

PO Box 1471, Holland, MI, 49422-1471

www.imatyfa.org

- Provides educational information and advocacy for transgender youth.
 - Resources and information is targeted towards parents, educators, and healthcare practitioners.

Veterans

American Military Partner Association

202.695.2672

1725 I Street, NW, Suite 300, Washington D.C. 20006

www.militarypartners.org

- Largest national resource and support network for the partners, spouses, families and allies of America’s lesbian, gay, bisexual, and transgender (LGBT) service members and veterans.

Online Transgender Resources

Colorado Name Change Project

www.namechangeproject.org

- A resource that provides information and forms on how to update your name gender marker in the State of Colorado.

Susan’s Page

www.susans.org

- Online resource with varying types of information including news articles, online chat forums, and links to resources.

Transgender Map

www.transgendermap.com

- Provides social, legal, medical, financial resources and education materials.

FTM Resource Guide

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

www.ftmguide.org

- Website states: "This Guide is intended to provide information on topics of interest to female-to-male (FTM, F2M) trans men, and their friends and loved ones. Non-trans men have also found the pages on men's grooming and clothing to be helpful. Transgender, cisgender, intersex, non-binary, genderqueer, questioning, and "just plain folks" are all welcome."

Transyouthchannel – Youtube Channel

www.youtube.com/user/TransYouthChannel

- Provides information on how to transition from transgender youth as part of Rescqu.net's resource and information program. Provides different perspectives from transgender youth weekly on varying topics submitted by viewers.

National Resources:

Fenway Institute Helpline and Peer Listening Line

1.888.340.4528 (Helpline) | 1.800.399.7337 (Peer Listening Line)

- Anonymous and confidential phone lines that offer gay, lesbian, bisexual and transgender adults and youths a "safe place" to call for information, referrals, and support regarding issues like coming out, HIV/AIDS, safer sex and relationships, and support locating LGBT groups and services in their local area.

National Center for Transgender Equality

202.642.4542

1133 19th St NW Unit 302, Washington DC 20036

www.transequality.org

- Provides information on Transgender topics.

GLMA Health Professionals Advancing LGBT Equality

www.glma.org

Human Rights Campaign (HRC)

www.hrc.org

Gay and Lesbian Alliance Against Defamation

www.gladd.org

Gay, Lesbian & Straight Education Network (GLSEN)

www.glsen.org

Consortium of Higher Education LGBT Resource Professionals

www.lgbtcampus.org

American Veterans for Equal Rights

www.aver.us

Transgender Law Center

www.transgenderlawcenter.org

WPATH (transgender health)

Need more information? Contact our Navigation Services Team at 303-432-5130 or navigation@jcmh.org

www.path.org

National LGBT Health Education Center

www.lgbthealtheducation.org

Social Groups and Organizations

The Mile High Freedom Band

www.mhfb.org

- Charitable organization serving the LGBTQ community in Denver
 - Social organization for musicians
 - Open to all who respect the diversities in life including the LGBTQ community and allies.

The Mile High Gay Guy

www.milehighgayguy.com

- Blog with resources and information on upcoming social events

Denver LGBT Visitor's Guide

www.denver.org/about-denver/lgbt

LGBTQ+ Centered Services

Good Judy Garage

303-872-8810

1865 W Union, Unit M, Sheridan, CO 80110

<https://www.goodjudygarage.com/>

- A queer owned and operated automotive service and repair shop where all are welcome.
- Commits to not marking up the cost of parts, being transparent and in-line with the industry average rates, and discussing all options in an easily understandable way with no pressure.

Above Ground Denver

<https://abovegrounddenver.com/>

LoDo Location:

303-956-9739

1740 Blake St, Denver, CO 80202

Five Points Location:

303-927-7047

2737 Welton St, Denver, CO 80205

- A queer owned and operated hair salon where everyone is welcome
- Free gender affirming haircuts for trans youth