

LGBTQA+ Health and Wellness Resource Guide

Content Warning: Some of the following resources contain discussions of medical experiences (including non-consensual surgical procedures); physical and emotional trauma; abuse; depression; suicide; eating disorders; HIV/AIDS stigma; substance abuse; genitals and anatomy; and gender dysphoria.

General

- “10 Physical and Emotional Health Concerns of LGBTQ Students” – Ric Chollar, LCSW
<https://www.campuspride.org/resources/10-physical-and-emotional-health-concerns-of-lgbt-students/>
- “Lesbian, Gay, Bisexual, and Transgender Health” – HealthyPeople.gov
<https://www.healthypeople.gov/2020/topics-objectives/topic/lesbian-gay-bisexual-and-transgender-health>
- “In the intersex community, we’re desperate for quality care. Doctors aren’t listening” – Kimberly Zieselman
<https://www.statnews.com/2017/10/26/intersex-medical-care/>

Trans Affirming Healthcare

- “Guidelines for the Primary and Gender Affirming Care of Transgender and Nonbinary People” – Center of Excellence for Transgender Health
<http://transhealth.ucsf.edu/trans?page=guidelines-home>
- “Affirmative Care for Transgender and Gender Non-Conforming People: Best Practices for Front-Line Health Care Staff” – Fenway Health
http://www.lgbthealtheducation.org/wp-content/uploads/13-017_TransBestPracticesforFrontlineStaff_v6_02-19-13_FINAL.pdf

Mental Health

- “LGBTQ” – National Alliance on Mental Illness (NAMI)
<https://www.nami.org/Find-Support/LGBTQ>
- Trans Life Line
“Trans Lifeline is a 501(c)3 non-profit dedicated to the well being of transgender people. We run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have.”
<https://www.translifeline.org/>

- The Trevor Project
“A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.” Includes online chat and texting hotline services.
<https://www.thetrevorproject.org/>

Eating Disorders

- “Eating Disorders in LGBT Populations”
<https://www.nationaleatingdisorders.org/eating-disorders-lgbt-populations>
- “My Eating Disorder Wasn’t About Body Image”
<https://restforresistance.com/zine/my-eating-disorder-wasnt-about-body-image>
- “Eating Disorders Are Rampant in Gay Men and These Are 5 Things We Can Do To Help”
https://www.huffingtonpost.com/john-paul-brammer/eating-disorders-are-ramp_b_8350994.html
- “Trans Folx Fighting Eating Disorders (T-FFED) Resource List
<http://www.transfolxfightingeds.org/resources>

Addiction and Substance Abuse

- “What You Need to Know: Addiction in the LGBTQ Community” – Campus Pride
<https://www.campuspride.org/resources/what-you-need-to-know-addiction-in-the-lgbtq-community/>
- “A Provider’s Introduction to Substance Abuse Treatment for Lesbian, Gay, Bisexual, and Transgender Individuals”
<https://store.samhsa.gov/shin/content/SMA12-4104/SMA12-4104.pdf>

Relationships and Abuse

- “Abusive LGBTQ Relationships” – LoveIsRespect org
<http://www.loveisrespect.org/is-this-abuse/abusive-lgbtq-relationships/>
- “Power and Control Wheel for Lesbian, Gay, Bisexual and Trans Relationships
<http://www.loveisrespect.org/lir-files/LGBT-Power-and-Control-Wheel.pdf>
- “This Is What Domestic Violence Looks Like When You’re LGBT” – Patrick Strudwick
https://www.buzzfeed.com/patrickstrudwick/this-is-domestic-abuse-when-lgbt?utm_term=.nkEpo0Kpy#.hnXmWQnmV

- “Telling an L.G.B.T. Child They’re Worthless or Broken Is Abuse” – Jessica Valenti
<https://www.nytimes.com/roomfordebate/2015/01/08/is-it-child-abuse-to-make-a-trans-child-change/telling-an-lgbt-child-theyre-worthless-or-broken-is-abuse>

Sexual Health

- “Transgender Sexual and Reproductive Health: Unmet Needs and Barriers to Care” – National Center for Transgender Equality
<https://transequality.org/issues/resources/transgender-sexual-and-reproductive-health-unmet-needs-and-barriers-to-care>
- “Why Transgender Women Have The Country’s Highest HIV Rates” – Sunnive Brydum
<https://www.hivplusmag.com/case-studies/2013/04/08/invisible-women-why-transgender-women-are-hit-so-hard-hiv>
- “Why Are Gay Ladies Afraid of the Gynecologist?” – Natalie
<https://www.autostraddle.com/why-are-gay-ladies-so-afraid-of-the-gynecologist/>
- “‘How to get away’ with safer sex: HIV prevention supporting gay, bi & trans men” – Allison Marie Turner
<https://www.campuspride.org/resources/how-to-get-away-with-safer-sex-hiv-prevention-supporting-gay-bi-trans-men/>
- Oh Joy A Sex Toy: LGBTQA+ Inclusive Informational Comics about Sexuality, Safer Sex, and Health
<https://www.ohjoysextoy.com/category/comic/>
- Scarleteen: inclusive, comprehensive, supportive sexuality and relationships info for teens and emerging adults
www.scarleteen.com
- PEP and PrEP – poz.org
<https://www.poz.com/basics/hiv-basics/pep-prep>

Organizations

- **Living Out Loud**
“For many years, the LGBTQI community in Southern Arizona has expressed a need for a one-stop wellness center focusing specifically on LGBTQI needs. CODAC Behavioral Health Services heard the community and developed Living Out Loud to be an affirming place for individuals, couples and families of all ages to focus on their own health.”
<http://livingoutloudaz.org/>