



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

Denver Health – Transgender Health Department

303.602.6819

777 Bannock St, Denver, CO 80204

<https://www.denverhealth.org/services/lgbt-services/transgender-health>

- Denver Health provides a variety of services including patient navigation, updating gender identification on credentials, behavioral health, gender affirming surgery, and primary care.

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.

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/

- UC Health- Integrated Transgender Program offers a variety of services including gender affirming hormone therapy, primary medical care, mental health care, sexual health and STI screening, and surgical care.

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

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.

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Transgender Center of the Rockies

303.761.0200

3460 Federal Blvd, Englewood, CO 80110

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.

Queer Asterisk

720.507.6161

1155 Sherman St, Suite 311, Denver, CO 80203

www.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

www.thedenverelement.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.

Support Organizations

Colorado LGBTQ Commission

720.913.8488

1490 N Lafayette St Unit 304, Denver, CO 80218

www.denvergov.org/content/denvergov/en/human-rights-and-community-partnerships/our-commissions/gay-lesbian-bisexual-transgender-commission.html

- 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
 - 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.

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PFLAG, Denver Chapter

303.333.0286 (available 24 hours a day in English and Spanish)

1290 N Williams St Unit 1, Denver, CO 80218

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

1490 N Lafayette St Unit 304, Denver, CO 80218

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.

Youth Specific Programs

Trans Youth Education and Support of Colorado

720.443.7708

www.tyes-colorado.org

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

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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

- 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 Dickson Place, Denver, CO 80222

www.mhcd.org/voz-y-corazon

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- 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

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."

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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)

www.wpath.org

National LGBT Health Education Center

www.lgbthealtheducation.org

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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

Gay Denver Guide

www.denver.gaycities.com

- Online guide to gay friendly events, restaurants, hotels, gyms, bars, clubs, and shops.

Colorado Gay Rodeo Association

www.cgra.com

- Hosts events and rodeos for gay rodeo enthusiasts.

Denver LGBT Visitor's Guide

www.denver.org/about-denver/lgbt