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Trans resources portland

During the COVID-19 pandemic, many mental health agencies provide services remotely. For information about secure options for accessing the Services, contact each provider. Asian Health & Service Center – 503-872-8822 A state-certified outpatient behavioral clinic specializing in services to the Asian community. Clinical services are provided by a team of bilingual experts and contract psychiatrists. Clients can also access on-site, low-cost natural clinics and Chinese medicine clinics weekly. Avel Gordly Center for Healing – 503-494-4745 Multicultural, Adult Outpatient Treatment Clinic offers culturally-specific services for clients identifying with African, African-American and Southeast Asian cultures. It treats many disorders including depression, anxiety, panic disorder, post-traumatic stress disorder, bipolar and psychotic disorders, substance abuse/addiction, and gambling. Deaf, Non-Deaf Services – 503-494-4745 Tricounty Deaf Services: TTY 503-238-0148. Relay services for the deaf: 800-735-2900 (call them and they will use TTY to interpret for you). Kalindi Kapadia - 908-463-6376 Culturally specific mental health counseling for individuals from the Middle East and Southeast Asia. Fluent in Hindi, Gujarati, Kutchi and Marathi; understands Punjab and Urdu. Kalindi Kapadia, MA, LPC, CADC III. Lutheran Community Services - 503-231-7480 Multicultural one-on-one support and in-depth counseling. The Virginia García Memorial Health Center has bilingual, Spanish-speaking behaviorists at clinics in Washington and Yamhill counties. Phone numbers and locations in both counties: Click here. Fundamental Rights Oregon - 503-222-6151 It has sources explaining Oregon's health plan coverage of trans health care and helping with reporting discrimination. Fundamental Rights Oregon, Wild Family Members Family Group for Transgender Youth Cascade AIDS Project – The 503-223-5907 Cascade AIDS Project (CAP) is the oldest and largest HIV service provider in the Pacific Northwest. The CAP provides services in the areas of health, prevention, testing, housing and employment of individuals affected by HIV. The CAP also provides peer support for HIV+ individuals who also require mental health services or links with care. The Depression and Bipolar Support Alliance Portland LGBTQ - a 503-679-2999 drop-in peer led a support group for LGBTQ people living with mental health problems such as anxiety, depression, bipolar, anxiety, PTSD or related illnesses. NAMI Clackamas - 503-344-5050 LGBTQ peer support services in Clackamas and Multnomah counties, including one-on-one peer support. Northwest Gender Alliance - 503-533-8787 A nonprofit social, support and education group for trans individuals. Outdoors in – 503-535-3828 coalition of medical and naturopathic doctors and interns, acupuncturists and Chinese herbalists who provide primary care care homeless youth and low-income individuals lack health insurance in Portland. Specifically, trans rights offered. Q Center - 503-234-7837 LGBTQ Community Center in Portland with various support and affinity groups and events. Quest Center for Integrative Health – 503-238-5203 Community Mental Health Agency and Alcohol and Drug Treatment Service Provider, where half of employees and physicians identify as LGBTQ. There is currently a six month waiting list for mental health services. He accepts Oregon's health plan. SAGE Metro Portland - 503-224-2640 SAGE Metro Portland (formerly Gay and Grey) is a program of Friendly House, Inc. that works to improve the lives of older gay, lesbian, bisexual and transgender (LGBT) community members through education, engagement, outreach and resource development. SAGE offers social programs, diversity training and housing resources for LGBT elders. TransActive Gender Center – A 503-252-3000 Portland organization providing a holistic range of services and expertise to empower transgender and gender nonconforming children, youth, and families. It offers counselling, support groups, voice coaching, family events and free chest binders for transmaculinal youth. Triangle Project in Cascadia - 503-674-7777 LGBTQ-specific mental health and addiction treatment, offered at cascadia plaza location in Portland. Call 503-674-7777 and mention that you are looking for LGBTQ-specific treatment. He accepts Oregon's health plan. University of North Dakota Resources for Aging LGBTQ+ Community Health, Financial Planning, and Long Term Care Resources. Living Room - 503-901-5971 Safe Haven for GLBTQQ youth (ages 14-20) in Clackamas County, with drop-ins in Oregon City as well as other programs. The Oregon Safe Schools & Communities Coalition (OSSCC) OSSCC is working to support youth in a sense of security and welcome in schools and communities. The emphasis on reducing youth suicide and risky behavior for GSM youth outdoors in - 503-535-3828 Coalition of Medical and Naturopathic Physicians and Interns, Acupuncturists, and Chinese Herbalists who provide multidisciplinary primary care for homeless youth and low-income individuals lacks health insurance in Portland. Specifically, trans rights offered. p.ear – A 503-228-6677 Portland organization building positive relationships with the homeless and transient youth through education, art, and recreation to affirm personal value and create a more meaningful and healthy life. P.O.P. Rocks - 503-356-6835 Pulse on Pride (P.O.P) Rocks is a support group run by NAMI Washington County for 16 to 24 years who identify as LGBTQ and allies. He meets at nami washington county office in Aloha. Sexual Minority Youth Resource Center (SMYRC) - 503-872-9664 Drop-in Center for LGBTQ Youth (age 14-24) in both downtown Portland (1220 SW Columbia Ave.) and SE (16570 SE Oak St., 1070 block). Facebook Facebook Gender Center - 503-252-3000 Portland organization providing a holistic range of services and expertise to empower transgender and gender nonconforming children, youth and families. It offers counselling, support groups, voice coaching, family events and free chest binders for transmaculinal youth. One of the most difficult challenges facing members of the trans/gender diverse community is finding allied, competent and compassionate providers of medicine, mental health, surgical and health and cosmetic services. Even service providers have a hard time knowing which other providers can help their trans/gender diverse clients. We solve this problem by compiling a list of resources on our website and you can help. If you are a member of a community that would like to share your experience, or you are a provider that offers a safe space and trans/gender diverse friendly service, let us know by clicking the Submit Provider button below. Your child always needs your support. Maybe now more than ever. For more information about the importance of accepting a family, see the family adoption project. This organization does an amazing job in the field of LGBTQ youth and the information includes resources, research, publications and various support from this organization in California that combines family support for resilience in LGBT youth. The bond you share with your child can be strengthened by speaking openly to them about their identity. It is important that caregivers learn about what your child might be going through and experiencing so that you can give them your best support. Each journey of each child and family is unique, and our staff at the T-Clinic will work with you to meet your child's and family's individual needs. Resources for caregivers As a parent/caregiver/guardian, you want to be prepared with awareness and support so you can support your child. Take advantage of a wide range of resources for parents and families of transgender/gender diverse children. Here are some good places to start: There are also a few local, national, national and international resources for you on this trip. PORTLAND RESOURCES TransActive Gender Project: Offers support groups, information, adoptions, training for transgender and gender diverse youth (4-18) and their families Brave Space LLC: Community Space in SE Portland, which offers mental health services, resources, groups and other resources for transgender/gender diverse youth and adults Outside: A community health clinic that offers medical care as well as resources for name and gender reassignment at the Identity Documents Q Center: A Community Space that offers several programs that support and celebrate LGBTQIA identity OREGON RESOURCES HUMAN DIGNITY Coalition: Bend-based Gorup, which offers several programs, events, groups for transgender/ Youth Rainbow Youth: Salem-Area Salem-Area which offers spaces for LGBTQ youth to connect. Trans* Think: Eugene Nonprofit Organization that offers resources, support, education, and other services to transgender and gender-diverse people WASHINGTON RESOURCES Wild Heart Society: A Vancouver-based organization that offers mental health groups and events for transgender and gender-diverse youth GENDER-affirming medical care resources additional useful resources to find a therapist to help in finding an OHSU therapist Transgender Health Program can lead you to services and answer questions about care. We also recommend the following resources. Verify offers with organizations because some may have changed. We gathered information on: Support groups in Oregon and beyond crisis and support lines Finding a mental health therapist Change documents Caring for gender-diverse young people Visit our classes and events page to learn about other opportunities and resources. Several organizations offer immediate help if you are in crisis, just talk to someone or have questions. Their confidential services are available at 24:00 in the morning. Trans Lifeline: Trans Lifeline, which offers emotional and financial support to transgender people, has a peer support hotline for trans and questioning callers. The hotline is occupied by transgender volunteers. 877-565-8860 translifeline.org/hotline Project Trevor: The program offers crisis intervention and suicide prevention for LGBTQ people under the age of 25. 866-488-7386 thetrevorproject.org Online instant messaging: TrevorChat Text-based support: TrevorText National Suicide Prevention Lifeline: This national network of local crisis centers has a hotline to provide emotional support to anyone in suicidal crisis or emotional distress. 800-273-8255 suicidepreventionlifeline.org OHSU's Dr. Christina Milano and Dr. Jens Beril present Be Who You Are: A Case for Gender-Affirming Health Care as part of the Marquam Hill Lecture Series. In Oregon Basic Rights Oregon: A Nationwide LGBTQ And Social Justice Organization, basicrights.org Brave Space LLC: Creates a Community and Connects Transgender and Genderqueer Children, Teens, Adults and Allies with Professional Providers, bravespacecell.com Central Oregon Coast Trans Community: A Newport-area support group for transgender people and their families. on Facebook Human Dignity Coalition: Bend-based groups seeking equality for the LGBTQ community and allies, humandignityco.wordpress.com Northwest Gender Alliance: Nonprofit Social, Support and Education Group, nwgenderalliance.org Outside In: Offering Resources to Name and Change Gender on Identity Documents, outsidein.org Portland Q Center: Providing a Safe Space to Promote and Celebrate LGBTQ Diversity, Visibility and Community Building, pdxqcenter.org Rainbow Youth: A Salem-area organization that offers welcoming spaces, young people and their friends can join, rainbowyouth.org SAGE Metro Portland: SAGE's local affiliate providing advocacy, social events and other services for the older LGBT+ community; Section Friendly House, friendlyhouseinc.org/or-adult-seniors/sage Sexual and Gender Minority Youth Resource Center (SMYRC): New Avenues for Safe Youth, Supervised Area with Activities for Sexual and Gender Minorities Aged 13 to 23, newavenues.org/smyrc SO Health-E: Southern Oregon Group Focused on Improving Access to Health Care Across the Boundaries of Race, Gender, Sexual Orientation, Disability and Income, sohealthne.org. It includes the LGBTQ+ Equity working group, which aims to remove health care barriers in Jackson and Josephine counties for people in lesbian/gay/bisexual and gender-diverse communities. TransActive Gender Project: Provides support groups, information, and other services to Portland-area transgender families and gender-diverse youth ages 4 through 18. Trans* Think: A Eugene nonprofit organization that offers support, education, and other services to transgender and gender-diverse people, transponder.community. National and International National Center for Transgender Equality: A Social Justice Advocate organization for transgender people, transequality.org National LGBT Health Education Center: Provides education, resources and information to health organizations to improve LGBT health care, lgbthealtheducation.org SAGE: Provides provocations and services for LGBT+ elders, sageusa.org Transgender Law Center: Civil rights organizations led and working to advance transgender self-determination, transgenderlawcenter.org Transgender Youth Equality Foundation: Works to Advance Transgender, Gender-Nonconforming and Intersex Youth Between the Ages of 2 and 18, transyouthequality.org and the World Professional Association for Transgender Health: Supports Evidence-Based Care, Education, Research, Sponsorship, Public Policy and Respect in Transgender Health, www.wpath.org and the Transgender Health Program does not consider transgender or gender-nonconforming disorders or diagnoses. Instead, we recognise that mental health professionals can offer support and advice. They may also provide letters of assistance necessary for certain operations. Transgender Health Program Services: THP offers psychological services for shorter-term evaluations and support, including the provision of letters of support. We can also help you find a therapist in the community if you are interested in ongoing care. Searchable Database: Psychology Today maintains the Find Therapist tool. You can click on your state and filter by zip code, special areas (such as transgender care) and type of insurance like oregon health plan. Questions to ask We recommend you therapist with experience helps gender-diverse clients. For example, you may want to want to skills in helping clients consider the consequences of the transition. You may ask: How many transgender and gender-nonconforming clients do you have or have you seen? How long have you been working with transgender and gender-nonconforming clients? What is your education background and/or training that will prepare you to work with gender diverse clients? What is your philosophy about working with transgender and gender-nonconforming clients? Have you worked with any clients during the surgical transition? Do you follow WPATH's (World Professional Association for Transgender Health) Standards of Care? How long do you usually see clients as you think of writing a letter in support of a medical or surgical transition? For information about finding a gender affirming provider, visit the Primary Care page at OHSU or elsewhere. You can make an appointment with a primary care provider directly, without a recommendation. You can update most government documents with a new brand or gender name. You can also change documents about nongovernmental activity, such as credit cards and employment records. Handouts from OHSU Doernbecher Children's Hospital OHSU Services and ohsu group partnership project offers services for people living with HIV. It is also the parent organization of the Transgender Health Program. Ohsu Center for Diversity and Inclusion leads and supports efforts to make OHSU fully inclusive. OHSU Pride, a group of resource employees, is trying to build an inclusive environment across OHSU for LGBTQ employees, students and visitors. Students for LGBTQ Health are working to help OHSU become a national leader in the education of LGBTQ patient providers. General Lesbian, Gay, Bisexual & Transgender Health, Centers for Disease Control and Prevention Access to Health Care, U.S. Department of Health and Human Services Transgender Resources, GLAAD (Gay & Lesbian Alliance Against Defamation) Resources, Gender Spectrum Transgender People, Gender Identity and Gender Expression, American Psychological Association Ten Things Transgender People Should Discuss With Their Health Care Provider, Gay and Lesbian Medical Association Your Rights and Resources; Health Care, Sage: Advocates and Services for LGBT Older Fertility Resources for Youth and Children Resources for Parents, Families and Allies of Transgender Children and Youth: Understanding the Basics, Human Rights Campaign for Parents, Trans Youth Equality Foundation Questions Parents Ask Transgender People, PFLAG New York City Support and Care for Transgender Children, Human Rights Campaign, American College of Osteopathic Pediatrics, American Academy of Pediatrics Parenting and Family, Gender Spectrum Strategy to Support Transgender Child, Psychology Today Talk With Physicians and Health Care Providers, Human Rights Campaign LGBT Youth Resources, Safe and Supportive Schools The Association Dillehunt Hall can be achieved through Sam Jackson Hall. 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