



LGBTQ+ Arizona Resource Guide

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This resource guide was put together by Arizona Coalition to End Sexual Violence's *Rainbow Collective*, a collaborative committee of service providers and community members to make services more inclusive for the Arizona LGBTQ+ community.

LGBTQ+ Organizations

ARIZONA

And Then Initiative

Service: Community-based nonprofit organization whose goal is to support and promote activities directed at furthering the wellbeing, positive image, and human rights of the LGBTQ community.

Scope: Mohave County

Email: andtheniaz@gmail.com

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

Equality Arizona

Service: Nonprofit organization that works at every level of government, from the municipal to the federal, to ensure and safeguard the rights of LGBTQ+ communities in Arizona.

Scope: Statewide

Number: (480) 401-2372

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

GLSEN Arizona

Service: GLSEN is a national organization that has chapters all over the country. They work to ensure that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment. Opportunities for educators, students, and others to get involved.

Scope: Statewide

Email: info@glsenarizona.org

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

LGBTQ+ Organizations Cont.

LGBTQ Awareness Group of AZ

Service: Provides support to the LGBTQ community through hosting several different support groups as well as operating a pride center.

Contact information: *Den'na Davenport*, President

Phone: 928.715.6985 Email: denna7109@gmail.com

Judy Little, Secretary/Treasurer

Phone: 928.715.6985 Email: judylittle68@gmail.com

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

one n ten

Service: Serves and assistes LGBTQ youth ages 14 to 24.

From weekly discussion groups to fun, social networking events, we create a safe space, mentally and physically, for youth of all socio-economic and cultural backgrounds.

Scope: Statewide- several physical locations all over Arizona.

Number: 602-400-2601 Ext. 2

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

Phoenix Pride

Service: Promotes unity, visibility, and self-esteem among LGBTQ persons and promotes a positive image throughout Arizona through community activities and services. Hosts Phoenix Pride and the Rainbows Festival.

Scope: Phoenix

Number: 602-27-PRIDE (602-277-7433)

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

LGBTQ+ Organizations Cont.

Queer Resource Collective

Service: Increasing the health and wellness of LGBTQ Arizonans by eliminating health disparities and injustice.

Scope: Statewide- several physical locations all over Arizona.

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

Southern Arizona Senior Pride

Service: Focused on celebrating, supporting and unite LGBTQI+ older adults and hosts a variety of talks, workshops, social events and support groups.

Scope: Southern Arizona

Number: (520) 312-8923

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

Trans Queer Pueblo

Service: Autonomous LGBTQ+ migrant community of color who works wherever we find our people, creating cycles of mutual support that cultivate leadership. Provides programming and support for LGBTQ+ migrants. Primarily in Spanish with English offered as well.

Scope: Statewide- Primarily in Phoenix

Number: (480) 849-3797

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

LGBTQ+ Organizations Cont.

PFLAG Chapters

Service: National organization that has local chapters around the country. Primarily hosts monthly meetings. Challenge any concept of traditional family values that excludes our LGBTQ loved ones, and aim to promote the understanding of LGBTQ people as healthy, normal, responsible, productive, loving, and caring human beings.

PFLAG Sedona/Verde Valley

Number: (928) 351-1076

Email: pflagsedona@gmail.com

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

Facebook: <https://www.facebook.com/pflagsedona/>

PFLAG Sierra Vista

Email: info@pflagsierravista.org

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

Facebook: <https://www.facebook.com/PFLAGSierraVista/>

PFLAG Yuma

Number: (928) 580-2260

Email: pflagyuma4u@gmail.com

Website: <https://pflag.org/chapter/pflag-yuma>

Facebook: <https://www.facebook.com/pflagyumaAZ>

LGBTQ+ Organizations

NATIONAL

There are a lot of national LGBTQ+ organizations and resources, rather than listing them out individually here are a few organizations that have already created easy-to-navigate tools to find these resources.

Bisexual Resource Center

Service: The Bisexual Resource Center works to connect the bi+ community and help its members thrive through resources, support, and celebration.

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

glaad- Resource List

Service: An LGBTQ+ organization that has over 30- years of work in media and entertainment pushing for LGBTQ acceptance and representation.

Website: <https://www.glaad.org/resourcelist>

Queer Resources Directory

Service: The Queer Resources Directory contains 25488 files about everything queer.

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

Two-Spirit Resource Directory

Service: A list of organizations, webinars, and presentations that are specific to the Two-Spirit Community.

Website: <https://outinschools.com/wp-content/uploads/sites/3/2018/05/Two-Spirit-Resource-Directory-May-2016.pdf>

Clothing and Hygiene

I Have a Dream Boutique

Service: Free boutique with a variety of gender-affirming clothing products and accessories. Recommended to bring a bag to hold your items.

Scope: Open to those in the transgender and gender-expansive community. No age or income requirements.

Details: Collaborative effort between Southwest Center for HIV/AIDs, Phoenix PRIDE, First Church UCC, Trans Spectrum of Arizona, Imperial Court of Arizona and

Hours: Every Wednesday from 5:30 pm-7:00 pm

Location: 1407 N 2nd St., Phoenix, AZ 85004

one n ten- Clothing Closet & Showers

Service: Free clothing closet, showers, hygiene products, and safe sex supplies.

Scope: Open to LGBTQ+ youth and young adults ages 14-24.

Hours: Open Monday- Friday from 3:00 pm-7:00 pm, (programs often run between 5:00 pm-6:30 pm so it is recommended to arrive before 5 pm or after 6:30 pm).

Location: one n ten Downtown Phoenix Youth Center.

Items can also be coordinated to be picked up at open of the several satellite locations across Arizona with a one n ten satellite coordinator, for satellite location details see the website: <https://oneten.org/satellite-locations/>

Clothing and Hygiene

Point of Pride- Free Femme Shapewear

Age: All ages, those 13 and under need parental permission.

Location: Ships internationally to 90+ countries, including The United States.

Other Eligibility Requirements: Must identify as transgender (any non-cis identity within the trans umbrella) and cannot afford to purchase femme shapewear or cannot safely obtain femme shapewear.

Binder Details: Brand is Origami Customs, in hipster or thong style in black, sizes, XXS-5XL

Website: <https://www.pointofpride.org/free-femme-shapewear>

University of Arizona Queer Closet

Service: Clothing, hygiene, and make-up donations.

Scope: Anyone, open to the public, even non-students.

Location: U of A campus, the 4th floor of the Student Union Building next to the Women & Gender Resource Center.

Hours: Drop-in hours are 10 am-4 pm.

Website: <https://lgbtq.arizona.edu/queer-closet>

Contact: ualgbtq@gmail.com

Clothing and Hygiene

NATIONAL BINDER PROGRAMS

Note: Binder programs often have long waitlists so the sooner you apply the better. Also, be sure to follow binder measurement guides when requesting a binder, they are not sized like typical clothing and an ill-fitting binder can cause harm to your body.

American Trans Resource Hub- Free Binder Program

Age: 13 years or older.

Location: The United States or its' territories.

Other Eligibility Requirements: Do not identify as cisgender, do not have the means to purchase a binder. Prioritizes underrepresented communities, such as people of color, those from rural communities to veterans.

Binder Details: Brand is gc2b, binder sizes XS-5XL

Website: <https://www.atrh.org/binder-program>

DC Area Transmasculine Society- Binder Exchange

Age: All ages, those 13 and under need parental permission.

Location: The United States.

Other Eligibility Requirements: Must be assigned female at birth, experience gender dysphoria related to your chest, do not have the financial means to buy a binder, and have no more than 1 already.

Binder Details: Brand is gc2b, binder sizes XS-5XL, some new, some worn but none will be stained or damaged.

Website: <https://www.dcats.org/binderexchange>

Clothing and Hygiene

FtM Essentials- Free Youth Binder Program

Age: 24 years or younger.

Location: The United States.

Other Eligibility Requirements: For those who are unable to purchase a binder on their own due to financial circumstances.

Binder Details: Underworks Tri-Top Binders in White or Black binder sizes XS-3XL

Website: <https://www.ftmessentials.com/pages/ftme-free-youth-binder-program>

Point of Pride- Free Chest Binders

Age: All ages, those 13 and under need parental permission.

Location: Ships internationally to 90+ countries, including The United States.

Other Eligibility Requirements: Must identify as transgender (any non-cis identity within the trans umbrella) and cannot afford to purchase a binder or cannot safely obtain a binder.

Binder Details: 95% of the binders we mail out are brand-new, white, full-length gc2b binders, binder size XS-5XL

Website: <https://www.pointofpride.org/free-chest-binders>

Employment

one n ten- POND Workforce Navigation Program

Details: LGBTQ+ 16-24-year-olds can receive support building skills and confidence to navigate employment as well as access to job fairs via a cohort-based program.

Website: <https://onenten.org/housing-program/>

One Community

An Arizona-based organization that functions to advance workplace equality for LGBTQ individuals and their families.

One Community- Job Directory

Service: Arizona-specific job listings by employers who sign the UNITY pledge and wish to advertise on this directory.

Scope: Statewide

Directory website: <https://directory.onecommunity.co/jobs/>

One Community- AZ Navigator

Service: A collaborative effort with 10 other Arizona organizations to support for small business owners and entrepreneurs. Provides no-cost business support such as support for LGBTQ workers, employers, and entrepreneurs, and LGBTQ inclusivity training.

Scope: Statewide

Directory website:

<https://www.onecommunity.com/aznavigator>

Financial Assistance

American Trans Resource Hub

Service: A scholarship-like program that provides direct financial assistance to trans folks who cannot afford their gender-affirming surgery.

Scope: National

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

Genderbands

Service: Currently provides grants to cover top surgery and HRT. Working to eventually be able to cover more surgeries and assist with name and gender marker changes.

Scope: National

Website: <https://www.genderbands.org/grants>

Jim Collins Foundation

Service: Provides financial assistance to transgender people for gender-affirming surgeries.

Scope: National

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

Point of Pride

Service: A scholarship-like program that provides direct financial assistance to trans folks who cannot afford their gender-affirming surgery.

Scope: National

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

Healthcare Resources

Aunt Rita's Foundation

Service: Provides support to the HIV / AIDS community through, testing, referrals, education, and advocacy.

Scope: Statewide

Number: 602-882-8675

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

Bayless Integrated Healthcare- LGBTQ+ Services

Service: Has LGBTQ+ affirming providers that specialize in therapy, psychiatry, primary care, hormone therapy, and online support groups for LGBTQ+ patients.

Location: Virtual care and offices across Maricopa County.

Website: <https://www.baylesshealthcare.com/services/lgbtq-services/>

Southwest Center

Service: Provides healthcare services for LGBTQ+ individuals. HIV/STI testing, health clinic, PrEP/PEP, mental health, case management, empowerment programs, nutrition, gender-affirming programs and free condoms.

Location: 1101 N. Central Ave., Ste. 200 Phoenix, AZ 85004

Number: 602-307-5330

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

Healthcare Resources

LGBTQ+ FRIENDLY PROVIDER LISTS/ PROVIDER SEARCH

Gay and Lesbian Medical Association- Provider Search

Service: Searchable list of healthcare providers who have registered as members of the GLMA. List may be under construction.

Website: <https://www.glma.org/index.cfm?nodeid=1>

Human Rights Campaign- Healthcare Facilities List

Service: Searchable provider list of healthcare providers who understand LGBTQ+ needs, and has mental health and counseling filter.

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

LGBTQ Integrated Health Coalition of Southern Arizona

Service: The LGBTQ Integrated Health Coalition of Southern Arizona is made up of organizations and providers, and are committed to ending the health disparities faced by LGBTQ individuals in Southern Arizona. Has a list of behavioral health agencies that are their community partners.

Website:

<https://lgbtqintegratedcoalition.wordpress.com/community-partners/>

OutCare- Provider Search

Service: Searchable provider list of healthcare providers who understand LGBTQ+ needs.

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

Hotlines & Helplines

The Trevor Project Crisis Hotline

Service: Crisis line for LGBTQ young people (13-24) to connect with a crisis counselor.

Hours: 24/7, 365 days a year

Scope: National

Number to call: 1-866-488-7386.

Number to text: text 'START' to 678-678.

Website to chat: thetrevorproject.org/get-help

Trans Lifeline

Service: Trans Lifeline provides trans peer support for our community that's been divested from police since day one. Provides support in English and Spanish.

Hours: Has more operators available 8am-2pm pacific time but may have volunteers available at other times.

Scope: National

Number to call: 877-565-8860

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

LGBT National Hotline

Service: Provides support, as well as factual information and local resources for LGBTQ people of all ages.

Hours: Monday thru Friday, from 1 pm - 9 pm, pacific time

Scope: National

Number to call: 888-843-4564

Website to chat: <http://www.glbthotline.org/peer-chat.html>

Email to chat: help@LGBTHotline.org

Hotlines & Helplines Cont.

LGBT National Youth Talkline

Service: Free and Confidential peer support for the LGBTQ and questioning community ages 25 and younger.

Hours: Monday thru Friday, from 1 pm - 9 pm, pacific time

Scope: National

Number to call: 800-246-7743

Website: <http://www.glbthotline.org/youth-talkline.html>

LGBT National Senior Hotline

Service: Free and Confidential peer support for the LGBT and questioning community ages 50 and above.

Hours: Monday thru Friday, from 1 pm - 9 pm, pacific time

Scope: National

Number to call: 888-234-7243

Website: <http://www.glbthotline.org/senior-hotline.html>

Gay Men's Health Crisis Project Hotline

Service: The GMHC Hotline provides a safe space to discuss a wide range of concerns. GMHC staff provide emotional support with compassion and without judgment.

Hours: All calls will be returned within one business day.

Scope: National

Number to call: 1-800-243-7692

Website: <http://www.glbthotline.org/senior-hotline.html>

Housing

one n ten- POND Housing Program

Service: Provides housing solutions for LGBTQ+ and allied youth, ages 18-24, who are experiencing homelessness or housing instability. Is designed to assist participants with housing for up to 9-12 months

Scope: Statewide

Website: <https://onenten.org/housing-program/>

Southern AZ Aids Foundation- Bread and Roses Program

Service: Crisis Transitional Housing for Homeless LGBTQ+ Youth (18-24). By Southern Arizona Aids Foundation in partnership with Old Pueblo Community Services.

Scope: Pima County, Arizona.

Website: <https://www.saaf.org/hiv-prevention-and-testing/bread-and-roses/>

NAZCARE- Housing Projects

Service: A community based nonprofit that provides housing options in rural Northern Arizona

Scope: Pima County, Arizona.

Website: <https://www.saaf.org/hiv-prevention-and-testing/bread-and-roses/>

Housing Cont.

University Based Gender-Inclusive Housing

Arizona State University

Service: Gender-inclusive housing accommodations at ASU.

Scope: Arizona State University campuses

Website: <https://housing.asu.edu/housing-communities/gender-inclusive-housing>

Northern Arizona University

Service: Gender-inclusive housing accommodations at NAU.

Scope: Northern Arizona University campus

Website: <https://nau.edu/reslife/mixed-gender-and-gender-inclusive-housing/>

University of Arizona

Service: Gender-inclusive housing accommodations at UofA.

Scope: University of Arizona campus

Website: <https://lgbtq.arizona.edu/campus-housing-options>

Legal Services

ARIZONA

Lambda Legal

Service: Provides information and resources relating to discrimination based on sexual orientation, gender identity and gender expression, and HIV status.

Scope: Statewide

Number: 213-382-7600

Website: <https://www.lambdalegal.org/states-regions/arizona>

Southern AZ Gender Alliance (SAGA)

Service: Guidance for name and gender change in English and Spanish.

Scope: Statewide

Number: 520-477-7096

Email: namechange@sagatucson.org

Website: <https://sagatucson.org/node/157>

NATIONAL

ACLU- Report LGBTQ/HIV Discrimination

Service: Legal aid in response to discrimination based on sexual orientation, gender identity, or HIV status.

Scope: National

Email: helplgbtq@aclu.org

Website: <https://action.aclu.org/legal-intake/report-lgbtqhiv-discrimination>

Legal Services Cont.

Immigration Equality

Service: Legal assistance and information pertaining to immigration for LGBTQ and HIV-positive communities.

Scope: National

For those in detention: 917-654-9696

All others: 212-714-2904

Website: <https://immigrationequality.org/legal/legal-help/>

Modern Military Association of America

Service: Assist members of the LGBTQ military and veteran community with discharge upgrades, legal name changes, and a wide range of other legal issues.

Scope: National

Number: 202-328-3244

Email: legal@modernmilitary.org

Website: <https://modernmilitary.org/portfolio-items/legal/>

Support Groups

ARIZONA

Duet- LGBTQ+ Caregiver Support Group

Service: Support group specifically for members of the LGBTQ+ community who are caregivers

Times: 1st and 3rd Thursdays of each month, 2:00- 3:30pm

Location: Community Church of Hope, 4121 North 7th Avenue, Phoenix, AZ 85013

Number: (602) 274-5022 - call before attending for first time

Website: <https://duetaz.org/calendar/>

Southern Arizona Gender Alliance- Support groups

Service: SAGA offers support, social, and discussion groups for various trans and gender nonconforming (TGNC) folks and their loved ones. Several different types of support groups for different identities: general, transfeminine, transmasculine, nonbinary, transgender/gender nonconforming BIPOC, families of LGBTQ+ individuals, and therapists who work with transgender/gender nonconforming clients.

Location: Due to COVID currently being held virtually via Zoom.

Website: <https://sagatucson.org/community>

Support Groups

ARIZONA

NAZGEM- Northern Arizona Gender Mentors Network

Service: Support group that serves transgender individuals in Yavapai, Mojave, Coconino, Apache, Navajo, and Gila counties.

Times: Every other Wednesday at 7:00 pm.

Location: Virtually via Zoom.

Email: nazgem@gycc.lgbt contact to join

Website: <https://az-gycc.org/nazgem/#:~:text=NAZGEM%20is%20a%20transgender%20support,operates%20out%20of%20Prescott%2C%20Arizona.>

Trans Spectrum of Arizona

Service: Trans Spectrum of Arizona offers several different peer support meetings- meetings specific for trans feminine, individuals, transmasculine individuals, gender expansive individuals, SOFFA (significant others, family friends, and allies), and a gender blender group.

Times: All are 2nd and 4th Saturdays except the Gender Blender group which is Tuesday nights.

Website: <https://tsaz.org/meetings/>