

Trans Day of Visibility Resources

Physical Health

Chase Brexton

- General healthcare provider and have programs dedicated specifically to LGBTQ patients
- Free consultation even if you're not a patient
- Services
 - Primary and specialty care referrals
 - Behavioral health resources and support groups for mental health and/or addiction issues
 - Sexual health resources like PrEP prescriptions, HIV testing and treatment, and more
 - Gender-affirming health care and support services for all ages, including hormones for medical transitions
 - Resources from medical to voice coaches and everything in between
 - Prescription assistance
 - General health and wellness guidance
 - Social services resources, including help getting connected to transportation, housing, and financial assistance
- Contact
 - **Phone:** 410-837-2050 ext. 1049
 - **Email:** lgbtq@chasebrexton.org
- Locations
 - **Baltimore:** 1111 North Charles Street, Baltimore, MD 21201
 - Mt. Vernon
 - **Columbia:** 5500 Knoll N Dr, Columbia, MD 21045
 - **Easton:** 500 Cadmus Lane, Suite 203, Easton MD 21601
 - **Glen Burnie:** 200 Hospital Dr, Glen Burnie, MD 21061
 - **Security Square:** 6901 Security Boulevard, Suite 200, Baltimore, MD 21244
 - 10 minutes away from here

John Hopkins Center for Transgender Health

- Provides safe and affirming care that is trauma informed and sensitive to each patient's health needs.
- Primary care, hormone therapy, gynecologic services, urological care, mental health services, and gender affirming surgical services including top and bottom surgery
- Dermatology, facial surgery, fertility preservation, geriatric care, and voice therapy

- Contact
 - **Phone:** 844-546-5645
 - Schedule appointment via the website/app MyChart
 - **Email:** JHCTH@jhmi.edu
- Location: 601 N Caroline St, Baltimore, MD 21287

SNAP: Shepherd's Clinic

- Free healthcare and counseling for those without insurance and under poverty
- Help people apply for SNAP and other food benefits
 - Program run by Kari Parreco, LGBTQ-friendly, contact at snap@shepherdsclinic.org
- Location
 - 2800 Kirk Avenue, Baltimore, MD 21218
- Contact:
 - **Phone:** +1 (410) 467 7140
 - **Email:** info@shepherdsclinic.org

University of Maryland, Medical Center

- Primary health care, Free support provided by transgender peer navigators, Access to and management of prescription treatments, Trans affirming gynecological services, Coordination and referrals for individual and group counseling for transgender people, Customized support and guidance for families, friends, and partners of transgender clients, Counseling, referrals, clinical letter of support, Medical and non-medical case management, Transgender specific health education workshops and materials
- Location
 - Midtown Outpatient Tower, 800 Linden Avenue, 8th floor, Baltimore, MD 21201
- Contact
 - Adult Endocrinology (adults seeking gender affirming hormones) – 443-682-6800
 - Adolescent and Pediatric Endocrinology (adolescents seeking gender-affirming care) – 410-328-2437
 - THRIVE Program (transgender patients living with HIV or seeking HIV prevention together with gender-affirming hormones) – 410-225-8369

Mental Health

- Search engines like **Mental Health Match** and **Psychology Today** have filters that can help find specific therapy services, including for LGBT related issues
 - LGBTQ+ Healthcare Directory

TrevorSpace

- Online social community provided by The Trevor Project. For people between 13 and 24 years old
- Help find support groups and talk in a moderated online safe space
- App

Elders: SAGE

- “*Services and Advocacy for Gay, Lesbian, Bisexual, and Transgender Elders (SAGE)*”
- Non-profit focused on LGBTQ elders and aging people
- Engage in advocacy work, assist in finding housing, and mental healthcare
- Partnered with **FreeState Justice**
- Match LGBT elders (55+) with volunteer community members to connect to reduce isolation and promote well-being. Get a 30-min call once a week for at least 6 weeks, either phone or video
 - 929-484-4160
 - Application on sageusa.org
 - English and Spanish
 - **Email:** info@sageusa.org

Complete Wellness

- Majority of staff are in the community
- Mental health, therapy, counseling, psychiatry
 - Psychological testing for **transitioning**
- **Contact**
 - **Phone:** 443-438-7863
 - **Email:** Office@CompleteW.com
- **Locations**
 - 10 West Madison Street #11, Baltimore, MD 21201
 - 309 Cathedral Street Suite 200, Baltimore, MD 21201

Suicide and Emergency Resources

American Foundation for Suicide Prevention

- Provides services both before attempts and after, whether you made the attempt or someone you know and you're in recovery
- Crisis Contact
 - Call or text 988

- Text TALK to 741741

The Trevor Project

- Provide text, chat, and call services 24/7
 - **Text:** Text 'START' to 678-678
 - **Phone:** 1-866-488-7386
- Fully confidential
- Hotline
- Provides support systems and education for people looking for other kinds of support beyond a counselor

SAGE

- On-demand mental wellness through their app **HearMe**
 - Can talk about any topic like I Just Want to Talk; Friends, Family and Relationships; Emotional Support; and Physical Health and Mental Well-being
 - 24/7 service
- SAGE LGBT Elder Hotline
- Confidential support and crisis response
- 1-877-360-LGBT (5428)

Trans Lifeline

- Non-profit grassroots hotline organization offering direct emotional and financial support to trans people in crisis.
- Staffed by trans people for trans people
- Confidential 27/7 crisis support hotline
 - 1-877-565-8860

Non-LGBTQ specific crisis hotline

- **988** Suicide & Crisis lifelines

Legal Services

FreeState Justice

- Free legal advocacy org focused on low-income LGBTQ Maryland
- Services

- Legal name changes
- judicial declaration of gender identity
- Anti-discrimination in education, employment, public accommodation, housing, healthcare, and health insurance
- Estate planning
- Criminal record expungements
- Family law
- Protective and peace orders
- Income maintenance
- Individual rights
- Help file incident reports of violence, hate crimes, bias incidents, police and agency interactions
- Referrals to community services like housing, healthcare, social benefits, resume and job application, transportation, food instability, and free clothing
- Contact
 - **Phone:** (410) 625-5428
- **Location:** 2601 N Howard St Suite 120 Baltimore, MD 21218, Suite 120 Baltimore, MD 21218

Advocates for Transgender Equality (A4TE)

- Non-profit of policy experts, litigators, and community organizers.
- They help get trans people politically active and even run for offices and sometimes engage in litigation
- Contact
 - **Phone:** (202) 642-4542
 - **Email:** a4te@transequality.org

Law Firm of J.W. Stafford, L.L.C.

- An actual law firm
- Takes on gender-based discrimination cases, which includes LGBTQ discrimination
- **Location:** 20 S. Charles St., Suite 901, Baltimore, MD 21201
- Contact
 - **Phone:** 410-514-6099
 - **Email:** info@staffordtrialteam.com

Transgender Law Center

- The largest trans-led civil rights group in the country

- Have litigation teams, teach trans people on legal information and acquire resources, help asylum seekers at the southern border with legal and humanity support and policy advocacy
- Contact
 - **Phone:** 510-587-9696
 - **Email:** info@transgenderlawcenter.org

Centers and Spaces

The Pride Center of Maryland

- Non-profit serving the Baltimore and Bmore metropolitan area.
 - Anne Arundel, Baltimore, Baltimore County, Carroll, Harford, Howard, Queen Anne's
 - Prince George's, Montgomery, Frederick, and Charles
 - Organize the Baltimore Pride Festival
 - Based in Baltimore
 - **Address:** 2418 St Paul St, Baltimore, Maryland. 21218
 - North Baltimore in Charles Villages
 - **Hours:**
 - Monday - Friday: 10 AM - 6PM
 - Contact
 - **Email:** info@pridecentermd.org
 - **Phone:** (410) 777-8145
 - Programs/Services
 - Youth, adult, senior, family, programs
 - Mental health counseling
 - HIV health services
 - Support groups
 - Education and training
 - Benefits advocacy

Annapolis Pride

- Serving the Annapolis area
- **Has no physical location**
- Puts on **Annapolis Pride Saturday May 31st**
- Programs
 - In-person support groups, book clubs, D&D, socials and meet ups, board game events, and more specialized events
- Contact
 - **Email:** info@annapolispride.org

Caroline Pride

- Non-profit out in Caroline County
- Programs
 - **Youth Program** for 14-17 year old twice a month in the evenings
 - Socials and coffee chats
- Hours
 - Monday, Wednesday, Friday 5:30-7:30
 - Saturday 10-1:30
 - Closed Tuesday, Thursday, and Sunday
- Contact
 - **Phone:** 410-490-6216
 - **Email:** carolinecountypride@gmail.com
- Location
 - 114 Market St suite 207, Denton, MD 21629

The Frederick Center

- Non-profit in Frederick County
- Puts on **Frederick Pride Sat, June 28th**
- Programs
 - Advocacy work, legal clinics, host socials, D&D, youth groups
 - Support groups for elders, HIV+ positive persons, sexual assault survivors, trans persons and families,
- Hours
 - Mon – Fri 8-5pm
- Contact
 - **Phone:** 301-383-8787
 - **Email:** TFC@TheFrederickCenter.org
- Location
 - 5 East 2nd Street Frederick, MD 21701

The Delmarva Pride Center

- Nonprofit on the Eastern Shore
- Puts on **Easton Pride Festival**
- Programs
 - Support groups, socials, game nights,
- Has county-specific chapters
 - Kent County
 - Queen Anne's County
 - Talbot County
 - Dorchester County

- Hours
 - **Talbot Center:** Tue 5 - 7pm, Sat 12 - 2pm
- Contact:
 - **Email:** info@delmarvapridecenter.com
- Location
 - **Talbot Center:** 7401 Ocean Gateway, Easton, MD 21601

PFLAG (6)

- Parents, Families and Friends of Lesbians and Gays
- The largest organization in the country dedicated to supporting, educating, and advocating for LGBTQ+ people and their loved ones
- Maryland Chapters
 - Annapolis/Anne Arundel
 - Support groups for Youth (12-19), Parents & Allies, and for Adults (18+)
 - Every 2 weeks
 - **Location:** Unitarian Church lower level meeting rooms 333 Dubois Rd Annapolis, MD 21401
 - 7:30pm–8:30pm
 - Columbia/Howard County
 - **Email:** info@pflaghoco.org
 - **Phone:** 443.953.8631
 - **Support group contacts**
 - ryabaltimorecounty@gmail.com
 - transgroup@pflaghoco.org
 - Offers scholarships
 - Support groups
 - Parents, trans adults, youth and young adult,
 - **Locations**
 - **Howard County:** The Owen Brown Interfaith Center, 7246 Cradlerock Way, Columbia, MD 21044
 - **Baltimore County:** Divinity Lutheran Church, 1220 Providence Road, Towson, MD 21286
 - Bowie/Prince George's County
 - Monthly meetings on the 4th Thursday of every month at 7:30pm
 - **Email:** info@pflagbowie.org
 - **Phone:** 301-202-4770
 - Westminster/Carroll County
 - **Location:** 17 Bond Street, Westminster, MD 21157
 - **Phone:** 410-599-4610
 - **Email:** pflagcarroll@gmail.com
 - **Meetings:** 3rd Sunday of each month from 4-6pm
 - Support groups; Parents; trans/gender queer folk, and have youth social nights 3 nights a month

- Baltimore
 - Zoom meetings on Tuesdays @7pm
 - **Email:** pflagbaltimore@gmail.com
- Frederick
 - **Email:** pflagfrederick@gmail.com
 - **Location:** varies throughout Frederick
 - Weekly events, meetings, and support groups

Organizations

Center for Black Equity - Baltimore

- Improve the well-being and quality of life for Black LGBT individuals and their allies through health and wellness, spiritual and economic empowerment, social justice, and coalition building.
- Support groups, educational programming, faith and spirituality events, parties, arts and culture programming, poetry slams
- Contact
 - **Phone:** 443-814-9395
 - **Email:** info@blaquequitybaltimore.org
- **Location:** 2530 N Charles St., 3rd Floor, Baltimore, MD 21218

Youth: AZIZA PE&CE Youth Programming (AP)

- Organization creating safe supportive spaces for black, Hispanic, and LGBT youth thriving between 12-24. They develop social, emotional, cultural, life, and critical thinking skills through fashion, fitness, arts, music, mentoring, entertainment, and education
- Programs
 - After school programming, summer programs, mental health support, social services, parental and family engagement training, and community and civic actions
- **Location:** 3503 N Charles St Baltimore, MD 21218
- Contact
 - **Phone:** 410-775-6652
 - **Email:** info@aziza-pece.org

Housing: Baltimore Safe Haven

- Provides safe housing to trans people and other LGBTQ+ persons
- Provide emergency groceries and free hot meals for those struggling to get adequate food.
- Legal support for healthcare, public benefits, legal aid, gender marker changes, and incarcerated siblings & re-entry
- Health services like behavioral health coordination and integrated physical health services
 - Support groups, counseling and referrals, crisis support, mental health education
 - Harm reduction supplies, overdose prevention training, safe sex education, HIV testing, referrals, and PrEP and other STI related services
- **Location:** 2468 Greenmount Ave Baltimore, MD 21218
- **Hours:** 11-4pm Mon-Fri
- **Contact**
 - **Phone:** (443) 869-6867
 - **Email:** info@baltimoresafehaven.org

Trans Maryland

- Multi-racial, multi-gender, trans-led community power building organization dedicated to Maryland's trans community.
- Helps in legal name changes and fully pays if you can't afford it
- Peer-to-peer support groups between trans persons on Wednesdays from 6:30-8pm
- Help in getting gender affirming care, including getting HRT, finding mental health providers for letters for surgery (insured ones and free for no-insurance patients)
- Connect you with other trans people who can help crowdsource affirming care
- **Contact**
 - **Email:** info@transmaryland.org

Gay and Sober

- Nonprofit organization that serves LGBTQ people in recovery from alcoholism and drug addiction.
- In-person and online health & wellness, educational recovery programming, and fun social activities
- Weekly meetings in Annapolis, Columbia, Frederick, Rockville, and River Spring
- Daily meetings in Baltimore

UMBC Resources

Office of Equity and Civil Rights

- Discrimination and Equal Opportunity Policy
 - You probably see this on every syllabus, but still good to know it's a thing. The university specifically prohibits harassment of any kind on the grounds of sex, gender identity or expression, and sexual orientation.
 - You can contact the Office of Equity and Civil Rights
- **Location:** Admin Building on the 9th floor.
- Contact
 - **Phone:** 410-455-1717
 - **Email:** OEI@umbc.edu

Pride Center

- Located on the 1st floor of the University Center
- An LGBTQ centered communal space
- Has its own recommended library
 - <https://www.librarything.com/catalog/UMBC-i3b/pridecentercollection>
- <https://campuslife.umbc.edu/belonging/pride-center/>
- Contact
 - **Email:** i3b@umbc.edu
 - **Phone:** 410-455-5564

Career Center

- Advising that allows you to discuss any LGBT-related concerns related to your job search

UMBC OutList

- Faculty and staff members who self-identity as LGBTQ and are a group of staff you can use as a resource if need be
- <https://facultydiversity.umbc.edu/diversity-initiatives/umbc-outlist/>

Women's Gender and Equity Center

- Advances gender equity on campus from an intersectional feminist perspective.
- Have programs, support services, and advocate for marginalized individuals and communities.
- Programs
 - Hosts a variety of LGBTQ related events and groups, such as Spectrum
 - Information on how to change your name in UMBC's systems and have your chosen name read at Commencement

- Has support services for survivors of violence, harassment, stalking, and sexual assault and those either experiencing it or fearing they might experience it.
- Hours
 - Mon – Thu 9:30am – 5pm
- Contact
 - **Email:** womenscenter@umbc.edu
- **Location:** Commons 004 (very bottom of the stairs on the lowest floor, right next to Dunkin Donuts and Yum Shoppe).

Spectrum

- A UMBC-based discussion group for those who are trans, genderqueer, genderfluid, non-binary, anyone questioning and allies.
- Meet every other week on Tuesdays at 3pm in the Women’s Center Lounge
- Contact
 - **Email:** womenscenter@umbc.edu

Retriever Integrated Health

- Offers mental health services and support for dealing with the stresses of being in college. They are trained in and want to help students who are also questioning their identity and ensuring they get the care they need to help them on their journey.
- Offer counseling such as single session therapy; individual therapy for ongoing counseling; group counseling if you prefer not to do one-on-one sessions;
- Hosts a trans support group
- **Hours**
 - Mon – Fri 8:30am – 5pm
- **Location:** The Center for Well-Being, Center Road, across from Erickson Field
- Contact
 - **Phone:** (410) 455-2542
 - **After-hours line:** (410) 455-3230
 - **Email:** rih@umbc.edu

Clubs

- **QPOC**
 - Student org for queer people of color.
- **oSTEM**
 - Professional org for having a safe space for LGBTQ students in STEM fields
 - Connected to a national organization
- Pomegranate
- Queerioes/Kaleidescope

