

LGBTQ+ Resources

TOLL FREE 24/7 HELPLINE: 211

LGBTQ+ Support Riverside County

- **Free Peer Chat Website - Take My Hand:** <https://takemyhand.co>
- **RUHS- Behavioral Health Consumer Affairs:** <http://www.rcdmh.org/ca> | 951-955-7161
- **The Trevor Project:** <http://www.thetrevorproject.org> | 866-488-7386
- **Trans Lifeline:** <http://www.translifeline.org> | 877-565-8860
- **TruEvolution:** <http://www.trueevolution.org> | 951-888-1346
- **Riverside County Transgender Health and Wellness:** (report) <https://data.countyofriverside.us/stories/s/atu8-9psu>
- **UCR LGBT Resource center:** <https://out.ucr.edu>

Family Support

- **Riverside PFLAG:** <http://www.pflag.org/chapter/pflag-riverside>
- **Temecula PFLAG:** <http://www.pflagtemecula.org/>
- **Palm Springs PFLAG:** <http://www.pspflag.org>
- **TransFamily Support Group:** <http://www.transfamilysos.org/>

HIV Services

- **TruEvolution:** <http://www.trueevolution.org/>
- **Desert AIDS Project:** <http://www.desertaidsproject.org/>
- **Foothill AIDS Project:** <http://www.fapinfo.org/>
- **Bienestar-** Servicing Latino/LGBTQ: <http://www.bienestar.org/> | 866-590-6411
 - Email: info@bienestar.org

Medical Services

- **Borrego Health:** <https://www.borregohealth.org/specialty-care>
- **Inland Empire Health Plan (IEHP):** <http://www.iehp.org/> | 800-440-4347
- **Kaiser:** <https://thrive.kaiserpermanente.org/care-near-you/southern-california/transgender/>
- **RUHS-Medical:** Transgender Services
 - Phone: 951-486-4000



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Youth Services

- **Rainbow Pride Youth Alliance:** <https://www.rainbowprideyouthalliance.org/>
- **Safeschools desert Cities:** <http://www.safeschoolsdc.org/>
- **Operation Safe House "Emergency Youth Housing" 24/7** | 951-351-4418
- **Cup of Happy Operation Safehouse:**
<http://www.operationsafehouse.org/safehouse-riverside/programs/a-cup-of-happy/>
- **Stepping Stones– Youth Resource & Support Center Western Region**
 - 951-955-9800
- **The Arena– TAY Mid County Resource & Support Center** | 951-940-6755
- **Desert FLOW– TAY Resource & Support Center Desert Region** | 760-863-7970

LGBT Centers of Southern California

- **The Center Riverside:** <http://www.rivcocenter.org/> | 951-364-3305
- **The Center Palm Springs:** <http://www.thecenterps.org/> | 760-416-7790
 - Email: info@thecentercv.org
- **The Center Orange County:** <http://www.lgbtcenteroc.org/> | 714-953-5428
- **The Center San Diego:** <http://www.thecentersd.org/> | 619-692-2077
- **Los Angeles LGBT Center:** <http://www.lalgbtcenter.org/> | 323-993-7400

National Resources & Information

- **ACLU:** <http://www.aclu.org/>
- **PFLAG:** <http://www.pflag.org>
- **Straight for Equality:** <http://www.straightforequality.org>
- **GLAAD:** <http://www.glaad.org/>
- **WPAT:** <http://www.wpath.org/>
- **The Trevor Project:** <http://www.thetrevorproject.org>
- **Trans Lifeline:** <http://www.translifeline.org/>
- **GLSEN:** <http://www.glsen.org/>
- **TSER - Trans Student Educational Resources:** <http://www.transstudent.org/>
- **Equality California:** <http://www.eqca.org/>
- **Transgender Law center:**
<http://www.transgenderlawcenter.org/archives/category/california>
- **Human Rights Campaign:** <http://www.hrc.org/>
- **Planned Parenthood:** <https://www.plannedparenthood.org/>



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Riverside University Health System TRANSGENDER HEALTH SERVICES

Services We Offer:

- Primary Care
- Behavioral Health
- Hormone Regulation
- Gender Affirming Surgery
- Sexual and Reproductive Health

We partner with IEHP, as well as serve the Medi-Cal and Medicare covered LGBTQ+ clients, to give a mainstream, evidence-based, standard of medical care. Our staff consists of credentialed, trained and caring providers that have been certified in many areas of transgender care to provide a collective level of excellence to achieve desired and uncomplicated outcomes.



For more information or to get connected
with services, please contact our
Patient Services Coordinator Daisy Mendez
Phone# 951-486-4000 or
Email: d.mendez@ruhealth.org





Take
my
Hand

Take My Hand

Take My Hand is a Live Peer Chat Service. Our online chat is an anonymous virtual platform that allows you to have a safe place to express your thoughts and your struggles. Our peers and staff will remind you that you have social value and you are not alone. So, in those dark days when it seems that there is no way out, in those moments of anxiety when you think that others will not understand you, join us in live chat at **TakeMyHand.co**

Here, you can partner with a peer support specialist, who has walked through their own struggles and is here to listen to you, just a few keystrokes away.

Objectives

- Anonymous, safe environment for individuals to share safely.
- Increase purpose, belonging and social connectedness of individuals served.
- Detect and acknowledge mental health challenges sooner.
- Increase access to appropriate level of support and care.

✓ Chat online with a peer support specialist for free.

✓ 1 on 1 peer support with real people. No bots.

✓ Access to local resources with our online resource guide.

✓ Anonymous access to services to reduce stigma.

✓ Access from anywhere. Laptop, phone, tablet or kiosk.

✓ Partner with a peer to arrive at new solutions to a challenge.



Visit **TakeMyHand.co** and receive chat support today!



ARE YOU INTERESTED IN MAKING CONNECTIONS AND LEARNING MORE ABOUT THE LGBTQ+ COMMUNITY?

Folks are welcome to this space to learn, be empowered, and make friends. This brave space provides community healing and support while building leadership skills to respond to social injustices in our communities. Participants will have opportunities to win prizes!

Geared towards ages 16-25

If you are interested in helping organize this group or would like to provide a workshop to this brave space, please email us at IELGBTQOutreach@gmail.com



Join our virtual safe-spaces to connect with peers, resources, and support.

Hosted by
Rainbow Pride Youth Alliance & Riverside University
Health Systems - Behavioral Health, and other
community organizations.

Have questions?
Email us at: IELGBTQOutreach@gmail.com