

Transgender/Gender-Affirming Referral & Resource List

(Boulder/Denver Metro Area)

Contents

Aging	3
Automotive.....	4
Basic Needs	4
Clothing	6
Guides.....	6
Binding	8
Tucking.....	9
Protheses (Packers, STPs, Breast forms, etc.)	10
Swimwear	10
Clothing	11
Crisis Hotlines	12
Dermatology	16
Dental	17
Disability Services	17
Egg Freezing	18
Guides.....	18
Providers.....	18
Endocrinology (Hormone Therapy/HRT).....	19
Guides.....	19
Clinicians.....	19
Financial	21
Guides.....	21
Financial Aid	21
Accounting & Business	24
Fitness & Gyms.....	24
Guides.....	24
Gyms & Fitness Groups	24
Gender, & Sexuality Guides.....	25
Hair Removal.....	27
Guides.....	27

Clinicians.....	27
Hair Salons	28
Guides.....	28
Hairdressers & Barbers	28
Wigs	31
Insurance.....	31
Legal Assistance	32
Guides.....	32
Attorneys.....	34
Organizations.....	35
Medical Supplies	36
Mental Health Services	36
Guides.....	36
Counselors, Therapists, & Psychologists.....	39
Groups	48
Substance Use Help	49
Food & Eating Disorder Help.....	50
Massage & Physical Therapy	51
Name Change & Official Government Documents.....	52
Pelvic Physical Therapy	53
Primary Care	53
Guides.....	53
Providers.....	54
Sexual Health & Family Planning	56
Guides.....	56
Providers.....	58
Gynecologists	58
STI Testing Centers	59
PrEP	60
Sexual Health Products	61
Sperm Banking.....	61
Surgery	62
Guides.....	62
Surgeons.....	62
Tattoo Artists	64

Violence & Assault Support	68
Guides.....	68
Domestic Violence Shelters.....	68
Other Resources.....	69
Vocal Training	69
Guides.....	69
Clinicians.....	70
Apps & Online	70
Other Resources	71

Aging

Boulder County Area Agency on Aging (BCAA)

(303) 441-1617

bouldercounty.gov/departments/community-services/area-agency-aging/

bcaaa@bouldercounty.gov

3482 Broadway St., Boulder, CO 80304

BCAA delivers, funds, and advocates for services that promote well-being, independence, and dignity for older adults, people living with disabilities, caregivers, and veterans in Boulder County. Hours: 8 a.m. to 4:30 p.m., Monday-Friday.

Online Trans & Nonbinary Adults 40+ Group

(303)733-7743

lgbtqcolorado.org

sschultz@lgbtqcolorado.org

1301 E. Colfax Ave. Denver, CO 80218

A weekly, drop-in friendly group for individuals 40+. This peer led group welcomes all transgender and nonbinary adults to an online space where they can come together for conversation and connections. Every Tuesday, 2:30-4:00 PM.

Services & Advocacy for LGBT Elders (SAGE) - The Center on Colfax

303-733-7743

lgbtqcolorado.org

www.sageusa.org

1301 E. Colfax Ave. Denver, CO 80218

SAGE is a national advocacy and services organization that's been looking out for LGBTQ+ elders since 1978. They build welcoming communities and keep our issues in the national conversation to ensure a fulfilling future for all LGBTQ+ people. The Center on Colfax is a safe and welcoming place for Colorado's proud, diverse LGBTQ community. When you visit our space, you'll be affirmed and accepted, heard and understood. Hours: 10 a.m. to 8 p.m., Monday-Friday.

West of 50

303-733-7743

lgbtqcolorado.org

1301 E. Colfax Ave., Denver, CO 80218

West of 50 is a welcoming space to take an engaging class, try a new activity, attend a fun event, or find social support. The program is designed for older adults (age 50+) in the LGBTQ+ community and their allies. Hours: 10 a.m. to 8 p.m., Monday-Friday.

Automotive

Good Judy Garage

(303) 872-8810

goodjudygarage.com

staff@goodjudygarage.com

1865 W. Union, Unit M, Sheridan, CO 80110

Good Judy Garage is an LGBTQ+ owned auto repair shop located in the Denver Metro Area. Offering a wide range of services, Good Judy Garage is a welcoming repair shop for people from all walks of life.

Basic Needs

BTAC

blacktrans.org/trans-support-request/

Assists Black transgender people get the resources they need free of discrimination. Fill out the form online.

Delores Project

(303)534-5411, 9-5 M-F

thedeloresproject.org

info@thedeloresproject.org

The Delores Project partners with individuals experiencing barriers to housing to find their path to stability. By providing shelter, housing, and supportive services, The Delores Project works alongside individuals as they overcome barriers and challenges. In addition, The Delores Project community collaborates with other community leaders to ensure those who have experienced barriers to housing are represented on issues of public policy and community development.

Dem Bois Care Package Program

dembois.org/care-package

Dem Bois Inc. curated the care packages with basic essential items to help take care of trans men of color personal care and hygiene needs. Each care package has over 18 personal care items (socks, toothpaste, toothbrush, soap, lotion, tissue, towels, etcetera).

Food Not Bombs

Instagram: @boulderfoodnotbombs

Free hot meals distributed at the Boulder Bandshell every Saturday afternoon (3pm during the winter and spring, 4pm during the summer and fall). They also have vegetarian options.

LetsGetByTogether

letsgetbytogether.org

aaron@letsgetbytogether.org

Canadian-based non-profit organization for trans and disabled people. They also have an extensive list of resources.

Mutual Aid Hub Map

mutualaidhub.org

Map of mutual aid organizations.

Rocky Mountain Equality Basic Needs Assistance

(303)499-5777

rmequality.org/resources/assistance-programs

assistanceprograms@rmequality.org

3340 Mitchell Lane Boulder, CO 80301

Limited financial support to LGBTQ+ Boulder County residents seeking aid meeting basic needs including, but not limited to, groceries, gas, bill aid, etc. One time aid of up to \$300 per person, paid directly to the vendor or provided on a gift card. First come, first served. Please reserve funds for folks who have no or minimal access to resources.

SAFE Boulder

safeboulder.org

safeboulder@riseup.net

Aid calendar: safeboulder.org/aid/

Mutual aid and direct-action group that organizes weekly food and supply distros every Tuesday and Wednesday evening, and most Thursdays. These distros are mobile around downtown but meet at the same place and time every week. The food and supplies they distribute vary from night to night, but generally they have warm food, water, and various survival supplies: lighters, candles, gloves, flashlights, etc. They also occasionally have camping gear like tents, tarps, and sleeping bags. In advance of severe cold weather, they sometimes run emergency distros. These distros are generally much more mobile than the weekly ones, as they try to find folks all over town, and generally have more of a focus on survival gear than on food.

Tuesday: Meets at 6:00pm downtown.

Wednesday: Meets at 5:30pm downtown.

Thursday: Meets at 6:00pm downtown.

Their House

theirhouseinc.org

1591 Chambers Rd Unit E Aurora, CO 80011

Their House exists to help transgender, non-binary and LGBTQ youth and adults with basic needs like housing, clothing, name change services, and counseling. If you need

housing, or if you have housing to offer to a trans person, please email your contact information to theirhouse.inc@gmail.com. All information is kept private, and a Their House representative will follow up with you directly. The Trans Closet initiative is available at all Their House events or on location in Aurora.

The Gathering Place

(303) 321-4198

1535 High Street, Denver, CO 80218

The Gathering Place provides low-barrier, trauma-informed care to women, gender-diverse people, and children facing homelessness and instability. They address the root causes of poverty, marginalization, and oppression, offering comprehensive services that guide their members from crisis to stability. With access to basic needs like food, shelter, and clothing, as well as long-term support such as housing aid and mental health care, they empower individuals to rebuild their lives—all at no cost to those they serve.

- *There are no fees for any services or programs at The Gathering Place.*
- *No ID is needed, and you do not need to make an intake appointment.*
- *Adults with children under 18 must check in at the Family Program desk on the 3rd floor.*
- *They serve women, transgender individuals and their children. Cisgender men (men who are not transgender) are not eligible for services.*

The Lodge at Haven Ridge

(720) 579-1637

havenridgeboulder.org/lodge

info@HavenRidgeBoulder.org

Emergency contact form: <https://havenridgeboulder.org/shelter-contact>

Overnight shelter for women and trans people. The Lodge operates 24/7 and provides clients with three meals a day, case management, housing navigation, employment counseling, and connections to mental & physical health providers. The Lodge has a navigator on staff to aid all shelter residents with developing and executing a personal plan to achieve individualized outcomes. This includes connection to long-term services, harm-reduction & sobriety support, SNAP, Medicaid, and other social programs, and any other needed support services.

Trans Resistance Network

transresistancenetwork.wordpress.com

transresistance@protonmail.com

The Trans Resistance Network (TRN) was formed to ensure the survival of Two Spirit, trans and gender diverse people and families (2STGE+). They are currently (as of December 2024) organizing resources to respond to this unprecedented and escalating human rights crisis. Their priorities are emergency relocation, crisis response, and community safety. They continue to emphasize support for gender diverse children and families, and gender diverse people who are Indigenous, Black and Brown. Trans rights are human rights!

Clothing

Build-A-Queer Kits

queertransproject.org/pages/build-a-queer-kits

BIPOC and disability early access, but open to all! Items include: binders, gender grip tape, prothesis bras, silicone breast forms, packing underwear, compression shapewear, foam packers, makeup bundles (nails, eyelashes, eyeshadow palettes), health bundles (emergency contraception, condoms, Narcan, fentanyl test strips, pregnancy tests), Lush bundle (various skin and hair care products), leather watch and wallet sets, and gold plated jewelry sets. Our 2026 restock dates are:

- *March 14*
- *June 13*
- *August 15*
- *November 17*

Restocks open at 8 PM EST! Early access starts at 7:15 PM EST.

Trans Essentials

ftmessentials.com

Packers, harnesses, binders, dilators, gaffs, STPs, grooming products, and more.

Untag

untag.com

service@untag.com

Online store offering gender-affirming clothing and prosthetics, including binders, bra inserts, packing underwear, tucking underwear, swimwear, and more.

Guides

All The Questions You Had About Tucking, But Were Afraid to Ask

buzzfeed.com/meredithtalan/all-the-questions-you-had-about-tucking-but-were-afraid-to-a

Guide on how to tuck safely for people with penises by using tape or a gaffe, with safety and health tips.

Ask a Clinician: Can Binding Cause Heartburn?

folxhealth.com/library/can-binding-cause-heartburn

Information about the potential increased risk of heartburn or reflux when chest binding and ways to prevent it.

Binding 101: Tips to Bind Your Chest Safely

point5cc.com/tips-to-bind-your-chest-safely/

Facts, golden rules, styles of binders, where to buy, donation programs, and more.

Binding Resources

fenwayhealth.org/wp-content/uploads/Binding-Resource.pdf

Online guide links, places to buy binders and tape, and FAQ.

Chest Binding 101

transguys.com/features/chest-binding

How to bind safely, where to get binders, how to choose a type of binder, how to put on a binder, binding tips, and more.

How to Bind Your Chest: Tips, Tricks, and Safety While Binding

folxhealth.com/library/how-to-bind-your-chest-tips-tricks-and-safety-while-binding

Safe chest binding guide.

How to Tuck: Tips, Tricks, and Safety When Tucking

folxhealth.com/library/how-to-tuck-tips-tricks-and-safety-when-tucking

For many folks, particularly transgender women, trans femmes, and other gender expansive and nonbinary babes, tucking can open a whole new world of gender affirmation, but it's important to know how to tuck safely. Here is a guide to help you keep it tucked.

Packing 101: The Best Packers for Transgender Men and Trans Masculine Folks

folxhealth.com/library/transgender-packer-guide

For anyone who has ever packed or is considering packing, read our transgender packer guide for everything you need to know about the best packers, stand-to-pee devices (STPs), and pack-and-play prosthetics.

Safer Binding

callen-lorde.org/graphics/2018/09/Safer-Binding_2018_FINAL.pdf

Safe binding guide.

Safer Tucking

callen-lorde.org/graphics/2018/09/HOTT-Safer-Tucking_Final.pdf

Safe tucking guide.

Specialty briefs and boxers for transgender people

transgendermap.com/guidance/social/clothing-accessories/briefs-boxers/

Different types of underwear for different needs, as well as some retail recommendations.

Tall and plus-size women's clothing

transgendermap.com/guidance/social/tall-clothing/

Are you a woman 5'10" (178 cm) or taller, or looking for respectable clothing and accessories in sizes 14 and up? These resources may help you. Focused on larger online retailers and chains.

Transgender breast prosthetics

transgendermap.com/guidance/medical/prosthetics/feminization/breasts/

Guide to different types of breast prosthetics, both bought and homemade.

Transgender shapewear

transgendermap.com/guidance/social/clothing-accessories/shapewear/

Guide about types of shapewear used for many different styles of transition and body.

Transgender Swimwear & Swimming Guide

folxhealth.com/library/trans-swimming-guide-everything-you-need-to-know-about-getting-wet-this-summer

If you don't know what to wear or where exactly to buy swimwear from, read our guide to help you navigate swimming this summer.

The Ultimate Guide to STP

transguys.com/features/stp

How to STP, packers, prostheses, devices, and tips.

Binding

All-in-One Chest Binding Bundle

queertransproject.org/products/all-in-one-chest-binding-bundle-tape-reusable-nipple-guards-and-vitamin-e-oil
\$25

Available in ivory, light, golden brown, middle, light brown, and dark brown. Includes gender grip tape, reusable nipple guards, vitamin E oil. Free shipping in the US.

Amor Sensory

amorsensory.com/en-us

\$79

XXS-6X

A small, nonbinary-owned and founded company, Amor Sensory brands itself on its sensory friendly specific binders. As it is a small company, these binders are more expensive than others on our list, but if regular binders cause sensory issues, check out this company.

GenderGear

gendergear.ca

Trans owned and run online store offering gender-affirming clothing and devices, including gaffs, binders, breast forms, packers, and more.

Point of Pride - Chest Binders

pointofpride.org/free-chest-binders

Point of Pride provides free chest binders (specially designed chest compression garments) to any trans person who needs one and cannot afford or safely obtain one.

Spectrum Outfitters

spectrumoutfitters.us

\$35-\$46

XXS-7X

Made of recycled ocean plastics, Spectrum Outfitters boasts a wide variety of binders, both half tank and full, as well as light binders which still provide some compression while being gentler than a normal binder. They also carry boxers, packers, and reusable pads, and were founded by a trans man.

Transgender Center of the Rockies - Marsha's Closet

(303)761-0200

transgendercenteroftherockies.org/marshas-closet

3460 S. Federal Blvd. Sheridan, CO 80110

Marsha's Closet is a one-stop shop for free gender-affirming clothing and products. Marsha's Closet, located at the Transgender Center of the Rockies, offers transgender and gender-expansive individuals access to the products they need to express themselves in an affirming, judgment-free environment, at no cost. We are here to help you live authentically, for free. The Transgender Center of the Rockies partners with trans-owned chest binder company, gc2b, to distribute free binders to members of the transgender and gender-expansive community. If you are interested in a binder from Marsha's Closet, please check out this sizing guide before your visit. We will also help with sizing when you come into the office. Because gc2b donates binders to us, our selection of colors and styles is sometimes limited. Fridays 11:30am-1:00pm. Please contact us to schedule an appointment if you cannot come during the scheduled times.

Transguy Supply

transguysupply.com

\$32.50-\$49.00

XS-2X/4X based on product

Best known for their binders, Transguy Supply carries both half tank and full tank binders, as well as sports binders, which feature less heavy compression and are made of specific moisture-wicking materials. They also carry swim trunks, a variety of underwear styles, packers, and straps.

Urbody

urbody.co

\$25-\$65

XS-4X

Founded by a nonbinary person, Urbody carries a variety of gender-inclusive base layers, including compression tops, which are safe for exercise and safer for sleeping than a regular binder and comes in a variety of styles, compression and tucking underwear, which provides support to be worn both tucked and untucked, tucking leggings and bike shorts with a built in thong, and a variety of gender-inclusive basics. Compression tops cost around \$50.

Wonababi

nonbinarystyle.com

Online store offering binders, boxers, swimwear, binding tape, and androgynous clothing. Tends to cater towards AFAB non-binary people.

Tucking

All-in-One Tucking Bundle

queertransproject.org/products/all-in-one-tucking-bundle-tape-tuck-pad-and-vitamin-e-oil

\$25

Available in ivory, light, golden brown, middle, light brown, and dark brown. Includes gender grip tape, seamless tuck pad, vitamin E oil. Free shipping in the US.

EnFemme

(888) 485-9142

enfemmestyle.com

support@enfemmestyle.com

Online clothing store intended for trans women, offering many products like dresses, skirts, blouses, bodysuits, tucking-wear, shoes, wigs, body-shaping clothing, lingerie, make-up, and accessories.

GenderGear

gendergear.ca

Trans owned and run online store offering gender-affirming clothing and devices, including gaffs, binders, breast forms, packers, and more.

Point of Pride - Free Femme Shapewear

pointofpride.org/free-femme-shapewear

Point of Pride provides free femme shapewear (specially designed compression underwear/gaffs) to any trans femme person who needs one and cannot afford or safely obtain one.

Unclockable

(650) 241-8464

unclockable.com

help@unclockable.com

Trans femme-owned online store offering gender-affirming clothing for trans femmes, including tucking kits, bra buds, body tape, and more.

Urboddy

urboddy.co

\$25-\$65

XS-4X

Founded by a nonbinary person, Urboddy carries a variety of gender-inclusive base layers, including compression tops, which are safe for exercise and safer for sleeping than a regular binder and comes in a variety of styles, compression and tucking underwear, which provides support to be worn both tucked and untucked, tucking leggings and bike shorts with a built in thong, and a variety of gender-inclusive basics. Compression tops cost around \$50.

Protheses (Packers, STPs, Breast forms, etc.)

Banana Prosthetics

bananaprosthetics.com/en#

Online store that offers packers, binders, STP's, gaffs, breast forms, and sex toys.

GenderGear

gendergear.ca

Trans owned and run online store offering gender-affirming clothing and devices, including gaffs, binders, breast forms, packers, and more.

Glamour Boutique

(888) 721-8688

glamourboutique.com

info@glamourboutique.com

Online store for trans femmes, drag queens, and crossdressers. They offer a wide variety of products, including body shaping wear, breast forms, wigs, clothing, lingerie, shoes, make-up, jewelry, corsets, and tights.

Transguy Supply

transguysupply.com

\$32.50-\$49.00

XS-2X/4X based on product

Best known for their binders, Transguy Supply carries both half tank and full tank binders, as well as sports binders, which feature less heavy compression and are made of specific moisture-wicking materials. They also carry swim trunks, a variety of underwear styles, packers, and straps.

Unclockable

(650) 241-8464

unclockable.com

help@unclockable.com

Trans femme-owned online store offering gender-affirming clothing for trans femmes, including tucking kits, bra buds, body tape, and more.

Swimwear

Beefcake Swimwear

beefcakeswimwear.com

Queer-owned small business that makes one-piece, 1920s style swimsuits in sizes XS through 5X.

Transguy Supply

transguysupply.com

\$32.50-\$49.00

XS-2X/4X based on product

Best known for their binders, Transguy Supply carries both half tank and full tank binders, as well as sports binders, which feature less heavy compression and are made of specific moisture-wicking materials. They also carry swim trunks, a variety of underwear styles, packers, and straps.

Wonababi

nonbinarystyle.com

Online store offering binders, boxers, swimwear, binding tape, and androgynous clothing. Tends to cater towards AFAB non-binary people.

Clothing

EnFemme

(888) 485-9142

enfemmestyle.com

support@enfemmestyle.com

Online clothing store intended for trans women, offering many products like dresses, skirts, blouses, bodysuits, tucking-wear, shoes, wigs, body-shaping clothing, lingerie, make-up, and accessories.

Glamour Boutique

(888) 721-8688

glamourboutique.com

info@glamourboutique.com

Online store for trans femmes, drag queens, and crossdressers. They offer a wide variety of products, including body shaping wear, breast forms, wigs, clothing, lingerie, shoes, make-up, jewelry, corsets, and tights.

Haute Butch

hautebutch.com

Masc-leaning store that sells suits, sweats, and more!

Kirrin Finch

kirrinfinch.com

Transmasc-leaning store that sells suits, blazers, dress pants, dress shirts, belts, and more.

Peau de Loup

peaudeloup.com

Masc-leaning store that sells button-ups, sweats, pants, and outerwear.

Spoonie Threads

spooniethreads.com

Adaptive apparel and accessories designed with ostomy care, tubies and port care, diabetes management, and post-surgery and cancer care in mind. Clothing and accessories are made unisex for children and adults and range from XS to 4X for adults in most styles. Ostomy bag covers, pocket belts for medical devices, stretch waistbands for post-surgical recovery, g-tube pads, trach pads, glucose monitor or PICC line sleeves, zip and snap access clothing, and port access tops are offered.

Transgender Center of the Rockies - Marsha's Closet

(303)761-0200

transgendercenteroftherockies.org/marshas-closet

3460 S. Federal Blvd. Sheridan, CO 80110

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Unclockable

(650) 241-8464

unlockable.com

help@unlockable.com

Trans femme-owned online store offering gender-affirming clothing for trans femmes, including tucking kits, bra buds, body tape, and more.

Wild Fang

wildfang.com

Masc-leaning store that sells coveralls, suits, and more.

Wonababi

nonbinarystyle.com

Online store offering binders, boxers, swimwear, binding tape, and androgynous clothing. Tends to cater towards AFAB non-binary people.

Crisis Hotlines

Trans Lifeline

(877)565-8860

translifeline.org

11-7 pm MST

Call only

Founded and staffed by trans people, this phone line is available for anyone in the trans and questioning community to call when they need someone trans to talk to, even if they're not in crisis.

THRIVE Lifeline

1-313-662-8209

thrivelifeline.org

24/7

Text only

This trans-led and operated text-based crisis support resource is available 24/7 to anyone 18+. This 501(c)(3) grassroots organization explicitly focuses on supporting individuals belonging to marginalized communities.

Trevor Project

(866)488-7386

thetrevorproject.org

24/7

Call, text, and chat available

Available to all LGBTQ+ youth, the Trevor Project is a trustworthy phone line that works to decrease the risk of suicide for LGBTQ+ youth and deals with all kinds of LGBTQ+ issues, such as coming out, dysphoria, depression, and other mental illnesses. Callers are connected with volunteers who are trained, specifically in these issues.

LGBT National Help Center

General Talkline: (888)843-4564

Youth Talkline: (800)246-7743

M-F: 6pm-2am MST

Sat: 2-7pm MST

Call and online chat available.

All volunteers are members of the LGBTQ+ community and trained in all sorts of LGBTQ+ issues, and are available to be reached through an online, 1-on-1 chat, and through a regular phone call.

24/7 Crisis Text Line

Text HOME to 741741

crisistextline.org

Text, chat, and WhatsApp available

While not LGBTQ+ specific, the Crisis Text Line connects people with trained volunteers in a variety of categories, and people can access specialized help for suffering related to gun violence, anxiety, eating disorders, depression, suicide, and self-harm.

24/7 988 Lifeline

988

988lifeline.org

Call, text and chat available

988 is a national suicide and crisis lifeline that connects people with counselors, and, while not being LGBTQ+ specific, serves a wide variety of people throughout the US.

HoH/Deaf line also available.

National Alliance on Mental Illness (NAMI)

1-800-950-6264

Text “helpline” to 62640

Hours: M-F, 8am-8pm MST

nami.org

Call and text

Provides support, advocacy services, and education for people struggling with mental illness and their loved ones.

24/7 RAINN Sexual Assault Hotline

(800)656-4673

rainn.org

Call and online chat available

RAINN (Rape, Abuse, & Incest National Network) is the nation’s largest anti-sexual violence organization, and the hotline that they run connects people with trained counselors and can also connect people with local resources.

24/7 National Domestic Violence Hotline

(900)799-7233

Text START to 88788

thehotline.org

Call, text, and online chat available

Those experiencing domestic abuse, both first-hand and those witnessing others’ experiences of domestic abuse, are encouraged to call this hotline, which can provide comfort, support, and further resources to endure an abusive situation.

Love is Respect

1-866-331-9474

Text LOVEIS to 22522

loveisrespect.org

Call and text

Offers confidential support for teens, young adults, and their loved ones seeking help, resources, or information related to healthy relationships and dating abuse in the US.

STI/HIV Hotlines

National: (800)232-4636 - M-F: 10am-10pm MST

Colorado: (303)692-2700

AIDS Drugs Assistance Programs (ADAP): (303)692-2716

24/7 Substance Abuse and Mental Health Services Administration (SAMHSA) Hotline

(800) 662-4357

Text zipcode to 435748

findtreatment.gov

Call and text available

Call this government-funded hotline to access an informational service that can connect callers to local support groups, rehab centers, and community organizations.

ANAD's Eating Disorder Hotline

(888) 375-7767

anad.org

8am-8pm MST

ANAD's free helpline provides both confidential support and local referrals, and their website also provides virtual support groups, directories of professionals, and can help connect you with a recovery mentor.

Blackline

(800)604-5841

callblackline.com

Call and text available

Immediate crisis support for BIPOC people, as well as less pressing peer support, counseling, reporting of mistreatment, and affirming the lived experiences of BIPOC people, specifically LGBTQ+ Black Femmes.

Desi LGBTQ+ Helpline for South Asians

(908)367-3374

deqh.org

Calls on Thursday and Sunday 6-8 pm MST

Call and email available

DeQH provides a space for queer South Asians to access support around gender/sexual identities, coming out, dealing with family, culture, faith, finding community in their local areas, and more. While there is a phone number, DeQH recommends writing to them through the contact form on their website, and a volunteer will reach out.

INARA Warmline

(717)864-6272

themasgd.org

Call available 5-11 PM Central time, Fridays and Saturdays

This free and confidential warmline is run by members of the Muslim Alliance for Sexual and Gender Diversity with the goal of supporting, empowering, and connecting LGBTQ+ Muslims.

StrongHearts Helpline

1-844-7NATIVE (1-844-762-8483)

strongheartshelpline.org

24/7

Call, text, and online chat

This helpline focuses on providing culturally responsive support to Native American and Alaska Native survivors, family members, and friends affected by domestic, dating and sexual violence.

Childhelp - National Child Abuse Hotline

1-800-4 A CHILD (1-800-422-4453)

childhelp.org/hotline/

Hotline offers crisis intervention, information, literature, and referrals for emergency services, social services, and support resources. Not a way to report suspected child abuse.

SAGE LGBT x Hear Me

Via phone app

sageusa.org/hearme/

24/7

This is a free, confidential, and anonymous mental health and wellness app that allows you to text one-on-one with volunteer listeners trained in LGBTQ+ and aging issues.

Disaster Distress Helpline

1-800-985-5990

samhsa.gov/find-help/disaster-distress-helpline

Immediate crisis counseling for people experiencing emotional distress related to any natural or human-caused disaster. Offered by the Substance Abuse and Mental Health Services Administration.

24/7 Veteran's Crisis Line

988, press 1

Text 838255

veteranscrisisline.net

Call, text, and online chat available

This phone line is available to all veterans, including those without VA benefits or healthcare, and connects veterans with both a supportive counselor and resources for after the call.

DoD Safe Helpline

1-877-995-5247

safehelpline.org

Call and text

24/7 support service for sexual assault survivors and their loved ones within the DoD (Department of Defense) community. Staff members have been trained to answer questions relating to military specific topics and how to connect with relevant military resources. Operated by RAINN

National Call Center for Homeless Veterans

1-877-424-3838

va.gov/HOMELESS/NationalCallCenter.asp

24/7

Call and online chat

Offers support for veterans who are at risk for homelessness or are homeless and their loved ones, including information about VA homeless programs, healthcare, and other local resources. Run by the US Department of Veterans Affairs (VA).

Tragedy Assistance Program for Survivors

800-959-8277

taps.org

24/7

Call only

Support, counseling, and other resources for those grieving a death in the military or veteran community.

National Center for Victims of Crime

855-484-2846

victimsofcrime.org

Call and text

Offers help for victims of crimes on the individual, family, and community levels. They offer direct services, rights and protection services, and education and training.

National Problem Gambling Helpline

1-800-522-4700

Text 800GAM

ncpgambling.org/help-treatment/

Call, text, and online chat

24/7

Resource hub for people looking for help with gambling problems or gambling addictions and their loved ones.

National Human Trafficking Hotline

1-888-373-7888

Text 233733

humantraffickinghotline.org

Call, text, and online chat

24/7

Confidential resources, support, and education for victims of human trafficking and concerned friends.

Reporting on Suicide

reportingonsuicide.org

Guides for journalists and bloggers on how to report about suicide and mass shootings in ways that are sensitive to readers and those affected by the event.

Stomp Out Bullying

stompoutbullying.org/helpchat

Hours for counseling: T, 5pm-9pm MST; W, 5pm-9pm MST; F, 7pm-11pm MST

Age limit: 13-24

Online chat only

Works to reduce and prevent bullying, cyberbullying and other digital abuse, educates against homophobia, LGBTQ+ discrimination, racism and hatred, and deters violence in schools, online and in communities across the country. STOMP Out Bullying promotes civility, diversity, inclusion, equity and equality. It teaches effective solutions on how to respond to all forms of bullying, as well as educating kids and teens in school and online. It provides help for those in need and at risk of suicide, and raises awareness through peer mentoring programs in schools, public service announcements by noted celebrities, and social media campaigns.

Stop Bullying

www.stopbullying.gov/resources/get-help-now

Resources for education about bullying and how to prevent it.

211

211.org

211@uww.unitedway.org

Database center to connect people with local resources for meeting basic needs, including help with paying bills, caregiving, housing, food, transportation, and health care.

Dermatology

Thomas Casey Gallagher, MD, Boulder Valley Center for Dermatology

(303)604-1444

bvderm.com
info@bvderm.com
Boulder: 3000 Center Green Dr. #260 Boulder, CO 80301
Lafayette: 1140 W South Boulder Rd #202 Lafayette, CO 80026
Brighton: 1610 Prairie Center Pkwy #2230 Brighton, CO 80601

Dental

CLINICA Family Health & Wellness

303-650-4460

clinica.org/health-services-2/dental-services/

1735 S. Public Road, Lafayette, CO 80026

Dental care for children and adults that aims to be affordable and inclusive by using preventative care and providing services including exams, cleanings, fillings, root canals, extractions, and dental emergencies.

Love Dental

(303) 848-8248

denverlovedental.com

hey@denverlovedental.com

1313 S Clarkson St, STE C2, Denver CO 80210

Disability Services

The Center for People with Disabilities

(303)442-8662

cpwd.org

info@cpwd.org

1675 Range St Boulder, CO 80301

They help with Disability Rights and the ADA, Benefits (SSI/SSDI), Housing issues, Transportation, Counseling and other supports, Personal Assistant Services, Independent Living Centers in other areas, Employment, Peer Support, and other disability related issues.

Colorado Talking Book Library

(303)727-9277

myctbl.cde.state.co.us

ctbl.info@cde.state.co.us

180 Sheridan Blvd, Denver, CO 80226-8101

They provide audio, Braille, and large print books, as well as other accommodations to help with reading.

DeafLEAD

Voice Phone: (573) 445-5005

Video Phone: (573) 303-5604

Text: HAND to 839863

deaflead.org

Advocacy@DeafLEAD.org

2505 West Ash, Columbia, MO 65203

DeafLEAD provides 24/7 crisis intervention, advocacy, case management, interpreting, and mental health support services to victims of crime who are Deaf, hard of hearing, DeafBlind, and late-deafened individuals and their families. They also lend our expertise to victim service providers—individuals and organizations alike—in ensuring that their services for crime victims with hearing loss are culturally and linguistically appropriate.

PASCO

(303)233-3122

pascohh.com

info@pascohh.com

9197 W 6th Ave., Suite 1000 Lakewood, CO 80215

1465 Kelly Johnson Blvd., Suite 212 Colorado Springs, CO 80920

PASCO has a Family Caregiver Program, In-Home Support Services, Pediatric Personal Care, Intellectual or Developmental Disabilities Support, Veterans Care, Private Duty Nursing, and Disability Care.

Rocky Mountain ADA Center

1(800)949-4232

ASL/HOH/Deaf: (719)358-2460

rockymountainada.org

They answer questions about the ADA, provide materials (most free) about the ADA, and referrals to other organizations either regionally or nationally.

Egg Freezing

Guides

Trans Fertility: How Does Testosterone Affect Egg Health?

familyequality.org/resources/testosterone-egg-health/

Providers

Colorado Center for Reproductive Medicine

ccrmivf.com

Lone Tree, Louisville, Denver, and Colorado Springs locations

Conceptions Reproductive Associates of Colorado

(303)794-0045

conceptionsrepro.com

Locations in: Littleton, Denver, Lafayette, Lone Tree

Denver Fertility Albrecht Women's Care

denverfertilitycare.com

Englewood: (720)821-7195

9780 Pyramid Ct Ste 260 Englewood, CO 80112

Denver: (720)802-6640

4600 E. Hale Pkwy #345 Denver, CO 80220

Shady Grove Fertility

(720)704-8221

shadygrovefertility.com/locations/colorado/denver-greenwood-village-fertility-center/

8200 E. Belleview Avenue Suite 615-E Greenwood Village, Colorado 80111

University of Colorado Denver Advanced Reproductive Medicine

coloradoinfertilitydoctors.com

Anschutz Medical Campus: (720)848-1690

Colorado Springs: (719)314-3344

Endocrinology (Hormone Therapy/HRT)

Guides

Everything You Need to Know About Testosterone-Based Hormone Replacement Therapy

them.us/story/what-is-testosterone-hrt

Guide for the types of testosterone HRT available, the effects of testosterone, dispelling myths, and what insurance may cover.

DIY HRT Directory

diyhrt.wiki

Transmasc and Transfem guides, information, and more.

Feminizing Hormone Therapy

mayoclinic.org/tests-procedures/feminizing-hormone-therapy/about/pac-20385096

Guide on feminizing hormone therapy's potential health effects, how to prepare for starting HRT, and changes that will occur while on HRT.

Fenway Health: Self-Injection Therapy

fenwayhealth.org/wp-content/uploads/Hormone-Injection-Guide_final_web.pdf

Guide for safely self-injecting hormones.

Let's talk about how testosterone and oestrogen affect your body

gendergp.com/effects-testosterone-oestrogen-transgender-healthcare/?fb=15

We provide you with all the basic information you need to know about testosterone and oestrogen.

Masculinizing hormone therapy

mayoclinic.org/tests-procedures/masculinizing-hormone-therapy/about/pac-20385099

Guide on masculinizing hormone therapy's potential health effects, how to prepare for starting HRT, and changes that will occur while on HRT.

Planned Parenthood - Self-Injection Guide

[plannedparenthood.org/uploads/filer_public/fc/b0/fcb07ab8-4f33-4e1b-8b15-](https://plannedparenthood.org/uploads/filer_public/fc/b0/fcb07ab8-4f33-4e1b-8b15-3754c34e3aae/pplm_gender_affirming_hormone_therapy_injection_guide_2.pdf)

[3754c34e3aae/pplm_gender_affirming_hormone_therapy_injection_guide_2.pdf](https://plannedparenthood.org/uploads/filer_public/fc/b0/fcb07ab8-4f33-4e1b-8b15-3754c34e3aae/pplm_gender_affirming_hormone_therapy_injection_guide_2.pdf)

Gender-affirming hormone therapy self-injection therapy.

What Physical Changes to Expect on Testosterone Hormone Replacement Therapy

folxhealth.com/library/what-physical-changes-to-expect-on-testosterone-hormone-replacement-therapy-explained-by-folx

Physical changes that will happen while on testosterone, which ones are permanent vs. reversible, and a timeline for expected changes.

Clinicians

Denver Health

(303)602-5699

LGBTadmin@dhha.org

denverhealth.org/services/lgbtq-services

777 Bannock Street, Denver, CO 80204

No longer serves transgender patients under 18.

Denver Health's LGBTQ+ Health Services is committed to a decentralized model of health care for LGBTQ+ people across Colorado – meaning that any LGBTQ+ person should be met with open, excellent, affirming

care. Within the decentralized model, LGBTQ+ Health Services provides LGBTQ+ patients with patient navigation services for primary care needs and gender affirming surgery. Our LGBTQ+ Health Services Include: Preventative health screenings, Management of chronic conditions, Sexual health services, Same-day pre-exposure prophylaxis, HIV services, Hormone Replacement Therapy (HRT) on an Informed Consent Model, Voice therapy, and Behavioral Health services.

GALAP - Gender Affirming Letter Access Project

thegalap.org

thegalap@gmail.com

The GALAP is a group of independent clinicians that provides reference letters from mental health providers that may be needed for gender-affirming care. They also advocate for more inclusive mental health.

Identity Hormones & Healthcare

(303) 524-9093

identityhormones.com

info@identityhormones.com

7305 E 29th Ave, STE 101, Denver CO 80238

Identity Hormones & Healthcare is an LGBTQ+ focused practice that provides Gender Affirming Hormone Therapy, Testosterone Replacement, HIV and PrEP management, and Concierge Medicine.

Kimberly Lerner, MD, Boulder Medical Center

(303)666-2640

bouldermedicalcenter.com/medical-providers/kimberly-lerner-md/endocrinology-and-diabetes/

4745 Arapahoe Ave., Suite 200, Boulder, CO 80303

Dr. Lerner's practice addresses a broad range of endocrine based diseases and disorders including:

Type 1 Diabetes, Type 2 Diabetes, Insulin resistance, Thyroid disorders, Thyroid cancer, Parathyroid disorders, Osteoporosis, Menopause, Adrenal disorders, Pituitary disorders, PCOS, and Gender affirmation therapy.

Lindsey Rentschler, MD, Boulder Community Health

(303)415-4344

bch.org/find-a-physician/lindsey-rentschler-md/

3 Superior Drive, Suite 100B Superior, CO 80027

She is experienced with all areas of endocrinology including diabetes, pituitary, adrenal, PCOS, osteoporosis for adults 18 years and older. She has special training in thyroid ultrasounds, biopsies of thyroid nodules and treatment of thyroid cancer. She also enjoys providing hormone treatment for transgender care.

Micol Rothman, MD, UC Health

(720)848-2650

uchealth.org/provider/micol-rothman-md/

1635 Aurora Court Anschutz Outpatient Pavilion 6th Floor Aurora, CO 80045

Her interests include patients with a variety of endocrine problems, with a particular focus on reproductive disorders and metabolic bone disease. She is the Clinical Director of the Metabolic Bone Program and the medical director of the UCHealth Integrated Transgender Program. Her research interests include care gaps in osteoporosis, health of gender diverse patients and the effects of sex steroids (estrogen and testosterone) on bone health. Specialties: Endocrinology, Diabetes and Metabolism, Internal Medicine, Endocrine System (Hormones), Endocrine System (Hormones) - Adult Type 1 Diabetes, Endocrine System (Hormones) - Adult Type 2 Diabetes, Endocrine System (Hormones) - Endocrine Cancer (Parathyroid, Adrenal, Carcinoid), Endocrine System (Hormones) - Thyroid Disease, Endocrine System (Hormones) - Adrenal Diseases, Women's Health - Hormone Replacement Therapy, Women's Health - Menopause, Endocrine System (Hormones) - Osteoporosis, Women's Health, Endocrine System (Hormones) - Thyroid Cancer, Transgender Health, Bones, Joints and Muscles, Bones, Joints and Muscles - Osteoporosis

QMed/QueerMed

(404) 445-0350

queermed.com

info@queermed.com

Remote health care for trans and non-binary people that offers both primary care and specialized health care services, including gender-affirming hormone therapy, mental health services, and education resources.

Financial

Guides

Finding Financial Stability During Turbulent Times

hrc-prod-requests.s3-us-west-2.amazonaws.com/files/assets/resources/COVID190-FinancialStability-061120.pdf

HRC's guide to what to do if you lose your job, what to do when money is tight, what to do to maintain mental health during a financial crisis, and more.

Financial Aid

Dem Bois Grant

dembois.org/apply-for-a-grant

Currently on hold.

The financial assistance that Dem Bois Inc. provides will help to elevate the burden of covering the total cost of surgery for individuals who identify as female to male, FTM transgender, and or trans-masculine person(s) of color who cannot afford to obtain chest reconstruction surgery, and or genital reassignment surgery (gender affirming surgery). HRT is not a requirement.

- *You should understand the steps that are currently needed to undergo the medical process of transitioning.*
- *You should select a proper surgeon who is knowledgeable and has experience with gender affirming surgeries.*
- *Surgeon MUST be in the U.S.*
- *Identify who will support you and provide post-surgery care (suggested).*
- *Have a genuine need for financial aid.*
- *Dem Bois Inc. will make selection for grant based on financial need and level of preparedness.*

Elevated Access

(872) 246-8913

elevatedaccess.org/get-help/gender-affirming-care

Non-profit organization that enables people to access healthcare by providing flights on private planes at no cost. Their volunteer pilot network transports clients seeking abortion or gender-affirming care across the United States.

Astraea Lesbian Foundation for Justice

astraeafoundation.org

The Astraea Foundation's U.S. Fund is a LGBTQ+ philanthropic organization that centers the liberation of queer, trans, two-spirit and intersex people of color and challenges the criminalization of 2SLBTQI+ BIPOC, migrants, women of color, mothers, sex workers, and youth, among other constituencies who experience high levels of violence and oppression.

Gender-Affirming Care Flight Assistance

queertransproject.org/pages/gender-affirming-care-flights

Free for trans people seeking gender-affirming care, confidential. Private or Commercial flights. Email queertransproject@gmail.com.

Genderbands

genderbands.org

info@genderbands.org

Currently on hold.

Provides financial aid for trans and non-binary people with transition/gender-related costs, including transition grants and binder giveaways.

Point of Pride - Annual Trans Surgery Fund

pointofpride.org/annual-transgender-surgery-fund

Point of Pride's Annual Transgender Surgery Fund is a scholarship-like program that provides direct financial aid to trans folks who cannot afford their gender-affirming surgery. You must be 18+. Applications are open Nov 1-30 every year.

Point of Pride - Electrolysis Support Fund

pointofpride.org/electrolysis-support-fund

Point of Pride's Electrolysis Support Fund provides financial aid towards permanent hair removal services (including electrolysis and laser hair removal) for trans folks who cannot otherwise afford them. You must be 18+. For trans feminine applicants: You are seeking hair removal on your face, neck, or on an area of your body in preparation for bottom surgery. For trans masculine applicants: You are seeking hair removal on an area of your body in preparation for bottom surgery (phalloplasty or metoidioplasty) and have a surgery date estimated or officially scheduled.

Point of Pride - HRT Access Fund

pointofpride.org/hrt-access-fund

Point of Pride's HRT Access Fund is a scholarship-like program that provides direct financial aid to trans folks who cannot afford their gender-affirming hormone replacement therapy (also known as "HRT.") Partnered with Plume, Folx, QueerMed, QueerDoc, TrueU, and Spectrum: The Other Clinic to provide recipients with 12 months of HRT-related care, including: medical care through initial and regular telemedical visits from a trans-centered care team, 4x year lab work and monitoring, with Uber vouchers to and from lab work included, any medical letters you may need related to your transition, and prescription cost coverage. You must be 18+.

Point of Pride - Thrive Fund

pointofpride.org/thrive-fund

Point of Pride's Thrive Fund provides small grants to trans folks who cannot afford gender-affirming health and wellness services that fall outside of our existing programs. Examples of some of the types of care you can apply for include:

- *The purchase of gender-affirming prosthetics or wigs*
- *The fees associated with obtaining approval towards gender-affirming care, such as letters from licensed therapists to access HRT or surgery*
- *The fees associated with getting or updating passports, driver's licenses, state IDs, birth certificates, and Tribal IDs*
- *The cost of hiring professional nursing or caregiver support following gender-affirming surgery*
- *The purchase of at-home Intense Pulsed Light (IPL) hair removal devices*
- *Waxing services or other non-permanent forms of hair removal*
- *Vocal therapy or voice training sessions*
- *Medical tattooing*
- *Fertility preservation or reproductive health services, including contraception, IUDs, and birth control implants*

If you are unsure about your eligibility, we encourage you to still apply. They will let you know if your request is ineligible.

Rocky Mountain Equality Sliding Scale & Co-Pay Assistance

(303) 499-5777

rmequality.org/resources/assistance-programs

assistanceprograms@rmequality.org

3340 Mitchell Lane Boulder, CO 80301

Short-term financial support to LGBTQ+ individuals in Boulder County for mental health care co-pays and/or sliding-scale fees. This program is open to people who are already working with a provider and to those who need help connecting with a provider. Up to three (3) months with a cap of \$100 per session paid directly to the provider. The provider must be willing to invoice and receive payments from Rocky Mountain Equality for your services. First come, first served. Please reserve funds for folks who have no or minimal access to resources.

Study.com: College Scholarships for LGBTQ+ Students

study.com/resources/LGBTQ-scholarships-for-college-students#0226

Comprehensive undergraduate and graduate college scholarships for LGBTQ+ students.

The Alexander Foundation

thealexanderfoundation.org/assistance-programs

thealexanderfoundation.org/scholarships

Information@TheAlexanderFoundation.org

PO Box 1995, Denver, CO 80201

A number of assistance types provided to LGBTQ+ Colorado residents. You must be referred by a Referral Agency:

- Rocky Mountain Equality
- Boulder County AIDS Project
- Colorado Coalition for the Homeless
- The Delores Project
- Colorado Health Network
- Colorado AIDS Project
- The Gathering Place
- Denver Health
- The Empowerment Program
- The Center on Colfax
- PFLAG Denver
- SOCO Quiltbag
- Vivent Health
- University of Colorado Health
- It Takes A Village

Applicants for ALL scholarships must:

- Identify within the LGBTQ+ community
- Be residents of Colorado
- Be pursuing a higher education degree at an accredited institution within Colorado.

Transanta

Instagram: [@transanta](https://www.instagram.com/transanta)

transanta.com/apply

Trans Santa is a mutual aid project that connects anonymous gift-givers with trans youth who are unhoused, in foster care, or otherwise without the crucial support they need to thrive. Trans and non-binary youth in need ages 24 and under are welcome to participate, and they accept applications from all over the world.

TransLifeline Microgrants

translifeline.org/microgrants/

Microgrants provide trans and nonbinary people with low-barrier funds and support to correct names and/or gender markers on identifying legal documents, fund gender-affirming permanent hair removal, and supply necessities for our trans siblings behind bars.

Accounting & Business

Accounting for Us

accountingforus.cpa

An accounting firm for LGBTQIA+, BIPOC, Allies, and Underserved Communities.

Buechler Law Office

(720) 381.0045

kjblawoffice.com

999 18th St, STE 1230-S, Denver CO 80202

Founded and run by a trans woman, Buechler Law Office specializes in helping people and businesses solve their legal and financial problems.

Citrine & Gold Financial Services

(540)960-1010

citrineandgold.com

bwilson@citrineandgold.com

4045 Pecos St Suite 210-15 Denver, CO 80211

Citrine & Gold emphasizes serving a diverse clientele and supporting underrepresented communities, particularly the LGBTQ+ community. Run by members of the LGBTQ+ community. Financial Planning, including non-traditional family structures like polyamory, queer families, and co-parenting. Asset Management, including tax strategies and portfolio building.

Fitness & Gyms

Guides

Transgender at the Gym: Tips and Experiences for the Gym and Locker Room

pointofpride.org/blog/transgender-at-the-gym-tips-and-experiences-for-the-gym-and-locker-room

Know your rights when it comes to transgender gym and locker room issues. Follow these tips to stay safe and be comfortable while exercising at the gym.

Gyms & Fitness Groups

Chin Up Training

(720) 257-9093

chinuptraining.com

info@chinuptraining.com

973 W Ellsworth Ave., Denver, CO 80223

Inclusive gym creating a safe space for women and LGBTQ+ people that emphasizes body neutrality and positivity and community acceptance.

Medina Fit

Instagram: [@lyndseymedina](https://www.instagram.com/lyndseymedina)

medinafit.com

lyndse.medina@gmail.com

Lyndsey Medina (she/her) combines 20-years of experience in personal coaching and fitness training, to provide a direct and sustainable path to peace for her clients. She uses proven and innovative methods that quickly result in noticeable changes for her clients. She's most passionate about meeting people where they're at in their health journey, seeing people reconnect with themselves, heal their relationship with their bodies, and find true alignment, longevity and fulfillment in their health and wellness.

Metamorphosis Fit

(303) 885-6146

metamorphosisfit.com

metamorphosisfitnessdenver@gmail.com

2890 S Colorado Blvd, Denver CO 80222

Queer owned and run, MetaFit creates a gym culture to discover fitness in a safe and nonjudgemental space regardless of presentation or orientation. They offer various identity-oriented and activity-focused classes and a program for preparing for and recovering from top surgery.

OutLoud Sports

outloudsports.com/denver

denver@outloudsports.com

OutLoud Sports Denver is a home to multiple sports! Players of all skill sets are encouraged to come play. Everyone is welcome, regardless of sexuality, gender, status, skill, shape, size or age. Registration occurs multiple times a year based on the seasons.

Strength for All Bodies

strengthforallbodies.com

hello@strengthforallbodies.com

Lakewood, CO

Strength for All Bodies is committed to helping all people across every spectrum of gender, ability, background, and beyond feel safe and supported in their pursuit of strength. They provide and amplify opportunities for members of the strength sports community to learn, compete, grow, and express themselves.

Train Recover Rebuild

Instagram: @TrainRecoverRebuild

trainrecoverrebuild.wixsite.com/bodypositive

trainrecoverrebuild@gmail.com

220 Santa Fe Dr, Denver, CO 80223

SJ (she/her) is a personal coach and fitness trainer that focuses on inclusivity in training, rebuilding one's body, and recovery. They are enthusiastic about building this community and creating a non-judgmental inclusive space where people in all body types, from all cultures, and all identities can find joy in movement and reconnect with their body and find community.

Vibe Gym & Wellness Collective

vibegymandwellness.com

4045 Pecos St. Suite 160. Denver, CO 80211

Open gym for members and day pass purchases (\$20). Offers fitness classes, personal training, and childcare. Welcomes trans women, cis women, genderqueer people and people of all sexualities, ages, abilities and races. At VIBE, it's not about how you present, it's about how you identify. Gender-neutral restrooms. Free childcare options available for members and day pass holders. Quiet spaces. Photo and video permission. Scent-free environment. Large font materials. Mental health awareness and resources. Varied pricing options, including student and teacher pricing. Accessible by public transportation. Wheelchair-accessible parking, gym, rooms and restrooms.

Gender, & Sexuality Guides

5 Tips on How to Come Out to Your Family as Nonbinary

them.us/story/how-to-come-out-to-your-family-as-nonbinary

Tips on coming out as nonbinary.

5 Ways to Still Feel Like a Man When You Have Your Period

everydayfeminism.com/2015/05/feeling-like-a-man-during-your-period/

Relatable and realistic tips to lessen gender dysphoria when menstruating while recognizing the contributing social and medical factors.

8 Tips for Coming Out as Non-Binary

everydayfeminism.com/2015/07/coming-out-as-non-binary/
Basic list of eight tips.

AVEN Asexuality FAQ

asexuality.org/?q=general.html

A list of questions you can click on to explore your identity and figure out if you feel like you land on the ACE spectrum.

College Experience Guide for LGBTQ+ Students

bestcolleges.com/resources/lgbtq-student-guide/

Tips for looking for LGBTQ+ friendly college campuses and how to connect with community while there.

Coming Out: A Handbook for LGBTQ Young People

thetrevorproject.org/wp-content/uploads/2019/10/Coming-Out-Handbook.pdf

Basic overview of information about LGBTQ+ identities, tips for coming out, information about self-care and healthy relationships, and more - all compiled by the Trevor Project.

Digital Safety Guide

gameshotline.org/online-free-safety-guide/

How to keep yourself safe from individuals, loosely organized groups & cybermobs.

Hey, I'm Trans

heyimtrans.com

Trans Lifeline's guides for coming out as trans in different settings.

How Do I Know If I'm Agender?

pointofpride.org/blog/how-do-i-know-if-im-agender

How Do I Know If I'm Non-Binary?

pointofpride.org/blog/how-do-i-know-if-im-non-binary

How Do I Know If I'm Trans?

pointofpride.org/blog/how-do-i-know-if-im-trans

How to Correct Someone When They Misgender You

folxhealth.com/library/misgendering-guide

Social advice for responding to being misgendered or misgendering someone else.

How to Share Your New Pronouns: A Guide for All Ages

folxhealth.com/library/how-to-share-your-new-pronouns

We put together this short guide to answer all your questions. There's no one-size-fits-all pronoun conversation: it's different for everybody. The questions we've offered here are designed to help you reflect on your needs, comfort levels, and safety.

I Think I Might Be Trans: 8 Important Notes on Questioning and 50+ Resources to Get You Started

everydayfeminism.com/2015/03/i-think-i-might-be-trans/

If you're questioning – or if you know someone who is looking for resources – I hope this article will be helpful in expediting the process of finding resources and affirming yourself and others.

Transgender Map

transgendermap.com

This free website is a basic map about transitioning, including multiple resource links.

Transitioning in the Workplace: A Guide for Trans Employees

hrc.org/resources/transitioning-in-the-workplace-a-guide-for-trans-employees

This guide is intended to help transgender people to navigate aspects of their transition related to the workplace, including job searching, creating an action plan, and coming out to co-workers and employers.

Trans Job Seeker Guide: Overcoming Obstacles in the Job Market

zippia.com/job-search/lgbtq-jobs/trans-job-seeker-guide/

Resource to guide trans job seekers.

Your Rights When Coming Out at Work

heidarilawgroup.com/blog/coming-out-at-work/

Legal rights when coming out as trans or queer at work, and legal protections and resources for trans people in the workplace.

Hair Removal

Guides

A Complete Guide to Shaving Your Body (and Preventing Razor Burn)

wikihow.com/Shave

We'll guide you through simple techniques to get a close shave and avoid common pitfalls, like cuts and razor burn.

Understanding Hair Removal Options: A Beginner's Guide for Trans Folks

pointofpride.org/blog/understanding-hair-removal-options-a-beginners-guide-for-trans-folks

If you're considering permanent hair removal but aren't sure which type is right for you or where to start, you're in the right place!

A Patient's Guide to Pre-Operative Hair Removal for Vaginoplasty

mtfsurgery.net/vaginoplasty-hair-removal-guide.htm

This patient guide addresses the critical aspects of hair removal as it relates to Vaginoplasty and offers tips to help you get the most out of your treatment.

Clinicians

Cherry Medical Aesthetics

(720)732-0169

reception@cherrymedispa.com

cherrymedispa.com

8064 W. Jewell Ave Ste.101 Lakewood, CO 80232

Offers a free initial consultation and payment plans.

Cherry Creek Electrolysis

(303) 329-3192

cherrycreekelectrolysis.com

6551 S. Revere Pkwy, Ste #285 Centennial, CO 80111

BIPOC and LGBTQ+ friendly electrolysis office that offers many different permanent hair removal services.

Cynthia Hammel-Knipe, CPE

(720)479-8793
electrology.com/member.php?uid=476&which=1
2200 W 29th Ave Suite 102 Denver, CO 80211

Hailey Nicole, Get Outta Hair
(303)666-9598
getouttahair.glossgenius.com
2660 Canyon Blvd Suite 47, Boulder, CO 80301

Holly Hughes, Ease Electrolysis
holly@easehairremoval.com
easehairremoval.com
2204 18th Ave. #224. Longmont, Co 80501
Offers a free initial 45-minute consultation. Offers super billing with insurance.

Left Hand Laser Studio
(303)551-4701
armene@lefthandlaserstudio.com
lefthandlaserstudio.com
1446 Hover Street Suite 1 Longmont, CO 80501
Laser services include: hair removal, tattoo removal, facial and leg vein treatments, cherry hemangioma removal, sun and age spot treatments, and toenail fungus removal. Also offers Neveskin slimming, toning, and facials as well as AdvaTX acne and skin rejuvenation treatments!

Miki Cavanaugh, Firi Skin Care
(303)666-9598
firielskincare@gmail.com
firiel.com
193 W South Boulder Road Lafayette CO 80026

Hair Salons

Guides

FTM Hairstyle Guide: Tips and Inspiration
point5cc.com/ftm-hairstyle-guide/
Picking a style, help if you want to pass in public, and golden rules of hair care advice.

Hair Terminology: How to Tell Your Barber Exactly What You Want
ties.com/blog/hair-terminology-tell-barber-exactly-want
Guide to masc haircuts.

The Ultimate Guide to Transgender/Crossdressing Wigs and Hair Extensions
feminizationsecrets.com/crossdressing-transgender-wigs/
Guide to many different wig and hair extension types.

Hairdressers & Barbers

Above Ground Denver
(303) 956-9739
abovegrounddenver.com
Lodo Location: 1740 Blake St., Denver, CO 80202

Gayborhood Location: 905 E. Colfax, Denver, CO 80205
Queer owned and operated hair salon.

Capri's Hair Studio

(720) 432-0692
caprishairstudio.com
caprishairstudio@gmail.com
905 East Colfax, Denver, Colorado 80218
Queer & disabled owned and run, disability-friendly hair salon offering gender neutral, alternative styles.

Cate Hair Makeup

catehairmakeup.com
Instagram: @catehairmakeup
821 Santa Fe Dr. Denver, CO 80204
Queer, non-binary, hair stylist and makeup artist offering services for weddings and makeup lessons. Centers gender affirming looks and queer couples.

Curls, Kinks & Coils

(720) 369-7331
curlskinksnoils.com
Instagram: @hairbycurley
curlskinksnoils@gmail.com
403 16th Street Mall, 3rd floor, Suite 2, Denver, Colorado 80222
LGBTQIA+ & BIPOC owned and run, offering natural hair care for all textures, ages, genders, and anything in between by Rosé Curley (they/them).

Flawless Fadez LLC

(720) 382-4625
vagaroo.com/flawlessfadezllc
3000 East 1st Avenue, Suite 4, Denver, CO 80206
LGBTQ+ friendly BIPOC founded, owned, and run, that offers hair care for all sorts of hair, as well as silk presses and fades.

Grove Salon

grove.glossgenius.com
7500 E Arapahoe RD Ste 100, Room 2, Centennial, CO 80112
Joshua Norton (he/she/they) is an independent multi-service hairstylist in a private studio specializing in several areas of expertise: color/highlighting/balayage, gender neutral cutting and styling, permanent waves and relaxers, sew-in/K-tip extensions installation, custom made extensions and wigs, wig care and application, facial waxing, wedding/formal hair, restorative services for damaged or thinning hair, and custom hair loss solutions.

Ivy + Oak Salon

(303) 477-1741
ivyandoak.com
info@ivyandoak.com
4407 W. 52nd Ave., Denver, CO 80212
LGBTQ+ friendly and sustainable hair salon and spa.

Key + Cauldron Salon

(720) 580-3309
keyandcauldron.salon
contact@paulsalashairpro.com
445 Broadway, Suite 22, 24, & 33, Denver, CO 80203

Queer owned and run hair salon.

L.A. Zwicky

(720) 588-8969

lazwicky.com

lazwicky@gmail.com

3rd floor of the Metlo, 1111 Broadway #303, Denver, CO 80203

L.A. Zwicky (she/they) is a hair artist and creative based in Denver, Colorado. Their passion is to provide gender-free, identity-confirming hair services for all. Their specialties include curly hair, shags, mullets, intuitive transformative cuts and creative color.

MAL

queerhairboulder.com

3020 Carbon Pl, Ste 103, Boulder, CO 80301

BIPOC, LGBTQ+, and disability friendly hair salon.

Odd House Hair Studio

(719) 888-0079

odd-house-hair.square.site

bugknack@gmail.com

8770 E Arapahoe Rd, Suite 225, Centennial, Colorado 80112

Odd House is designed and ever learning to provide meaningful and euphoric gender-affirming hair to queer and neurodivergent folk. They aim to come together with queer providers in the industry to create a community through a network of referrals, and to create a new type of third space. To evolve on the beautiful cultures of the hair salon and the barbershop and grow a place that thrives from its intersectionality and trans joy.

Rebel Salon Denver

(720) 793-4540

rebelsalondenver.com

3358 Larimer St., Denver, CO 80205

Since 2008, Rebel Salon has been rockin' awesome hair services in the RiNo neighborhood of Downtown Denver. Featured product lines include Davines and Framesi. Their newly renovated space will be opening soon with Covid-compliant preparations in place.

Root & Shadow

rootandshadow.com

Alternative and inclusive hair salon emphasizing self-expression, individuality, creativity, and community.

Sacred Heart Collective

Instagram: @sacredheartcollective_

hello@sacredheartdenver.com

sacredheartdenver.com

1487 South Broadway, Denver, CO 80210

Sacred Heart Collective is a hair, nail and skin studio in Denver, CO founded by four friends with over 30 years of combined experience. They specialize in alternative hair, custom nails and skincare. They pride themselves on delivering customized looks that reflect their clients' unique personalities.

Shane Wilson

(602) 762-9975

shane-wilson.square.site

1740 Blake St Denver, CO 80202

Queer friendly cosmologist.

Sinners

sinnerndenver.com

info@sinnerndenver.com

1872 S Broadway, Denver, CO 80210

Queer-owned, latinx-owned, women-owned business founded on being anti-homophobic, anti-transphobic, anti-racist, anti-fascist, and anti-sexist.

Spoilers Salon

spoilerssalon.com

Instagram: @spoilers_salon

becca@spoilerssalon.com

7841 Wadsworth Blvd., Ste. 129, Arvada, Colorado 80003

Gender neutral vivids hair salon.

Twig Hair Salon

(303) 447-0880

twighairsalon.com

Reception@TwigHairSalon.com

1831 Pearl St Boulder CO 80302

At Twig, we embrace diversity and are proud to be a gender-neutral and LGBTQIA+ safe space.

Voodoo Hair Lounge

(303) 449-4453

boulderhairsalon.com

2100 Pearl St., Boulder, CO 80302

BIPOC and trans friendly. Voodoo Hair Lounge aims to deliver technically excellent services, on-trend styling, and unyielding professionalism. From CEO to outdoor nomad to urban hipster, this Boulder salon has a stylist for everyone.

Wigs

Wigsdo

wigsdo.com/help/buyers-guide/

Buying guide that walks through styles. Retail wig supplier.

Insurance

A4TE's Trans Health Project - Trans Health Insurance Tutorial

(646) 862-9396

transhealthproject.org/trans-health-insurance-tutorial

a4te@transequality.org

The Trans Health Project takes a comprehensive, systematic approach to expanding access to transgender-related health care by educating affected individuals about their legal rights; cultivating a robust movement to achieve health care equity; expanding enforcement of existing legal protections; and driving clinical policy changes among insurance carriers. The Trans Health Project's primary activities include developing a network of attorneys capable of challenging exclusions and medical necessity denials; launching a national health care helpline for transgender individuals and advocates to receive prompt assistance; and educating individuals, transgender organizations, medical and mental health providers and billing offices.

Disability Insurance for Transgender People

policygenius.com/disability-insurance/transgender-people/

How to get disability insurance for trans people, and important advice for keeping track of medical info for insurance as a trans person.

Know Your Rights: Medicare

transequality.org/resources/know-your-rights-medicare

This resource outlines the rights transgender people have with medicare.

Out2Enroll

out2enroll.org/consumer-resources/colorado

Information on health insurance open enrollment by state, ability to connect with an LGBTQ+ affirming enrollment assistant, and trans health insurance guides. There is also information on what to do if your insurer denies coverage for a gender-affirming procedure.

TransFamily Support Services

transfamilysos.org

info@transfamilysos.org

TransFamily Support Services guide transgender/non-binary youth and their families through the gender transitioning process to help make it the most positive experience possible. They provide family coaching, aid with healthcare and insurance issues, help navigating the legal system, and support at schools. They also have services specifically aimed for trans Latinx/e youth and their families. All services are provided at no fee, and many are available in both Spanish and English.

Trans Health Insurance Tutorial

transhealthproject.org/trans-health-insurance-tutorial

Guide by the Trans Advocates for Recovery and Trans Health Project that provides information on how health insurance works and how to get trans health care coverage.

Legal Assistance

Guides

FAQ: Answers to Common Questions about Transgender Workplace Rights

legacy.lambdalegal.org/know-your-rights/article/trans-workplace-faq

Lambda Legal's information about employment and workplace rights for trans people, including specifications for federal employees, trans-friendly unions, and in-process legislature for trans workplace rights. Mostly aimed for trans employees but also answers some questions for employers.

ICE Raids: Know Your Rights as a TGNC Immigrant

transgenderlawcenter.org/resources/immigration-2/ice-raids/

Information for trans immigrants about ICE and personal rights. Also available in Spanish.

Know Your Healthcare Rights

hrc.org/resources/know-your-healthcare-rights

The Human Rights Campaign's guide to health care rights, including hospital visitation and patient non-discrimination.

Know Your Rights: Employment

transequality.org/resources/know-your-rights-employment

This resource outlines the rights and procedures transgender employees have to address discrimination.

Know Your Rights: Federal Employees

transequality.org/resources/know-your-rights-federal-employees

This resource outlines the rights and procedures transgender federal employees have to address discrimination.

Know Your Rights: Housing and Homelessness

transequality.org/resources/know-your-rights-housing-and-homelessness

This resource outlines the rights transgender people have with housing law and homelessness/homelessness shelters.

Know Your Rights: Medicare

transequality.org/resources/know-your-rights-medicare

This resource outlines the rights transgender people have with medicare.

Know Your Rights: Passports

transequality.org/resources/know-your-rights-passports

This resource outlines the rights transgender people have with passports and enforcement.

Know Your Rights: Schools

transequality.org/resources/know-your-rights-schools

This resource outlines the rights transgender people have in school and education.

Know Your Rights: Survivors of Violence

transequality.org/resources/know-your-rights-survivors-violence

This resource outlines the rights transgender people have with domestic abuse shelters and domestic violence law.

Know Your Rights: Trans Legal Survival Guide

transequality.org/sites/default/files/2024-11/Trans%20Legal%20Survival%20Guide%20by%20A4TE_2024.pdf

Preventative legal measures trans people can take to make legal processes safer and easier.

Know Your Rights: Travel & TSA

transequality.org/resources/know-your-rights-airport-security

This resource outlines the rights transgender people have with TSA and during travel.

Know Your Rights: Veterans Health Administration Care for Transgender Veterans

transequality.org/resources/know-your-rights-veterans-health-administration-care-transgender-veterans

This resource outlines the rights transgender people have with VHA.

LGBTQ+ Advance Care Planning Toolkit

lgbtagingcenter.org/wp-content/uploads/2024/06/SAGE-Advanced-Care-Planning-Toolkit-Final.pdf

Step-by-step guide for LGBTQ+ community in preparation of healthcare needs and end-of-life decisions created by SAGE.

Life Planning Documents for Transgender Communities

transgenderlawcenter.org/life-planning-documents-for-transgender-communities/

Explains basic information about steps you can take to ensure that your identity will be respected, your loved ones will be able to see you, and your wishes are carried out even if you are unable to communicate them yourself.

Protecting Your Visitation & Decision-Making Rights

hrc.org/resources/protecting-your-visitation-decision-making-rights

HRC's step-by-step guide to Advance Directives.

Resource Guide: Proposed Laws Targeting Gender-Affirming Care for Adults

folxhealth.com/library/resource-guide-laws-targeting-gender-affirming-care

Learn more about anti-trans legislation in the U.S.

Responding to Blackmail

gameshotline.org/responding-to-blackmail/

Foundational guidelines gathered after talking to dozens of blackmail victims, lawyers, and digital security experts.

Reporting Law Enforcement Abuse: A Guide for Transgender People

transgenderlawcenter.org/resources/reporting-law-enforcement-abuse-a-guide-for-transgender-people/

This guide is intended to briefly provide guidance on some ways you may be able to formally address abuse by law enforcement. This guide is designed for transgender, nonbinary, and gender-nonconforming people, but a lot of the information will be helpful to others.

Tools for Protecting Your Health Care Wishes

[assets2.hrc.org/files/assets/resources/ttp_your-health-care-](http://assets2.hrc.org/files/assets/resources/ttp_your-health-care-wishes_1.pdf#__utma=149406063.194146844.1405098382.1413227354.1413229925.10&__utmb=149406063.17.9.1413230752076&__utmc=149406063&__utmz=149406063.1413227354.9.2.utmcsr=google%7Cutmccn=(organic)%7Cutmcmd=organic%7Cutmctr=(not%20provided)&__utmv=-&__utm=158693946)

[wishes_1.pdf#__utma=149406063.194146844.1405098382.1413227354.1413229925.10&__utmb=149406063.](http://assets2.hrc.org/files/assets/resources/ttp_your-health-care-wishes_1.pdf#__utma=149406063.194146844.1405098382.1413227354.1413229925.10&__utmb=149406063.17.9.1413230752076&__utmc=149406063&__utmz=149406063.1413227354.9.2.utmcsr=google%7Cutmccn=(organic)%7Cutmcmd=organic%7Cutmctr=(not%20provided)&__utmv=-&__utm=158693946)

[3.17.9.1413230752076&__utmc=149406063&__utmz=149406063.1413227354.9.2.utmcsr=google%7Cutmccn=\(organic\)%7Cutmcmd=organic%7Cutmctr=](http://assets2.hrc.org/files/assets/resources/ttp_your-health-care-wishes_1.pdf#__utma=149406063.194146844.1405098382.1413227354.1413229925.10&__utmb=149406063.17.9.1413230752076&__utmc=149406063&__utmz=149406063.1413227354.9.2.utmcsr=google%7Cutmccn=(organic)%7Cutmcmd=organic%7Cutmctr=(not%20provided)&__utmv=-&__utm=158693946)

[_&__utmz=149406063.1413227354.9.2.utmcsr=google%7Cutmccn=\(organic\)%7Cutmcmd=organic%7Cutmctr=\(not%20provided\)&__utmv=-&__utm=158693946](http://assets2.hrc.org/files/assets/resources/ttp_your-health-care-wishes_1.pdf#__utma=149406063.194146844.1405098382.1413227354.1413229925.10&__utmb=149406063.17.9.1413230752076&__utmc=149406063&__utmz=149406063.1413227354.9.2.utmcsr=google%7Cutmccn=(organic)%7Cutmcmd=organic%7Cutmctr=(not%20provided)&__utmv=-&__utm=158693946)

Lambda Legal's guide for protecting your health care wishes via durable power of attorney and health care proxy by filling out important documents.

Transgender people and law enforcement interactions: Rights and Realities

transgenderlawcenter.org/resources/transgender-people-and-law-enforcement-interactions-rights-and-realities/

This guide is intended to briefly outline your rights when it comes to interacting with law enforcement officers and share some examples of the reality that law enforcement officers often disregard peoples' rights. This guide is designed for transgender, nonbinary, and gender-nonconforming people, but a lot of the information will be helpful to others.

Undoculeaders Participating in Protest

unitedwedream.org/resources/for-undoculeaders-participating-in-protest/

A useful guide for everyone, but focused on undocumented people, on how to keep themselves safe while protesting.

What To Do If Experiencing Discrimination at Work for Being Transgender

employmentlawhelp.org/discrimination/discriminated-at-work-transgender

Legal steps to take if experiencing work discrimination for being trans.

What To Do If You Have Experienced LGBTQ+ Discrimination: A Step-By-Step Guide

florinroebig.com/lgbtq-discrimination

This guide offers an important overview of the types of discrimination LGBTQ individuals face in the United States and their legal protections.

Your Rights When Coming Out at Work

heidarilawgroup.com/blog/coming-out-at-work/

Legal rights when coming out as trans or queer at work, and legal protections and resources for trans people in the workplace.

Attorneys

Colorado LGBTQ+ Bar Association

clba.net

A resource and directory for all self-identified LGBTQ+ people and allies in the legal profession. You can use this resource to find a specific lawyer who is LGBTQ+ or allied.

Jodi S. Martin, Martin Law Office

jodimartinlaw.com
(720) 800-4788

themartinlawoffice.com

1790 38th Street, Suite 106, Boulder, CO 80301

Martin has been a member of the Colorado LGBTQ Bar Association since 2012 and focuses on LGBTQ+ law, including name changes, gender marker changes, marital agreements, divorce agreements, and more.

Lisa Green & Associates, Maris Immigration Law

(303) 444-9500

marisimmigration.com

1790 30th Street, Suite 200 Boulder, CO 80301

Immigration and asylum cases.

Organizations

Colorado Civil Rights Division

(303) 894-2997

<https://ccrd.colorado.gov/>

1560 Broadway, Ste 825, Denver CO 80202

The office of the Colorado Government that enforces the Colorado Anti-Discrimination Act and is where you can file an official civil rights complaint.

Denver Metro Fair Housing Center

(720) 279-4291

dmfhc.org

info@dmfhc.org

DMFHC investigates complaints of illegal housing discrimination, which often is based on race, disability, sexuality, and more.

Colorado Cross-Disability Coalition

(303) 839-1775

ccdconline.org

info@ccdconline.org

1385 S. Colorado Blvd. Suite 610-A, Denver, CO 80222

While the CCDC does not help with emergency legal assistance, they are able to help with disability-specific issues related to Medicare and housing.

Colorado Housing Connects

(844) 926-6632

coloradohousingconnects.org

Answers questions about housing issues, including issues paying rent, housing discrimination, eviction, and searching for affordable housing.

Lambda Legal Help Desk

lambdalegal.org/helpdesk

While unable to aid in an emergency, the Help Desk can provide general legal information and aid in common LGBTQ+ law cases.

LGBT Immigration Law

(215) 558-7600

lgbtimmigrationlaw.com

This law group is dedicated to serving LGBTQ+ individuals and families through the US and those hoping to immigrate to the US. Their website also features common LGBTQ+ law FAQs, and they are available to meet over phone or video calls.

TransFamily Support Services

transfamilysos.org
info@transfamilysos.org

TransFamily Support Services guide transgender/non-binary youth and their families through the gender transitioning process to help make it the most positive experience possible. They provide family coaching, aid with healthcare and insurance issues, help navigating the legal system, and support at schools. They also have services specifically aimed for trans Latinx/e youth and their families. All services are provided at no fee, and many are available in both Spanish and English.

Transgender Law Center
(510) 587-9696

transgenderlawcenter.org
info@transgenderlawcenter.org

The Transgender Law Center is a national, trans-led organization who advocate for the rights of trans people in law, policy, and culture. They have projects specific to several intersectional identities, and they focus on community-driven strategies.

Transitional Justice
transjustice.io

Transitional Justice is a grassroots organization created for the express purpose of providing refuge and support for transgender political refugees who are fleeing persecution. Provide aid, housing, and other essential resources to those in need. Fill out the form on the web page for help.

Medical Supplies

Bulk Syringes

bulksyringes.com
info@bulksyringes.com

PO Box 3264 Clackamas, OR | 9009 SE Adams St #3264 Clackamas, OR 97015
Online store for many different types and combinations of syringes.

Health Warehouse - Pharmacy
1-800-748-7001

healthwarehouse.com
support@healthwarehouse.com
7107 Industrial Rd., Florence, KY 41042
Online pharmacy that ships prescriptions to home addresses.

Vitality Medical
(800) 397-5899

vitalitymedical.com
Product Related Questions and tracking: support@vitalitymedical.com
Questions about policies, business, and affiliate programs: question@vitalitymedical.com
7910 South 3500 East, Suite C, Salt Lake City, Utah 84121
Online medical supply store.

Mental Health Services

Guides

#BeThe1To

bethe1to.com/bethe1to-steps-evidence/

Details five evidence-based steps for helping someone in suicidal crisis or who may be suicidal.

988 Lifeline's Guide for Helping Someone Else

988lifeline.org/help-someone-else

Goes through warning signs, dos and don'ts, action steps, active listening, and more.

Alternatives to Self-Harm

projectlets.org/alternatives-to-selfharm

A number of suggestions, including things to do when you feel angry or restless, that will give a sensation other than pain without harm, which will distract you or take time, for feeling sad, guilty, or lonely, and more.

Breaking Isolation: Self Care and Community Care Tools for our People

alp.org/breaking-isolation-self-care-and-community-care-tools-our-people

One way to do this is to create a wellness plan for yourself and encourage folks in your community to create a wellness plan for themselves. Strategize with your community about your wellness plan and meeting your needs.

Do's and Don't's: How to Help a Grieving Friend

cdn.craft.cloud/28d333c7-f516-488f-9664-5ecab1203fa8/assets/images/say-this-for-grief_pdf.pdf

Tips for helping someone who is grieving by being supportive and an active listener.

Facing the Future Together: FAQs, Guidance, and Resources

hrc.org/resources/facing-the-future-together-faqs-guidance-and-resources

The Human Rights Campaign's guide for facing political turmoil, privacy, safety, and legal protections.

Finding an LGBTQIA+ Affirming Therapist: Questions and Answers to Help

healthline.com/health/mental-health/therapy-for-lgbt

Guide to finding LGBTQ+ friendly therapists by assessing one's goals with therapy, trustworthy referrals, financial help with mental health, and background research on the therapist.

Gender Therapy: I Needed More Than the Average Therapist Offered — Here's What I Found

healthline.com/health/transgender/gender-therapy

Explanation of what it is, when it may be helpful, and more.

How do you handle the broader grief of the world?

refugeingrief.com/articles/the-weight-of-the-world

Advice on empathy and compassion when the world feels overwhelming and hopeless.

How to Access Trans-Affirming Eating Disorder Care: Important Information & Tangible Resources

theprojectheal.org/blog/trans-eating-disorder-resources

Advice for interacting with healthcare professionals while being a trans person with an eating disorder, and a resource list specific for trans-affirming eating disorder care mutual aid projects.

How to Find a Trans-Competent Therapist

folxhealth.com/library/how-to-find-a-trans-competent-therapist

Tips for finding trans-friendly therapists and important vetting questions to ask them.

How to Help a Grieving Friend: 11 Things to Do When You're Not Sure What to Do

cdn.craft.cloud/28d333c7-f516-488f-9664-5ecab1203fa8/assets/wp-content/uploads/2017/09/grieving-friend-essay-PDF.pdf

Important advice for helping someone who is grieving.

How to Survive Early Grief

cdn.craft.cloud/b5dc545d-0ca7-4544-810b-9d1c89cd4de4/assets/images/How-to-Survive-Grief_pdf.pdf

Advice for the early stages of grieving a loved one.

I'm Grieving a Loss

centerforloss.com/grief/im-grieving-loss/

Book list for grieving a loved one.

Information & Resources for Newly Diagnosed or Recognized Autistic Women & Nonbinary Individuals

Plain Language English: awnnetwork.org/wp-content/uploads/2022/11/FINAL-Adult-PL-Welcome-Packet.pdf

English: awnnetwork.org/wp-content/uploads/2022/11/FINAL-English-Adult-Packet-1027.pdf

Spanish: awnnetwork.org/wp-content/uploads/2022/11/FINAL-Spanish-Adult-Packet-1027.pdf

Resources and information for recently diagnosed and realized autistic women and non-binary people focusing on self-acceptance, processing revelations, advice from the Autistic Women and Non-binary Network, how sensory processing works, gender identity, and accessibility.

Interactive Self Care Guide

philome.la/jace_harr/you-feel-like-shit-an-interactive-self-care-guide/play/index.html

Click-through, centering tool to help you figure out where you are struggling and what your body needs.

Let's Talk About It! A Transgender Survivor's Guide to Accessing Therapy

forge-forward.org/wp-content/uploads/2020/08/Lets-Talk-Therapist-Guide.pdf

Help with assessing what therapy and other mental wellness strategies are right for you, as well as the basics of different types of therapy.

Loving Kindness Meditation for Oppressive Experiences

unitedwedream.org/resources/loving-kindness-meditation-for-oppressive-experiences/

Walks you through meditation via text and audio.

Navigating Crisis

fireweedcollective.org/publication/navigating-crisis/

It presents key things to think about when you are dealing with mental health crisis.

Overcoming Panic Attacks

anxietycoach.com/overcoming-panic-attacks.html

Here are five steps you can use to guide your responses during a panic attack.

Pink Unicorn Guide for Two Spirit, Trans, & Gender-Diverse People

transresistancenetwork.wordpress.com/pinkunicorn/

Survival guide for Two Spirit, Trans, and Gender-Diverse people. Includes important preparations for politically volatile periods, sources for online security, secure communication, mental health resources, and organizing resources.

Pixel Thoughts

pixelthoughts.co

Interactive click-through self-care guide.

Plurality Resource Index

healthymultiplicity.com

Plurality 101, resource lists, and more!

Questions to Help QTBIPOC Find Affirming Mental Health Providers

assets2.hrc.org/files/assets/resources/BIPOC_Inclusive_Therapist_Questions_073020.pdf?_ga=2.117698831.765552520.1596142780-1787279304.1532711558

Important questions to ask mental health providers during first meetings about LGBTQ+ inclusion, racial and cultural responsiveness, and intersectionality.

Resilience & Community Care Toolkit

unitedwedream.org/wp-content/uploads/2024/07/20240722-unitedwedream-undocuhealth-toolkit-pages-v2.pdf
Intended for immigrants and undocumented people, however, we believe it is helpful for anyone marginalized. Includes: 7 Steps to Keep Calm & Organize, Mindful Breathing 101, Whole-istic Tools for Energetic Replenishment.

Self-Help: Managing Your OCD at Home
anxietycanada.com/sites/default/files/adult_hmocd.pdf
Guide about OCD and some tips to manage the condition.

Tips for Panic Attacks
beam.community/tips-for-panic-attacks/
The Black Emotional and Mental Health Collective's tips for helping someone that is having a panic attack. Intended for Black Folx, and applicable to everyone.

Tips on Self De-Escalation
beam.community/pause-tool/
BEAM's tips for self-de-escalation, self-soothing advice for when feeling angry in risky situations.

TLC Care Package | Introduction to Mindfulness for Stress and Anxiety
soundcloud.com/translawcenter/introduction-to-mindfulness-for-stress-and-anxiety
This guided meditation by Lotus Dō is part of our TLC Care Package, a box of nourishing goodies for our extended family.

What is Autistic Burnout?
awnnetwork.org/wp-content/uploads/2022/11/autistic-burnout.pdf
Infographic by the Autistic Women and Non-binary Network on what autistic burnout is and how to manage it.

Counselors, Therapists, & Psychologists

5280 Mental Health
5280mentalhealth.com
Through 5280 Mental Health, Ersin Sulukioglu provides individual therapy to men (Straight, Gay, Bi, and Trans). He works exclusively on a telehealth platform and accepts both insurance and self-pay clients.

Abby Simon, LCSW
(720) 507-3833
mindhealthcounseling.com
support@mindhealthcounseling.com
1805 S. Bellaire St. Suite 215-C, Denver, CO, 80222
Abby Simon is a therapist, licensed social worker, and licensed addiction counselor who has special training in supporting gender diverse adolescents and adults. She specializes in trauma, PTSD, gender identity, suicidal ideation, self-harm, anxiety, medical trauma, ADHD, sexual abuse, and depression.

Agua y Sangre Healing
(720) 583-3614
aguasangrehealing.com
aguasangrehealing@gmail.com
Michelle Castor (she/they) supports individuals and communities in navigating the portal-like experiences of grief, fertility & TTC, and the postpartum. They offer space holding, somatic care, intuitive coaching, and herbal remedies for folks going through their "goo eras." They believe no one should have to go through these transitions alone. This work is trauma informed and serves our whole selves - mind, body, and spirit. It offers the compassionate nourishment needed to help create home in our beings, honor the transitions we're navigating, and vision our paths forward. Fertility, grief, and portal doula support; herbal consults; and coaching for liberation-oriented professionals and entrepreneurs.

Ampaw Psychotherapy & Consulting - Trinity McPherson

(720)615-7871

ampawpc.com/meet-trinity

2101 S. Blackhawk St. Suite #240 Aurora, CO 80014

Provides a free 15-minute consultation. Specializes in identity development and marginalization. \$120 per session, accepts Medicaid.

Andrew Tessmer Counseling, PLLC

(720) 340-3747

counselingwithandrew.com

andrew@counselingwithandrew.com

Telehealth only. Andrew Tessmer (He/Him) is a therapist with over 10 years of professional counseling experience specializing in LGBTQ+ Concerns, Disordered Eating, Anxiety Disorders, ADHD, and Career Counseling. He is also a certified Queer & Trans Affirming Professional (QTAP), meeting educational and experiential qualifications in providing ethical and culturally competent services to the queer and trans community.

Authentic Self Therapy Services

(720) 465-5041

authenticselftherapyservices.com

admin@astherapyservices.com

4380 S Syracuse St., Suite 440, Denver, CO 80237

Authentic Self Therapy is enthusiastic about fostering personal growth, strengthening relationships, and enhancing emotional well-being; by offering a range of therapeutic modalities, they aim to cater to the diverse needs of our clients. They stand as advocates for the LGBTQIA+, the Neurodivergent, and BIPOC communities. They believe that everyone has the right to live authentically, free from judgment and discrimination.

Blue Sage Transitions

(303) 720-6840

bluesagetransitions.com

connie.north@gmail.com

627 Kimbark St., Longmont, CO 80501

Connie North, PhD, MS LMFT proudly serves LGBTQ+ people and families and is enthusiastic about helping people to heal from multiple forms of trauma. They have facilitated workshops on creating and sustaining equitable and just communities and organizations. They have experience working with adolescents, individual adults, couples/partners, and support groups. They are particularly interested in the interplay of perfectionism with anxiety, depression, trauma, and alcohol and drug abuse.

Cairn Counseling

Instagram: @cairncounseling

cairncounselingdenver.com

190 E. 9th Ave., Denver, CO 80203

Cairn Counseling specializes in treating individuals who have experienced trauma to reduce the negative impact on their livelihoods, and they offer Solution Focused Brief Therapy (SFBT), Trauma Focused Cognitive Behavioral Therapy, Narrative Therapy, Play Therapy, Acceptance and Commitment Therapy, Cognitive Behavioral Therapy, and Eye Movement Desensitization and Reprocessing (EMDR) therapy. They have both in-person and telehealth options.

Caitlin Lowe-Hoover

(970) 528-1018

psychologytoday.com/us/therapists/caitlin-low-hoover-englewood-co/728141

Golden Aster Nature-Based Therapy, Englewood, CO 80113

Caitlin Lowe-Hoover (they/them), MA, LPC, is enthusiastic about helping others unearth their inner wisdom and find solid ground in times of stress, trauma and challenging life transitions. They specialize in helping tweens, teens and young adults develop the skills to navigate tough decisions and express their most authentic selves. They predominantly, and not exclusively, work with folks in the LGBTQIA2S+ community and those struggling with anxiety, depression, grief, anger, identity, sexuality, gender dysphoria, C-PTSD, internalized oppression and relationship issues. They have both in-person and telehealth options.

Cam Murphy, LPCC, MA

(720)709-2338

psychologytoday.com/us/therapists/cam-murphy-northglenn-co/1213167

Virtual, Northglenn-based

Specialize in LGBTQ+, Trauma and PTSD and Addiction. \$100 per session, takes Aetna, BlueCross BlueShield, Cigna, Evernorth, UnitedHealthcare UHC/UBH insurance. All sessions are virtual currently.

Catherine Wright

(720)679-7936

psychologytoday.com/us/therapists/catherine-wright-denver-co/1069503

Virtual only, Denver-based

Specializes in trauma, PTSD, LGBTQ+ issues, DID, stress, and grief - all grounded in anti-oppression and liberation. Kink-allied and sex-positive. \$180 per session, accepts Aetna insurance. Call or email for a free 15-minute consultation.

The Center on Colfax - Glass Lawler Mental Health

(303) 733-7743

lgbtqcolorado.org/programs/glass-lawler-mental-health/

info@lgbtqcolorado.org

1301 E. Colfax Ave., Denver, CO 80218

Glass Lawler Mental Health provides free therapeutic services to LGBTQ+ adults (18+). Clients of Glass Lawler Mental Health receive culturally responsive and affirming services, including 12 individual counseling sessions, with no referral or insurance required. Referral resources to other affirming therapeutic services or community resources will also be provided to clients.

Christie Baryames, MA (Telehealth)

(303) 817-4330

playtherapysolutions.com

playtherapysolutions.wordpress.com/contact-christie/

A fully licensed professional counselor, now serving clients via telehealth using Zoom.

The Connected Couple

(303) 437-4158

theconnectedcouple.com

chappell.marmon@gmail.com

825 S. Broadway, Boulder, CO 80305

Chappell Marmon, LCSW, offers couples counseling and therapy for new mothers. Some areas of expertise include: couples in conflict, premarital counseling, counseling and support for new and expecting parents, exploring how the families we grew up in impact how we "do" relationships, and helping individuals recover from past trauma so that their relationships can thrive.

Curious Counseling

(303) 578-0565

www.curiouscounselingpllc.com

kaley@curiouscounselingpllc.com

6901 S. Pierce St Unit 100D, Littleton CO 80128

Kaley Blair, MFTC, is a couples and family therapist and chronic pain and illness advocate. They are dedicated to helping people enhance their relationships by bringing a combination of professional skills, empathetic understanding, and a commitment to fostering positive change. Navigating life with chronic health conditions requires unique support, and their sessions are crafted to explore the emotional impact of chronic illness on both individuals and couples, fostering resilience and understanding.

Devyn Box Therapy

devynboxtherapy.com

devyn@devynboxtherapy.com

Devyn (they/them) is an EMDR, ERP, CBT, trauma, and grief therapist who works with neurodiverse and LGBTQ+ patients. They have experience with the child welfare system, ADHD and autism from a neurodiversity affirming approach, CPTSD, trans and queer-affirming models of care, including assessment of gender dysphoria and writing letters of support for trans and gender-expansive individuals seeking medical care. Virtual and in person options available. Private pay rates: Individual sessions: \$175 Group sessions: \$50

Dylan Larson-Konar, PhD, at Birch Psychology

(734) 359-6525 ext. 23

birchpsychology.com

dylan.larsonkonar@birchpsychology.com

Birch Central: 950 N. Logan Street, Denver, CO 80203

Birch South: 6881 S. Holly Circle, Suite 205, Centennial, CO 80112

Dr. Larson-Konar provides psychotherapy to adults and adolescents (14+), and he provides psychological assessment services to children, adolescents, and adults. He currently works with individuals, groups, and couples. Dr. Larson-Konar has experience working with adults, adolescents, and children in various settings, such as college counseling centers, outpatient mental health clinics, and inpatient psychiatric hospitals. His approach relies on the warmth, authenticity, and power of the therapeutic relationship to help his clients construct more meaningful and empowering lives.

Emily Kerr, PsyD (Telehealth)

(720) 571-1130

ekcounseling.com

ekerr@ekcounseling.com

Dr. Kerr has over 14 years of experience treating mood issues, disordered eating, life transitions, relationship struggles, premarital and marital counseling, women's issues, sex therapy, grief, general stressors, and group psychotherapy. She also specializes in LGBTQ+ therapy and has done a postdoctoral fellowship in Transgender Healthcare.

Evalie Horner, MA

(303) 622-1142

Evalie Horner (she/they) is an LGBTQ+ friendly therapist who originally founded CU's LGBTQ+ Studies certificate and focuses on helping her LGBTQ+ clients heal from religious trauma. She takes Aetna, Anthem, Blue Cross, BlueCross and BlueShield, Cigna and Evernorth, Os, Oxford, and UnitedHealthcare UHC | UBH insurance, and offers a sliding scale cost for sessions for those without insurance. She is available for only virtual clients.

GALAP - Gender Affirming Letter Access Project

thegalap.org

thegalap@gmail.com

The GALAP is a group of independent clinicians that provides reference letters from mental health providers that may be needed for gender-affirming care. They also advocate for more inclusive mental health.

Glenda Russell, PhD

(303) 447-9600

drglendarussell.com

glenda.m.russell@gmail.com

1823 Folsom St., Suite 205, Boulder, CO 80302

Dr. Russell is a psychologist with experience treating young adults and college students, and she views therapy as a collaborative journey.

Guided Revolution

(720) 258-6209

guidedrevolution.com

meghan@guidedrevolution.com

Littleton, CO

Guided Revolution offers in-person and telehealth therapy that is values-driven, relatable, educational, fat-positive, anti-diet, weight neutral, and direct. With an adlerian therapy background, they offer art therapy and walk and talk therapy, and specialize in eating disorders, disordered eating, ADHD, and LGBTQ+ mental health.

Healing Ground Counseling

(720) 443-1480

healinggroundcounseling.com

Healing Ground Counseling provides individual and couples counseling for late teens and adults of any age, sexual or gender orientation, race, or culture. They provide a safe space, or a healing ground, where empathy, trust, respect, and acceptance are cornerstones. They focus on trauma & PTSD therapy, couples counseling, LGBTQ+ therapy, grief counseling, anxiety, depression, emotional disturbance, women's issues, codependence, emotional eating, obsession, aging, coping skills, self-esteem, chronic illness, and transitions.

Jade Cooley Therapy

(720)263-7194

jadecooleytherapy.com

Jade@Jadecooleytherapy.com

2150 West 29th Avenue, Denver CO 80211, Office # 135

Queer, neurodivergent therapist. Telehealth sessions over video and in-person sessions. The standard rate is \$165 for a 50-minute session. The only insurance accepted is Medicaid, specifically: Colorado Access and CCHA (Colorado Community Health Alliance). Offers a limited number of sliding scale rates to make services accessible. This ranges from \$80-\$165. EMDR therapy is also \$165 for a 50-minute session. I offer sliding scale rates for EMDR as well. Wheelchair accessible and has gender neutral bathrooms. Offers HRT and gender-affirming surgery letters.

Jasmine Hansen

(720) 637-1795

www.psychologytoday.com/us/therapists/jasmine-hansen-somatic-queer-affirming-therapy-denver-co/999992

Solidarity Therapy, 2401 S Downing St., Denver, CO 80210

Jasmine Hansen (she/they), MSW, LSW, specializes in complex trauma, relationships, couples, and empowering the LGBTQIA+ community, and young adults (18+). They hold space for you to slow down with patterns and attachment/trauma responses with compassion, connect with your internal experience, amplify strengths, and explore new patterns and possibilities for healing. Their approach is eclectic and grounded in nonjudgement, systems theory, anti-oppression and liberation psychology, somatics/body experience, trauma-informed yoga, play, and authenticity. They have both in-person and online options.

Jenna Howerton, Clinical Social Work/Therapist, LCSW

(720)776-5732

care.headway.co/providers/jenna-

howerton?utm_source=pem&utm_medium=direct_link&utm_campaign=117875

Jenna (she/they) has done extensive work with the LGBTQ+ community, youth ages 10-25, the unhoused population, neurodivergent folks, and communities of color. Their work focuses on fostering resilience, self-

discovery, and empowerment through both traditional counseling methods and nature-based interventions. Sessions available in person and online. Accepts most insurances, \$120 per session without insurance. Provides free therapy through two programs: RMEQ The Point, which provides free therapy to LGBTQ+ people who are uninsured, underinsured, or have Medicaid; and Rise Against Suicide, which provides free therapy to anyone under 20 years of age.

Kimberlee Yalango, Ph.D.

(720) 790-4717

drkimyalango.com

Kimberlee Yalango has a concentration in transgender care and has worked at university counseling centers for years, providing her with the skills and expertise to treat trans college students.

Joy as Resistance

Fax: 1 (720) 547-9598

joyasresistance.org

contactus@joyasresistance.org

Joy as Resistance exists to increase radically inclusive, supportive spaces for queer youth. They offer mental health counseling services for LGBTQIA2S+ youth ages 10-24 and their families, mentorship through their program, Big Queer, Little Queer, and a variety of consultation and professional development services via their school and non-profit partnership program, Joyful Spaces.

LeBauer Counseling

(720) 468-0676

lebauercounseling.com

Matthew LeBauer is an LGBTQ+ inclusive therapist offering both individual and relationship counseling. He believes the most important ingredient for successful counseling is a comfortable, trusting relationship, and that an authentic emotional connection is a fundamental human need. Counseling offers a place to create and nurture a relationship with healthy boundaries.

Masha Mikulinsky, MA, LPC

(720) 773-0578

thirdcultureconsulting.com

thirdculturecounseling@gmail.com

Boulder location: 2735 Iris Avenue, Suite C3, Boulder, CO

Denver location: 425 South Cherry Street, Suite 600, Denver, CO

As a queer, nonbinary, non-normatively abled person, Masha Mikulinsky is a somatic therapist and social justice educator whose therapeutic approach is inspired by queer theory and anti-oppression methodologies.

Melanie K. Dae, PsyD, at Riverbed Psychology

(303) 276-9234

riverbedpsychology.com

1557 North Ogden Street, Suites 6 and 15, Denver, CO 80218

Melanie Dae (she/her) offers therapy focused on emotional processing that is rooted in social/multicultural approaches.

Mile High Behavioral Healthcare

milehighbehavioralhealthcare.org

info@MHBHC.org

Executive Offices: (720) 975-0155

Behavioral Health: (303) 825-8113 | 4242 Delaware, Denver

Family Preservation Center: (303) 318-4242 | 10190 Montview Blvd., Aurora

Housing: (303) 341-9160

Mile High Integrated Health: (303) 761-0200 | 3460 S. Federal Blvd., Sheridan

Summit County Integrated Health: (970) 485-6676 | 360 Peak One Dr., #110D, Frisco

Mailing address: P.O. Box 919, Aurora, CO 80040

Mile High Behavioral Healthcare offers housing and recovery support services, behavioral and mental health services, LGBTQ+ focused care, and lots more.

Perri Corvino, LCSW, MA

(720) 767-2530

guidedwanderings.com

perri@guidedwanderings.com

Perri (they/them) offers therapy that focuses on trauma recovery, specifically with college students. They are only free for virtual meetings on Fridays, and they charge \$100-300 for an initial 50-minute session.

The Point/El Puente

(303)499-5777

rmequality.org/health-wellness

thepoint@rmequality.org

3340 Mitchell Lane Boulder, CO 80301

The Point is an entry point for LGBTQ+ community members for mental health therapy and case management services. This program is for uninsured and income qualified or Medicaid/Medicare-receiving LGBTQ+ adults that offers immediate support and referrals. Our services are with LGBTQ+ competent providers, with bilingual/bicultural services available. This program will provide short-term therapy as individuals await placement into ongoing/long-term therapy.

Queer Asterisk

(720) 507-6161

queerasterisk.com/services/counseling-services

1575 Franklin Street Denver, CO 80218

All counseling sessions are virtual. As of August 1st, 2024, Queer Asterisk is now accepting inquiries for ongoing individual counseling, relationship counseling and family counseling. Also provide appointments with a Licensed Professional Counselor to receive a letter for gender-affirming care. Queer Asterisk counselors and clinical interns are compassionate, queer-informed and affirming, with an emphasis on diversity, resilience and vitality. Our providers' rate is \$150 per 53-minute counseling session. To be financially accessible, Queer Asterisk is in-network with Aetna, Anthem/Blue Cross Blue Shield, Cigna, ComPsych, Kaiser, Optum and United, as well as Medicare and most forms of Medicaid. As a nonprofit organization, we are also pleased to offer a sliding scale starting at \$75/session. No application or qualification for this reduced rate is necessary.

Queer Life Refuge

(720) 340-3721

queerlifereluge.org

queerlifereluge@gmail.com

Queer owned and run online therapy for queer religious trauma.

Radiant Pathways Counseling & Wellness

Fax: (303) 496-0786

radiantpathcw.org

info@radiantpathcw.org

6732 W Coal Mine Ave., PMB 139, Littleton, CO 80123

Jacob A. Sandoval, PhD, LMFT is a couples and family therapist with a social-justice oriented, post-modern (constructionist), and humanistic approach. His collaborative approach allows clients to bring in their own experiences and discover the most appropriate solutions in their own lives. He focuses on transgender and non-binary mental health and offers sex education workshops.

Rebekah C. Markheim, PsyD

(303) 810-5275

drrebekah.com

Dr. Rebekah C. Markheim's psychotherapy services address physician and healthcare professional issues, and the LGBTQ+ community, including gender diversity. Also included are health issues, life changes, depression, anxiety, communication, and relationship issues including toxic relationships. Other areas of specialties include: aging issues, caregiving issues, and grief and loss. She also works closely with individuals and families coping with acute and chronic medical conditions. In addition, her training and experience includes extensive work with gay, lesbian, and gender identity issues.

Restorative Psychiatry & Wellness

(720) 897-8617

restorativepsychiatryandwellness.com

info@restorativepw.sprucecare.com

admin@restorativepw.com

1330 Logan Street, Unit 101, Denver, CO 80203

Victoria Cabral (she/her), APN, works with clients from 15 years of age and up who are struggling with mood and anxiety disorders, attention deficit hyperactivity disorders, trauma related disorders, obsessive compulsive disorders, eating disorders, sleep disorders, psychotic disorders, and personality disorders. She is particularly enthusiastic about working with perinatal/postpartum individuals and the LGBTQ+ community.

Rooted Acorn Counseling

Instagram: @rootedacorncounseling

rootedacorncounseling.com

hello@rootedacorncounseling.com

789 Sherman Street, Suite 200, Denver, CO 80203

Sharon F. Hester (she/her), MS, LPC, and Lindsay Cade (she/her), MA, LPC, offer accepting and affirming mental health therapy services for individuals, couples, teens, and parents of teens. Lindsay and Sharon provide both individual and family therapy. Lindsay also provides couples therapy. They provide therapy to anyone seeking personal growth and strive to be inclusive, not exclusive. They concentrate on working with LGBTQ+ folks, and we enjoy working with allies too.

Samantha Tenner

(720) 504-7579

samanthatenner.com

Denver Office: 789 N Sherman St. Suite #650, Denver, CO 80203

Boulder Office: 735 Poplar Ave (suite 735 at the Village Center in North Boulder), Boulder, CO 80304

Samantha Tenner is an inclusive LGBTQ+ friendly therapist that provides individual and couples talk therapy for various topics, including anxiety, depression, grief, stress, LGBTQ+ issues, life transitions, sex-related issues, and more.

Sierra Larson Therapy

(720) 796-8853

sierralarsontherapy.com

sierra@sierralarsontherapy.com

1872 S Pearl Street Denver, CO 80210

Sierra Larson, LCSW Colorado, LMSW Michigan, works with young women and queer people who are perfectionistic and hard on themselves. She offers both in-person and telehealth options.

Sharoda McAllister, LCSW

<https://secure.helloalma.com/providers/sharoda-mcallister/>

Sharoda McAllister (they/them) works mostly with LGBTQ+ people and takes an anti-oppression and liberation-focused approach to therapy. They specialize in anxiety, depression, LGBTQ+ issues, relationship challenges, and personal growth and self-esteem.

Spring Creek Behavioral Health

(970) 692-6491

www.SpringCreek.health

1304 S. College Ave. #5, Fort Collins, CO 80524

Gilda Mark (any pronouns), APRN, PMHNP-BC, is a psychiatric nurse practitioner who offers inclusive psychiatric services both in-person and via telehealth. Gilda has experience with Indigenous groups, veterans, and those with intellectual/developmental disabilities. Her special areas of expertise are mood disorders, anxiety, PTSD, and psychosis.

Transgender Center of the Rockies

(303) 761-0200 x320

transgendercenteroftherockies.org/services-tcr

Offers trauma-informed gender-affirming individual and group counseling for transgender, non-binary, and gender-expansive individuals focused on support for mental health and substance use challenges. Payment accepted includes Medicaid, and a sliding scale is offered. We offer individual case management to help increase accessibility to gender-affirming care in areas such as housing, health care, work, personal mental health needs, and building community. Clinicians at the TCR can help with the World Professional Association of Transgender Health Standard of Care (WPATH-SOC) letters required by some doctors and medical professionals prior to starting hormone replacement therapy or undergoing gender affirming surgeries. WPATH HRT/GAS Letter Package Fees: One intake, two individual sessions, and letter: \$125 (sliding scale options are available). Therapy Groups: Emotion Regulation Each Monday, 11 am–12 pm VIRTUAL; Gender Euphoria Each Thursday, 11 am–12 pm VIRTUAL; TRANSformation and Recovery Each Thursday, 4:45–6:15 pm VIRTUAL. Support Groups: Trans Masc Group, Trans Femme Group, Non-binary Group, Trans Chronic Illness & Disability Group, Trans Neurodivergence Group.

Trans Lifeline

(877) 565-8860

translifeline.org

Trans Lifeline is a grassroots hotline non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community. They prioritize harm reduction, informed consent, and the dismantling of systems of oppression while providing mutual aid and community care. They connect trans people with needed resources and life-saving care.

Tryst Therapy

(720) 443-1373

tryst-therapy.com

trysta.therapy@gmail.com

3470 S. Sherman St., Ste #2 Englewood, CO 80113

Trysta Wedding (she/her), LPCC, MA, NCC, CMH, RMIII, ITP, is a multiracial, queer woman of Indigenous descent (tiwa-reconnecting). She offers therapy, sex therapy, Reiki, and functional herbal medicine. She focuses on decolonizing mental health.

The Umbrella Collective

(720) 663-0163

umbrellacollective.org

info@umbrellacollective.org

2919 Valmont Rd. Ste 104, Boulder CO 80301

Founded by a nonbinary therapist, the Umbrella Collective offers therapy that emphasizes intersectional existences. Many queer and trans people work as therapists here and offer a wide variety of therapies for a variety of insurances.

Unity Counseling

(214) 444-3063

unitycounselingc.com

info@unitycounselingllc.com

Unity Counseling offers counseling services for LGBTQIA+ concerns, gender dysphoria, anxiety, depression, mood disorders, stress management, self-esteem and adjustment to transitions. They offer individual, group, couples, and family counseling.

The Virtual Couch with Patricia

(910) 216-9256

thevirtualcouchtherapy.com

letschat@patriciasduggan.com

Holistic online therapy from a relatable, radical mental health therapist. They offer individual therapy to teens and millennials using somatic and talk therapy to normalize and navigate anxious feelings, depressive thoughts, and grief due to chronic pain and illness, traumatic experiences, and life transitions.

Groups

Akanni Mentoring - Black Transmen

(855) 454-9310

blacktransmen.org/akanni-mentoring/

Mentoring and support group for Black transmen, offering dedicated one on one mentoring relationships, monthly 90-minute live video group mentoring sessions, three month mentoring goal planning, connections to resources, and more. Black Transmen Inc (BTMI) is the First National Non-Profit Organization of African American transmen solely focused on acknowledgment, equality, social advocacy and empowering transmen with resources to aid in a healthy transition and human experience

Black LGBTQ+ Space

eventbrite.com/e/black-lgbtq-space-tickets-146973625069

This is a peer-led space for Black LGBTQ+ community for exploring your identity, your history, where you came from, and where you are. They welcome you to bring your entire self, regardless of where you are at in your journey. They welcome those that are unsure of their Black queer identity. This group is a space to learn and share about collective experiences. Meets Monthly on the 2nd and 4th Saturday at 10am MST.

DesiRainbow LGBTQIA+ Support Group

desirainbow.org/lgbtq-info

First Tuesday of Every Month, 5 PM MST

LGBTQIA+ people need support when their family does not understand or support their identity. They need a peer or aunty or uncle who will listen to their story and give them space to express their complex feelings of pride in their identity as well as regret for the loss of family and community support. We provide that through our monthly support group for LGBTQIA+ adults over 18, creating an affirming space where accepting parents and peers listen and share their own journeys.

Dis-Queer: A Disability LGBTQIA+ Support Group

eventbrite.com/e/dis-queer-a-disability-lgbtqia-support-group-tickets-399645659927

gobulldogs09@gmail.com

A nationwide community group for LGBTQIA+ individuals with disabilities, presenting opportunities to socialize, educate ourselves, and develop self-advocacy skills. People who are welcome to join are people that identify as a member of the LGBTQ+ community and identify as having a disability (including neurodivergent folks). They meet on the first Tuesday of each month.

Fireweed Collective Support Groups

fireweedcollective.org/support-groups/

groups@fireweedcollective.org

Fireweed Collective Groups are virtual spaces where folks can connect and offer mutual aid with others who share similar life experiences and struggles. Groups are aimed for BIPOC and disabled queer and trans

people. Groups run for a month. They meet once a week online for 60 to 90 minutes. All support groups are sliding scale and are facilitated by members of Fireweed Collective.

Gender Spectrum Services

genderspectrum.org

Gender Spectrum is a nationwide organization that is partnered with PFLAG to provide care for gender-diverse youth, adults, and elders. They host virtual support groups to create a sense of community for people in this category, as well as providing lots of downloadable resources.

Peer-Led Autism Group

eventbrite.com/e/peer-led-autism-group-tickets-119441160727

Meets Virtually every 1st + 3rd Thursday of every month from 6:30 - 8:00 PM EST.

Queer Asterisk - Queer & Chronically Ill Group

queerasterisk.com/groups

rp@queerasterisk.com

Boulder

Mondays 6-8 PM. Register with the email above.

Queer, Trans & Disability Support Group

transponder.community/events/event/queer-trans-disability-group/

Free group that meets Thursdays 7 pm. Ages 13+. Online on Google Meet. Email info@transponder.community for the link.

Virtual Communities and Support Groups

queerdock.com/virtual-communities-and-support-groups/

A list of a number of different support groups, most virtual and national.

Substance Use Help

Behavioral Health Treatment Services Locator - FindTreatment.gov

findtreatment.gov

Confidential and anonymous sources of information for people looking for treatment locations in the US for substance abuse, addiction, and mental health issues. Offered by the Substance Abuse and Mental Health Services Administration.

Hey Denver!

303-962-2880

heydenver.org

HeyDenver@gmail.com

822 E 19TH Ave Denver, CO 80218

Hey Denver is a queer-centered clinic that offers safer substance use tools, such as informational guides, Fentanyl test strips, and Narcan, as well as a list of other local substance use recovery clinics.

How to Get Free Narcan to Keep at Home

goodrx.com/naloxone/narcan-naloxone-at-home-free

Description of Narcan, if it is a good idea to have at your home, and where it is available for free.

Mile High Behavioral Healthcare

milehighbehavioralhealthcare.org

info@MHBHC.org

Executive Offices: (720) 975-0155

Behavioral Health: (303) 825-8113 | 4242 Delaware, Denver

Family Preservation Center: (303) 318-4242 | 10190 Montview Blvd., Aurora

Housing: (303) 341-9160

Mile High Integrated Health: (303) 761-0200 | 3460 S. Federal Blvd., Sheridan

Summit County Integrated Health: (970) 485-6676 | 360 Peak One Dr., #110D, Frisco

Mailing address: P.O. Box 919, Aurora, CO 80040

Mile High Behavioral Healthcare offers housing and recovery support services, behavioral and mental health services, LGBTQ+ focused care, and lots more.

Pride in Recovery

(303)499-5777

rmequality.org/health-wellness

carlisle@rmequality.org

3340 Mitchell Lane Boulder, CO 80301

Pride in Recovery offers LGBTQ+ specific peer-led substance use recovery support services, regardless of where an individual is in their recovery. Services include: Harm reduction and relapse prevention focused groups; Recovery coaching, case management, and service navigation; Recovery focused community activities; Access to harm reduction supplies, including Naloxone and Fentanyl testing strips; Transportation aid, including bus passes.

The Phoenix

thephoenix.org

A sober-living community website, The Phoenix hosts sober events for a wide variety of people across the country, both in person and virtually. These events range from Crossfit workouts and meditation to art classes, and center sobriety.

Food & Eating Disorder Help

Body Reborn - Healing Collaborative

bodyreborn.org/get-help

A free 8-week program for people of color. Get the commitment, confidence and education you need to support your journey with food.

FEDUP Support Groups

fedupcollective.org/supportgroups

hello@fedupcollective.org

Instagram: @fedupcollective

FEDUP support groups are for any trans, nonbinary, and/or intersex person experiencing any stage of an eating disorder, eating disorder recovery process, disordered eating, or struggles with food and body.

Nalgona Positivity Pride

nalgonapositivitypride.com

npppride@gmail.com

Nalgona Positivity Pride (NPP) is an unconventional eating disorder awareness organization that shines a light on the often-overlooked societal factors that perpetuate unrealistic and oppressive beauty and health standards. NPP offers a vital space for BIPOC individuals to celebrate and embrace their bodies and identities. They provide education, consulting services, community services, and eating disorder support groups.

Nalgona Positivity Pride - Sage and Spoon

nalgonapositivitypride.com/sage-and-spoon

npppride@gmail.com

Free online monthly peer support group for BIPOC folks struggling with disordered eating and/or body-image. Every last Wednesday of the month at 5pm PST/8pm EST.

Nalgona Positivity Pride - Eating Disorder Harm Reduction Community Circle

nalgona positivitypride.com/eating-disorder-harm-reduction-community-circle

npppride@gmail.com

Eating disorder harm reduction-based community circle. This is a space for folks who have lived eating disorder experience can find ways to break isolation, increase eating disorder literacy, and reduce harm. Their goal is to provide a supportive environment to embrace versatile and innovative approaches to eating disorder support.

National Eating Disorders Association

866-662-1235

info@nationaleatingdisorders.org

referrals@allianceforeatingdisorders.com

nationaleatingdisorders.org

Resources, support, education, and screening for people experiencing eating disorders, their loved ones, and educators.

Queer Asterisk - Eating Disorder Therapy Group

queerasterisk.com/groups

flora-sae@queerasterisk.com

Virtual bi-weekly Sundays 1-2:30 PM. Register with the email above.

Massage & Physical Therapy

Coast 2 Coast Wellness

coast2coastwellness.com

Mobile and virtual options

Owned and run by an LGBTQ+ physical therapist, Coast 2 Coast offers mobile and virtual physical therapy options throughout the Denver Metro area.

Cup You

(720)588-3739

cupyou.co

1574 York St #201, Denver, CO 80206

Ten (they/them) specializes in pain relief and promoting healing, with chronic aches, lingering injuries, or post-surgery tightness. Cupping therapy may not be suitable for people with certain medical conditions or in conjunction with certain medications. It's important to talk to your healthcare provider before trying cupping therapy.

Elevation Bodywork

(303)859-9799

cstonecash@gmail.com

cassiestonecash.com

255 Canyon Blvd Suite 200 Boulder, CO 80302

Elevation Bodywork offers massage and related therapies for pain management. Cassie Stone Cash is the sole provider.

Geek's Haven Massage

(480) 316-9521

nicolebowerlmt@geeks-haven-massage.com

geeks-haven-massage.com

2224 S Fraser St Unit 4, Aurora, Colorado, 80014

This LGBTQ+ owned massage therapy clinic puts a geeky twist on massage therapy by offering Fighter Class, Magic Class, Cleric Class, and Artificer Class massages that are customized to the specific needs for each type of massage.

Healing Roots Acupuncture

(720) 443-2966

healingrootsacupuncture.com

8585 W 14th Avenue, Suite D, Lakewood, CO 80215

Transgender owned and run acupuncture clinic oriented toward LGBTQ+ people. They offer various types of acupuncture, fire cupping, massage therapy, and active isolated stretching.

Jade Wellness

(720) 487-5462

jadewellnessdenver.com

2201 Kipling Street suite 202 Lakewood Colorado 80215

LGBTQ+ focused chiropractor, fertility services, and doula services.

Mountain Meadow

(347) 687-2095

mountainmeadowllc.me

mountainmedowllc@pm.me

Zoe Hays, MS, GMBPSS offers consulting, workshops, and telehealth mental health services focusing on holistic wellness that integrates mental, physical, and spiritual wellness.

Syzygy Bodywork

(720) 934-8803

syzygybodywork.amtamembers.com

18 Garden Center, Broomfield, CO 80020

LGBTQ+ owned and operated massage therapy with a healing focus.

Name Change & Official Government Documents

A4TE - Colorado Identity Documents

transequality.org/documents/colorado-identity-documents

Basic info and links for identification documents in Colorado. A4TE also has options for other US states.

Colorado Fingerprinting

(720) 292-2722

coloradofingerprinting.com

info@coloradofingerprinting.com

Colorado Fingerprinting is approved by the Colorado Bureau of Investigation (CBI) to do fingerprint processing for FBI background checks. Fingerprints must be taken to obtain a legal name change.

Colorado Name Project

namechangeproject.org

Information and forms on how to update your name and gender marker in the State of Colorado. Our goal is to help you better understand and navigate the process of changing your name and/or your gender marker. We have automated the forms needed for an Adult and Minor Name Changes in Colorado and are working on form packages for your Gender Marker Change.

How do I change the sex identification on my Social Security record?

faq.ssa.gov/en-us/Topic/article/KA-01453

Know Your Rights: Passports

transequality.org/documents/know-your-rights-passports

Information about gender markers on passports.

One Colorado - Guide: Updating Your Identity Documents in Colorado

one-colorado.org/resources/identity-documents-birth-certificate-updates-in-colorado-judes-law
Guide for updating identity documents in Colorado, including social security card, birth certificate, passport, and driver's license.

Rocky Mountain Equality Vital Document Assistance

(303)499-5777

rmequality.org/resources/assistance-programs

assistanceprograms@rmequality.org

3340 Mitchell Lane Boulder, CO 80301

Provide financial support to LGBTQ+ individuals seeking access to vital documents, such as state IDs, driver's licenses, and birth certificates. You must live in the state of Colorado to qualify for this program. The cost of documentation (including filing fees, where applicable). First-come, first-serve basis until funds run out. Please reserve these funds for individuals who have no/minimal access to financial resources.

Pelvic Physical Therapy

Sara Lieven, PT, DPT

720-718-5400

uchealth.org/provider/sara-lieven/

UCHealth Physical Therapy and Rehabilitation Clinic - Longs Peak Medical Center

1760 E. Ken Pratt Blvd., Suite 405, Longmont, CO 80504

Physical therapist at UCHealth specializing in rehabilitation therapy and pelvic health. She also is currently studying to become a board-certified specialist in Women's Health physical therapy (WCS).

Sarah Poiniski-McCoy, Pt, DPT

720-848-2000

uchealth.org/provider/sarah-poiniskimccoy-pt-dpt/

UCHealth Physical Therapy and Rehabilitation Clinic - Central Park

3055 Roslyn Street, Suite 110, Denver, CO 80238

Physical therapist at UCHealth specializing in rehabilitation therapy, pelvic floor, transgender and non-binary care, dance-related injuries, and chronic pain. She is also a licensed massage therapist and sexuality counselor and educator.

Primary Care

Guides

Before You Go: Know Your Rights & What to Expect at the Doctor and in the Hospital

awnnetwork.org/wp-content/uploads/2022/11/Final-Version-Before-You-Go-Know-Your-Rights-Booklet.pdf

Tips and advice (life hacks!) for autistic trans people about finding and going to doctors.

Finding the Right Doctors for a Transgender Care Team

resources.healthgrades.com/right-care/symptoms-and-conditions/finding-the-right-doctors-for-a-transgender-care-team

What to consider when looking for trans-friendly/transgender care doctors.

Guide to Primary Care for Transgender Patients

zocdoc.com/blog/a-guide-to-primary-care-for-transgender-patients/

Explains what a primary care physician (PCP) is for, how to find a trans-affirming PCP, if your assigned sex at birth is relevant to primary care needs, unique primary care needs for transwomen and transmen, how to talk to your PCP about sexual health, and more.

Healthcare Bill of Rights

healthcarebillofrights.org/Assets/Documents/Partners/BOR/hrc.pdf

Condensed guide to know your rights in health care situations and feel safe talking about sexual partners, sex lives, sexual orientation, HIV status, and gender identity.

How to Talk About Your Transgender Status with Your Doctor

zocdoc.com/blog/how-to-talk-about-your-transgender-status-with-your-doctor/

What types of information you might want to talk about with your medical provider if you identify as transgender.

Know Your Healthcare Rights

hrc.org/resources/know-your-healthcare-rights

The Human Rights Campaign's guide to health care rights, including hospital visitation and patient non-discrimination.

Transition-Related Health Care

legacy.lambdalegal.org/sites/default/files/transgender_booklet_-_trans-related_healthcare.pdf

FAQ about gender dysphoria, medical claims to insurance, and more.

What do I need to know about trans and nonbinary health care?

plannedparenthood.org/learn/gender-identity/transgender/what-do-i-need-know-about-trans-health-care

Planned Parenthood's tips for accessing gender-affirming health care.

Providers

Anna Wegleitner, MD

(303) 649-3200

950 East Harvard Ave, Suite 200, Denver, CO 80210

adventhealth.com/find-doctor/doctor/anna-wegleitner-md-1922104520

Anna Wegleitner, MD, is a Board-certified family medicine physician in the Denver, Colorado metro area. She specializes in gender-affirming hormone care for new patients, takes care of health maintenance for the entire family and manages chronic diseases and acute care for existing patients. She performs skin and endometrial biopsies.

Boulder Medical Center - Emma McCarty, MD

(303) 440-3169

bouldermedicalcenter.com/medical-providers/emma-mccarty-md/internal-medicine/

2750 Broadway Street, Boulder, CO 80304

Primary care physician specializing in internal medicine who emphasizes diversity and inclusion and a patient-centered approach.

Boulder Valley Women's Health Center - Michelle Ellis, NP

(303) 440-9320

ourhealthnetwork.com/clinician/1700125663

2855 Valmont Road, Boulder, CO 80301

Michelle Ellis is a Nurse Practitioner based in Boulder, CO. She graduated from Other in 2011 and specializes in providing Nurse Practitioner services. She accepts Medicare, which can help patients pay less out of pocket for their healthcare services. However, she does not offer telehealth services.

Britt Severson, MD MPH – Healthy Futures Primary Care

(303) 991-7700

healthyfutures.org/meet-the-providers

1634 N Downing St, Denver, CO 80218

Dr. Britt Severson is a board-certified Family Medicine physician specializing in women's reproductive health and gender-affirming care. Fluent in Spanish. All major insurances accepted including Medicare and Medicaid.

Circle Medical

circlemedical.com/what-we-treat/hormone-therapy

circlemedical.com/locations/colorado

1st floor in the Intelligent Office Suite, 4610 S Ulster St, Suite 150, Denver, CO 8023

Circle Medical is a primary care provider that offers a variety of services, including gender-affirming hormone therapy, mental health services, and sleep care, among many other things.

CLINICA Family Health & Wellness - Boulder People's Clinic

303-650-4460

clinica.org/locations/peoples/

2525 13th St, Boulder, CO 80304, USA

Clinica exists to be the medical and dental care provider of choice for low-income and other underserved people. Their care is culturally appropriate, and prevention focused. They aim to provide affordable care to all.

Crossroads Medical Center

(303) 444-6400

crossroadsmedicalcenter.com

2760 29th St Ste 2B Boulder, CO 80301

Independent family medicine and primary care. Philosophy of personalized care for patients.

Dani Loeb, MB, MPH

(720) 848-2650

uchealth.org/provider/dani-loeb-md-mph/

UCHealth Diabetes and Endocrinology Clinic - Anschutz Medical Campus, 1635 Aurora Court, 6th Floor, Aurora, CO 80045

Dani Loeb's primary research interest is in the care of complex medical patients in primary care, with a specific focus on the role of mental illness in the primary care setting.

Denver Health

(303)602-5699

LGBTadmin@dhha.org

denverhealth.org/services/lgbtq-services

777 Bannock Street, Denver, CO 80204

No longer serves transgender people under the age of 18.

Denver Health's LGBTQ+ Health Services is committed to a decentralized model of health care for LGBTQ+ people across Colorado – meaning that any LGBTQ+ person should be met with open, excellent, affirming care. Within the decentralized model, LGBTQ+ Health Services provides LGBTQ+ patients with patient navigation services for primary care needs and gender affirming surgery. Our LGBTQ+ Health Services Include: Preventative health screenings, Management of chronic conditions, Sexual health services, Same-day pre-exposure prophylaxis, HIV services, Hormone Replacement Therapy (HRT) on an Informed Consent Model, Voice therapy, and Behavioral Health services.

FOLX Health

folxhealth.com

folxhealth.com/service-map/colorado

Online health care services. FOLX provides compassionate and comprehensive healthcare designed for the unique needs of the LGBTQIA+ community. Their mission is to create a safe, supportive, and inclusive environment where you can receive the highest quality of care without fear of discrimination. Their services include primary care, gender-affirming hormone therapy, mental health care, fertility and family building, and sexual and reproductive health care.

GenderGP

gendergp.com

GenderGP's worldwide transgender services provide advocacy, support and access to a range of complementary services. They enable trans people to live their lives more easily supporting gender-affirming care with data and links to independent services. They make gender-affirming care, advice, and education more accessible to gender-diverse people and those who support them using data and analytics. Their long-term goal is to alleviate the suffering associated with discrimination and prejudice too often faced by the transgender community through advocacy and improving the healthcare support available to transgender people.

Lindsey Pearson, MD, Boulder Community Health, Anchor Point Primary Care

(303) 415-8900

bch.org/anchorpoint

1645 Broadway Boulder, CO 80302

Additional training in gender-affirming care, nutrition and weight loss, and substance use treatment. They are involved with statewide and national primary care advocacy and health equity efforts.

Plume - Colorado

getplume.co

Online health care services. Plume is a trans-led healthcare company around the US focusing on providing gender-affirming care, such as hormone replacement therapy, transition support, mental health care, sexual health care, and more.

QMed/QueerMed

(404) 445-0350

queermed.com

info@queermed.com

Remote health care for trans and non-binary people that offers both primary care and specialized health care services, including gender-affirming hormone therapy, mental health services, and education resources.

Sai Anandi Ramaswami, MD

(303) 436-4949

denverhealth.org/provider-directory/r/ramaswami-sai-anandi

Sloan's Lake Primary Care Center, 4007 West Colfax Avenue, Denver, CO 80204

Primary care and internal medicine physician at Denver Health and Sloan's Lake Primary Care Center.

Vivian Jiang, MD – UC Health

(720) 848-9400

uchealth.org/provider/vivian-jiang-md

7403 Church Ranch Boulevard Suite 107, Westminster, CO 80021

Specializes in HRT, reproductive health, and more.

OutCare

outcarehealth.org

An online resource for finding local LGBTQ+ affirming care that features a directory of vetted LGBTQ+ safe providers, as well as other research and resources.

Sexual Health & Family Planning

Guides

HIV Medications: What You Need to Know

thebody.com/health/hiv-medications

Terminology of HIV medications (antiretroviral therapy, or ART) and facts about how they work and side effects.

How Do I Talk to My Provider About PrEP?

hrc.org/resources/how-do-i-talk-to-my-provider-about-prep

HRC's walkthrough of how to ask about PrEP.

How Often Should I Get Tested For HIV—And Other FAQs About HIV Testing

them.us/story/what-to-expect-before-hiv-testing

If you're considering getting tested, you may be wondering what to expect during the procedure, when you'll receive your results, and how to protect yourself in the future.

HRT & PrEP: Ensuring Safe Sex in a Body You Can Call Home

folxhealth.com/library/hrt-prep

In this article, we're providing transgender health information for those on hormone replacement therapy and PrEP.

Is PEP Right for Me?

hrc.org/resources/is-pep-right-for-me

Explains what PEP is and basic info about it, including if it will interfere with HRT.

Is PrEP Right for Me?

hrc.org/resources/is-pep-right-for-me

Explains what PrEP is and basic info about it, including if it will interfere with HRT.

Making a Plan with a New, Confirmed HIV-Positive Test

folxhealth.com/library/making-a-plan-hiv-positive

Here are a few tips for working through a new, confirmed HIV-positive diagnosis.

Preparing for Pregnancy as a Non-Binary Person

familyequality.org/resources/preparing-for-pregnancy-as-a-non-binary-person/

Preparing for pregnancy as a non-binary person will involve a few extra steps to ensure your mental and physical health is supported throughout the process.

Safer Sex for Trans Bodies

hrc-prod-requests.s3-us-west-2.amazonaws.com/files/assets/resources/Trans_Safer_Sex_Guide_FINAL.pdf

HRC's guide to sexual safety for trans people, this guide outlines risks associated with types of sex and offers practical suggestions on how to protect yourself and partner(s) from STI spread.

Safer Sex Guide

hrc-prod-requests.s3-us-west-2.amazonaws.com/files/documents/SaferSexGuide.pdf

Made by HRC and Whitman-Walker Health, this guide outlines risks associated with types of sex and offers practical suggestions on how to protect yourself and partner(s) from STI spread.

Sexual Pleasure & Health Resource Guide for Transmen who have Sex with Men

callen-lorde.org/graphics/2021/02/PUMP-TMSM-Health-Guide_Final_V3.2.pdf

This booklet was produced with input from TMSM communities and experts in trans care who came together to provide this information with you in mind - from trans providers to our trans patients - for us, by us. Our goal is to discuss sexual health for TMSM, which is inclusive of all who fall under this umbrella, regardless of surgery or hormone status. The booklet will cover all aspects of sexual and reproductive health including fertility, pregnancy and contraception, safety in navigating men's sexual spaces, sex work, disclosure, and sexually transmitted infection (STI) testing, treatment and prevention. We will also discuss gender affirming surgeries that could affect our sexual health, and general preventive care

including cancer screenings and vaccinations.

What Do I Do?: A Handbook to Understanding Health and HIV
assets2.hrc.org/files/assets/resources/What-Do-I-Do-2015.pdf

HRC's guide to HIV, including: basic info, how to find out your HIV status, how to disclose HIV status, prevention strategies, and more!

What to Do If Your Provider Says "No" to PrEP

hrc.org/resources/what-to-do-if-your-provider-says-no-to-prep

Responses to the variety of reasons your provider could have said no.

Providers

Denver Health

(303) 602-5699

LGBTadmin@dhha.org

denverhealth.org/services/lgbtq-services

777 Bannock Street, Denver, CO 80204

No longer serves transgender people under the age of 18.

Denver Health's LGBTQ+ Health Services is committed to a decentralized model of health care for LGBTQ+ people across Colorado – meaning that any LGBTQ+ person should be met with open, excellent, affirming care. Within the decentralized model, LGBTQ+ Health Services provides LGBTQ+ patients with patient navigation services for primary care needs and gender affirming surgery. Our LGBTQ+ Health Services Include: Preventative health screenings, Management of chronic conditions, Sexual health services, Same-day pre-exposure prophylaxis, HIV services, Hormone Replacement Therapy (HRT) on an Informed Consent Model, Voice therapy, and Behavioral Health services.

Mile High Behavioral Healthcare - The Denver ELEMENT

(720) 382-5900

Executive offices: (720) 975-0155

denverelement.org

info@TheDenverElement.org

4242 Delaware Street, Denver, CO 80216

Mailing address: P.O. Box 919, Aurora, CO 80040

Offers PrEP, counseling, social programs, behavioral and mental health care, sexual health care, and more.

Planned Parenthood of the Rocky Mountains

(303) 447-1040

Text PPRM to 57890

plannedparenthood.org/health-center/colorado/boulder/80302/boulder-health-center-2488-90210/gender-affirming-care

2525 Arapahoe Ave Suite C-200 Boulder, CO 80302

Planned Parenthood offers high-quality, affordable health care, and the nation's largest provider of sex education. They provide health care regardless of insurance. They offer services in both English and Spanish, and interpretation by telephone is available for other languages. Their gender-affirming care includes estrogen and anti-androgen hormone therapy, testosterone hormone therapy, puberty blockers, surgery referrals, legal and social transition support, and more. (Not every Planned Parenthood health center provides all services. Check with your local Planned Parenthood health center about the services they offer.)

Gynecologists

All About Women's Care

(720) 379-1478

allaboutwomenscare.com

799 E. Hampden Ave., Suite 430, Englewood, CO 80113

Center for AFAB health, offers a full range of obstetrical and gynecological (OB-GYN) services, including surgeries like hysterectomies and procedures to treat excess menstrual bleeding.

B. Alison Schultz, DO, MBA, FACOG

(303) 665-1045

bouldermedicalcenter.com/medical-providers/b-alison-schultz-do/obstetrics-and-gynecology/

80 Health Park Dr., Suite 100, Louisville, CO 80027

OB-GYN physician specializing in minimally invasive gynecology surgery specialist.

Heather Bright Hoffmeyer, MD

(303) 938-4710

bouldermedicalcenter.com/medical-providers/heather-bright-hoffmeyer-md/obstetrics-and-gynecology/

4745 Arapahoe Ave, Suite 200, Boulder, CO 80303

OB-GYN specifically trained in treatment of routine and high-risk pregnancies including pregnancies affected by diabetes, hypertensive disease or medical diseases in conjunction with recommendations from a perinatologist.

Karin Spears, MD

(303) 439-8910

adventhealth.com/find-doctor/doctor/karin-spears-md-1689621815

Advent Health Medical Group & Avista Women's Care

90 Health Park Dr, Suite 290, Louisville, CO 80027

OB-GYN and midwife working to make patients feel safe and empowered.

Mandi Beman, MD

(303) 316-6677

adventhealth.com/find-doctor/doctor/mandi-beman-md-1154467793

2555 S Downing St, 1st Floor, Denver, CO 80210

OB-GYN specializing in minimally invasive gynecologic surgery including robotics and transgender care.

Ruth K. Weinberg, MD

(303) 415-7000

bch.org/locations/foothills-hospital/

4747 Arapahoe Avenue, Boulder, CO 80303

Dr. Ruth K. Weinberg is an obstetrician-gynecologist (OB-GYN) affiliated with multiple hospitals in Boulder, including Avista Adventist Hospital and Boulder Community Health - Foothills Hospital.

STI Testing Centers

Boulder County AIDS Project (BCAP)

Phone: (303) 444-6121

Fax: (303) 444-0260

bcap.org

info@bcap.org

Boulder location: 2118 14th St., Boulder, CO 80302

Longmont location: 515 Kimbark St., Ste 100, Longmont CO 80501

Until there is a cure, BCAP works to improve the lives of people living with HIV, minimize HIV transmission, and bring an end to HIV-related stigma in our community. Their services include medical and bilingual case management, insurance aid, financial support, pro bono professional services such as legal aid, and nutritional

support through an on-site food pantry. They also offer innovative prevention and outreach programs to our region's most at-risk populations, to reduce the spread of HIV.

Hey Denver!

303-962-2880

heydenver.org

HeyDenver@gmail.com

822 E 19TH Ave Denver, CO 80218

Hey Denver is a queer-centered STI and HIV testing clinic. They also offer safer substance use tools, information about supplemental community services, PrEP navigation services, and more.

It Takes A Village

303-367-4747

ittakesavillagecolorado.org

imani.latif@ittakesavillageco.org

1475 Lima Street, Aurora, CO 80010

It Takes A Village provides HIV and STI testing, PrEP, and community-focused support groups.

True U Clinic

888-292-0799

trueuclinic.com/colorado/

True U is an online hormone therapy clinic that provides safe and medically supervised hormone therapy to the trans and non-binary community. They use modern day technology and the most up-to-date clinical practices. Their goal is to provide this service at an accessible price, all while treating our clients with compassion and respect. They also provide STI testing and PrEP.

PrEP

Hey Denver!

303-962-2880

heydenver.org

HeyDenver@gmail.com

822 E 19TH Ave Denver, CO 80218

Hey Denver is a queer-centered STI and HIV testing clinic. They also offer safer substance use tools, information about supplemental community services, PrEP navigation services, and more.

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Executive offices: (720) 975-0155

denverelement.org

info@TheDenverElement.org

4242 Delaware Street, Denver, CO 80216

Mailing address: P.O. Box 919, Aurora, CO 80040

Offers PrEP, counseling, social programs, behavioral and mental health care, sexual health care, and more.

True U Clinic

888-292-0799

trueuclinic.com/colorado/

True U is an online hormone therapy clinic that provides safe and medically supervised hormone therapy to the trans and non-binary community. They use modern day technology and the most up-to-date clinical practices. Their goal is to provide this service at an accessible price, all while treating our clients with compassion and respect. They also provide STI testing and PrEP.

Transgender Center of the Rockies - PrEP Navigation

(303) 761-0200 x320

transgendercenteroftherockies.org/services-tcr

TCR offers a one-on-one discussion on PrEP through Denver Element to help individuals decide whether it is a strategy that suits their sexual health life, as well as providing logistical aid, connecting to care, and funding the cost of medication.

Sexual Health Products

Awakening

303-981-5194

awakeningboutique.com

Denver location: 38 N Broadway, Denver, CO 80203

Fort Collins location: 112 E. Olive St. Fort Collins, CO 80524

Awakening is an independent sex and wellness boutique founded to make a safe, fun, inclusive, and community-driven space for people to explore their sexuality. As well as stocking a wide variety of sex toys and accessories, Awakening also sells a variety of gender affirming and sexual health products.

May-Bee's by Fascinations

(303) 442-7309

Chain website: fascinations.net

3135 28th St, Boulder, CO 80301

Chain LGBTQ+ friendly sex shop in Colorado and Arizona that offers healthy lifestyle and intimacy-enhancing products including lingerie, apparel, activewear, romantic gifts, supplements, toys, bath & body products, costumes, bachelorette party supplies and more.

Sexploratorium Denver

(720)382-5900

transgendercenteroftherockies.org/services-tcr

Queer and trans inclusive sex education classes, queer meeting groups and drag groups, sex museum, and more. They are queer-owned and geared at adults.

Sexual Health Kit - American Trans Resources Hub

atrh.org/sexual-health-kit

Need free dental dams, finger sheaths, or condoms? Need a pregnancy test? Order a FREE sexual health kit.

Sperm Banking

Conceptions Reproductive Associates

(303) 720-7887

conceptionsrepro.com

4500 E. 9th Ave #630, Denver, CO 80220

Fertility care clinic and consultations, including IVF (in vitro fertilization), egg freezing, cryopreservation, and storage. They also have a list of approved sperm donors. Locations in Denver, Littleton, Lone Tree, and Lafayette.

Denver Sperm Bank

(303) 970-5897

denverspermbank.com

donor@denverspermbank.com

1601 East 19th Ave, Suite 4500, Denver, CO 80218

Sperm bank for donating, receiving, and preservation storage. Donors need to be 21-39 years old, healthy, a current student or young professional, legally able to work in the US, and able to commit 1-5 hours per month.

Surgery

Guides

6 Tips to Help You Heal After Facial Feminization Surgery

them.us/story/facial-feminization-surgery-recovery-tips

Tips to help you recover smoothly.

The Complete Guide to Surgery Scar Care

transguys.com/features/scar-care

Pre- and post-op tips for FTM scar care, including top surgery, hysterectomy, and bottom surgery.

FTM Top Surgery Guide

topsurgery.net

Sources for FTM top surgery

Gender Confirming/GRS Surgeon List and Resources for Preparing for Surgery

callen-lorde.org/graphics/2021/02/TGNB_Surgeons_List2.21.pdf

Compilation of gender-affirming surgical procedure descriptions, community resources, questions to ask during consultations, and New York and nationally based surgeons.

A Patient's Guide to Pre-Operative Hair Removal for Vaginoplasty

mtfsurgery.net/vaginoplasty-hair-removal-guide.htm

This patient guide addresses the critical aspects of hair removal as it relates to Vaginoplasty and offers tips to help you get the most out of your treatment.

QueerDoc

queerdoc.com/blog-index/#surgery

Compilation of guides for many gender-affirming surgeries.

Use It or Lose It: The Importance of Dilation Following Vaginoplasty

mtfsurgery.net/dilation.htm

Dilation explanation and tips.

What to Expect from Gender Confirmation Surgery

healthline.com/health/transgender/gender-confirmation-surgery

Descriptions of different gender-affirming surgeries, things to consider when thinking about getting surgery, medical costs, and how to find a provider.

Surgeons

All About Women's Care

(720) 379-1478

allaboutwomenscare.com

799 E. Hampden Ave., Suite 430, Englewood, CO 80113

Center for AFAB health, offers full range of obstetrical and gynecological (OB-GYN) services, including surgeries like hysterectomies and procedures to treat excess menstrual bleeding.

B. Alison Schultz, DO, MBA, FACOG

(303) 665-1045

bouldermedicalcenter.com/medical-providers/b-alison-schultz-do/obstetrics-and-gynecology/

80 Health Park Dr., Suite 100, Louisville, CO 80027

OB-GYN physician specializing in minimally invasive gynecology surgery specialist.

Crane Center for Transgender Surgery - Boulder Office

(303) 381-2909

cranects.com/boulder-office/

NewPatient@CraneCTS.com

5495 Arapahoe Ave, Boulder, CO 80303

The Crane Center offers various gender-affirming surgeries from qualified plastic surgeons and reconstructive urologists. Some of their services include metoidioplasty, vaginoplasty, phalloplasty with glansplasty, breast augmentation, facial feminization, and more.

Folk Plastic Surgery - Stacey Folk, MD

(720) 585-2194

folkplasticsurgery.com/breast-procedures/

4700 Hale Parkway, Suite 520, Denver, CO 80220

Plastic surgeon that offers both MTF and FTM top surgeries.

GALAP - Gender Affirming Letter Access Project

thegalap.org

thegalap@gmail.com

The GALAP is a group of independent clinicians that provides reference letters from mental health providers that may be needed for gender-affirming care. They also advocate for more inclusive mental health.

Heather Bright Hoffmeyer, MD

(303) 938-4710

bouldermedicalcenter.com/medical-providers/heather-bright-hoffmeyer-md/obstetrics-and-gynecology/

4745 Arapahoe Ave, Suite 200, Boulder, CO 80303

OB-GYN specifically trained in treatment of routine and high-risk pregnancies including pregnancies affected by diabetes, hypertensive disease or medical diseases in conjunction with recommendations from a perinatologist.

Mandi Beman, MD

(303) 316-6677

adventhealth.com/find-doctor/doctor/mandi-beman-md-1154467793

2555 S Downing St, 1st Floor, Denver, CO 80210

OB-GYN specializing in minimally invasive gynecologic surgery including robotics and transgender care.

Murphy Plastic Surgery & Gender Center

(303) 788-8400

murphygendercenter.com

799 E Hampden Ave, Suite 540, Denver, CO 80113

Murphy Gender Center specializes in minimally invasive Female-to-Male Top Surgery, Male-To-Female cosmetic and body shaping procedures, and Facial Feminization Surgery (FFS).

Paul Maroni, MD

(720) 848-0170

uchealth.org/provider/paul-maroni-md/

UC Health Tony Grampsas Urologic Cancer Care Clinic - Anschutz Medical Clinic

1665 Aurora Court 1st Floor Aurora, CO 80045

Urologist specializing in transgender care and surgery for prostate cancer.

Paul Steinwald, MD

(303) 951-2100

thecenterforcosmeticsurgery.net/breast/ftm-chest-masculinization/

The Center for Cosmetic Surgery

501 South Cherry Street #900, Denver, CO 80246

Board certified plastic surgeon that offers FTM top surgery (calls it “FTM chest masculinization”) and breast augmentation/implants.

Trans Health Care - Finding Gender-Affirming Surgeons

transhealthcare.org

Worldwide database of surgeons that perform gender-affirming surgeries. Includes sections for top surgery, vaginoplasty, and phalloplasty.

UC Health Integrated Transgender Program

Anschutz: (720) 848-0040

Cherry Creek: (720) 516-9400

uchealth.org/services/diabetes-endocrinology-care/uchealth-integrated-transgender-program/

UCHITP@uchealth.org

Anschutz: Anschutz Outpatient Pavilion, 1635 Aurora Court, 6th Floor, Aurora, CO 80045

Cherry Creek: UCHealth Plastic and Reconstructive Surgery Clinic - Cherry Creek, 100 Cook St Ste 306, Denver CO 80206

Currently (as of March 2026) there is a provider shortage. No new appointments, outside of emergency medical needs, can be made.

The UCHealth Integrated Transgender Program offers gender-affirming hormone therapy, mental health care, sexual health and STI screening, surgical and dermatologic care, and more. The Plastic and Reconstructive Clinic at the University of Colorado Hospital offers cosmetic and reconstructive surgery for gender affirmation. Their surgeons work closely with a multidisciplinary team of professionals, including urologists, psychiatrists, and endocrinologists to provide safe procedures for transgender and gender diverse individuals. They strive to achieve an appearance and anatomy that aligns with the patient’s gender identity.

Tattoo Artists

Addison Farrier

Instagram: [@call.me_d.addie](https://www.instagram.com/call.me_d.addie)

Nest Art Collective, 7460 W 38th Ave, Wheat Ridge, Colorado 80033

Trauma-informed inclusive tattooing by appointment only.

Alicia Hatfield

aliciahatfield.com

Instagram: [@aliciahatfieldink](https://www.instagram.com/aliciahatfieldink)

alicianhatfield@gmail.com

Alicia Hatfield (she/they) is a queer tattoo artist, illustrator, and painter.

All Sacred Tattoo Studio

(303) 862-9172

allsacred.com

7700 W 44th Ave, Wheat Ridge, CO 80033
LGBTQ+ and BIPOC friendly tattoo studio dedicated to community care.

Art by Ocha

artbyocha.com

Instagram: @artby.ocha

artbyocha@gmail.com

Love You Tattoo, 3380 Arapahoe Ave, Boulder, Colorado 80303

Ocha (they/she) is a queer tattoo artist at Love You Tattoo in Boulder, Colorado. They also specialize in digital illustration and design. They fully believe that tattooing is for everyone. Their tattooing is vegan, and Love You is a safe space and inclusive for all bodies and skin types & colors. They are inspired by all things tattoo, vintage, tarot, and feminine. They find joy in creating art that is aesthetic, inclusive, and empowering art with an unapologetic attitude.

Blackbird Ink

720-633-8783

Instagram: @blackbirdinktattoo

blackbirdinktattoo.com

blackbirdinktattoo@gmail.com

437 Main Street, Longmont, CO 80501

A unique completely female owned and operated tattoo shop, which strives to create a welcoming space for both client and artist.

Bella K Johnson

bellakjohnson.com/tattoo

Currently works out of Denver

Book an appointment online, with a \$75 deposit that goes to the tattoo's final cost. At this time flash minimums will be \$100 and custom minimums will be \$150. Small Tattoos (think smaller than the size of an Oreo) will range from \$100-\$300. Medium Tattoos (circumference of a coffee mug) will range from \$200-\$400. Big Boy Tattoos (larger than Oreo or mug circumference) will range from \$400+.

Beloved Tattoo Denver

Instagram: @belovedtattoodenver

5451 W 32nd Ave, Wheat Ridge, CO 80212

Queer owned and operated tattoo studio.

Ben Wayne

(720) 805-8507

www.zenithtattooshop.com

Instagram: @benwaynetattoos

Benwaynetattoo@gmail.com

Zenith Tattoo Shop, 5648 Olde Wadsworth Blvd, Arvada, Colorado

Queer tattoo artist and illustrator at Zenith Tattoo Shop.

Bleed & Bloom Tattoo

Instagram: @gitta_mikk_tattoo

bleedandbloomstudio.com

1163 Birdie Road, Broomfield CO

Bisexual, neurodivergent woman owned and run. Trans friendly. Custom tattoos: \$120 drawing fee, \$200/hour. Flash tattoos: \$200-300. Pre-drawn tattoos: \$200/hour, usually 3-8 hours.

Bobbie Stark Tattooing & Fine Art

Instagram: @ladystarkart

bobbistark.com

badritualsart@gmail.com

Keepsake Studio, 7403 Grandview Avenue, Arvada, CO 80002

Bobbie Stark is the owner of the Keepsake Studio, with the goal of creating a positive, down to Earth, creative environment for clients and artists.

Casey Kon Tattoos

Instagram: @caseykontattoos

Konartist1992@gmail.com

LGBTQ+ friendly tattoo artist at The Rune Tattoo Studio.

Cat Daggers Art

Instagram: @catdaggers.art and @catdaggers

catdaggers.com

catdaggers@gmail.com

Denver based tattoo artist. They also do custom oil paintings.

Dead Letter Tattoo

(720) 900-4291

Instagram: @deadlettertattoo

2525 Geneva St. #5, Aurora, CO 80010

LGBTQ+ friendly tattoo private studio.

Electric Anna Tattoo

glassmoontattoo.com

Instagram: @electric_anna

9166 W. 44th Ave., Wheat Ridge, CO 80033

Tattoo artist at Glass Moon Tattoo.

Fae Folk Ink & Fae Cafe Art

(720) 295-9335

Instagram: @faefolkink

linktr.ee/C.hell.tattoos

sadcircusstudio.com

Sad Circus Studio, 7841 Wadsworth Blvd, Suite #111, Arvada, CO 80003

Non-binary tattoo artist at LGBTQ+ owned and operated Sad Circus Studio.

Glass Moon Tattoo

glassmoontattoo.com

9166 W. 44th Ave., Wheat Ridge, CO 80033

LGBTQ+ friendly, woman-owned, appointment only, private tattoo studio located in Wheat Ridge, CO. They pride themselves on being an inclusive, safe space for both artist and client.

Harley

Instagram: @ghoulish.co

Harley (they/them) is a tattoo artist at a private studio in Denver, CO. They do customs and flash tattoos. DM to book.

Nest Art Collective

Instagram: @nest.art.co

7460 W 38th Ave, Wheat Ridge, CO 80033

Trauma-informed, inclusive tattoo studio.

Peachy Pokes - Denver Classic Tattoo Shop

Instagram: @peachypokesofficial

peachypokes.glossgenius.com

3948 Federal Blvd, Denver, CO 80221

Trans and queer tattoo artist who specializes in Japanese, American Traditional, Neotraditional, Black and Grey Illustrative, and anything nerdy. Freehanded: \$50.00 deposit, 3-5 inches, \$250, 120 min. Large scale: \$100.00 deposit, \$150 hourly, price varies, 300 min sessions. Large: \$100.00 deposit, 7 inches or larger, \$150 hourly, price varies, 210 min. Medium: \$75.00 deposit, hand size (around 5-6 inches), flash or custom, B&G \$200, color \$300, price varies, 120 min. Small: palm sized (around 3-4 inches), flash or custom, B&G \$150, color \$200, price varies, 60 min. Touch up: first one is always free, \$40 hourly after the first one, price varies, 30 min.

Sad Circus Studio

(720) 295-9335

sadcircusstudio.com

Phenix Salon Suites, 7841 Wadsworth Blvd., Suites 111, 113, and 115, Arvada, Colorado 80003

LGBTQ+ owned and operated tattoo studio. Sad Circus Studio was established with the main goal of creating a safe comfortable place to get some extraordinary tattoos. They have intentionally created a safe space, consisting of three private tattoo rooms, ensuring you can get your tattoo without anyone oddly looming over your shoulder. Their team of artists are unique in their styles and strive for the utmost professional and collaborative effort in providing you the best experience ever.

Satchel Ink

satchel-ink.com

satchel.ink@gmail.com

7460 W. 38th Ave. Wheat Ridge, CO

Sadie Trigg is an LGBTQ+ tattoo artist at Nest Art Collective in her third year of tattooing. She specializes in illustrative, black and gray tattoos, black linework tattoos, and text/script/handwriting tattoos.

Savron the Great

Instagram: @savronthegreat

savronthegreat.com

linktr.ee/Savronthegreat

2331 E 28th Ave, Denver, Colorado 80205

Tattoo artist at Chokecherry Tattoo Denver, an Indigenous owned and operated tattoo and piercing shop.

SNB Tattoo

(720) 389-8555

snbtattoostudio@gmail.com

snbtattoostudio.com

10815 W. Jewell Ave., Suit F., Lakewood, CO 80232

LGBTQ+ friendly tattoo shop.

Tanner Minock Tattoos

Instagram: @tannerminocktattoos

tannerminocktattoos.com

All Sacred Tattoo, 7700 W 44th Ave, Unit 2, Wheat Ridge, CO 80033

Tanner Minock is a Queer, Xicano, fifth-generation Coloradan, born in Denver and raised in Florence, Colorado. He graduated from the University of Denver in 2014 with a Bachelor of Fine Arts and a double minor in Marketing and Communications. After completing a formal tattoo apprenticeship in 2015, Tanner tattooed at two Denver tattoo shops before opening and co-owning a private studio. Tanner's tattoo work focuses on black and grey geometric/ornamental, botanical, and anatomical subjects.

Tattoos by Payce

Instagram: @p4yce

payce.tattoo@gmail.com

Non-binary tattoo artist based in Denver, CO.

Tattoos by Savannah

Instagram: @tat.savvy

tattoosbysavannah.com

savannahleightattoos@gmail.com

1100 Acoma St, Denver, CO 80204

Tattoo artist at Tattoo Thank You.

The Swamp Tattoo

Instagram: @the.swamp.tattoo

780 West Baseline, A1, Lafayette, CO

Femme, queer, and trans tattoo and piercing shop.

Zenith Tattoo

(720) 805-8507

www.zenithtattooshop.com

zenithtattooshop@gmail.com

5648 Olde Wadsworth Blvd, Arvada, Colorado

Zenith Tattoo is a place of creativity and artistry. Their goal is to give our customers unique and lasting tattoos that capture their personality and style. They have an experienced team of artists that are eager to work with each individual to find their perfect design.

Violence & Assault Support

Guides

Know Your Relationship Rights

loveisrespect.org/wp-content/uploads/2016/01/Relationship-Rights.pdf

You have rights in your relationship. Everyone does, and those rights can help you set boundaries that should be respected by both partners in a healthy relationship.

Know Your Rights: Survivors of Violence

transequality.org/resources/know-your-rights-survivors-violence

This resource outlines the rights transgender people have with domestic abuse shelters and domestic violence law.

Resources for Victims and Survivors of Gun Violence

everytownsupportfund.org/everytown-survivor-network/resources-for-victims-and-survivors-of-gun-violence/

This page offers basic resources and information to help victims and survivors of gun violence.

Safe Dating Tips: A guide for trans, gender non-conforming, and gender non-binary people

forge-forward.org/wp-content/uploads/2020/08/Safe-Dating-Tips-FINAL.pdf

The following tips may help you identify when someone you are meeting has negative intentions.

Trans-Specific Power and Control Tactics

forge-forward.org/wp-content/uploads/2020/08/power-control-tactics-categories_FINAL.pdf

List of potential red flags in relationships specifically for transgender partners.

Domestic Violence Shelters

Safehouse Progressive Alliance for Nonviolence

24/7 Hotline: (303)444-2424

safehousealliance.org

info@safehousealliance.org

Monday-Friday 9 AM to 5 PM. Serves trans+ and LGBTQ+ people. Offsite facilities for pets. Wheelchair accessible. SPAN offers support and services that provide healing, hope and opportunity to adults, youth and children who have been impacted by domestic or dating violence, are seeking resources or information or are questioning unhealthy aspects of their relationship. All services are confidential and FREE of charge. All services are available in English and Spanish. There is a specific group run for LGBTQ+ people.

Safe Shelter of St. Vrain Valley

24/7 Hotline: (303)772-4422

safeshelterofstvrain.org

info@safeshelterofstvrain.org

Serves trans+ and LGBTQ+ people. Offsite facilities for pets. Wheelchair accessible. Comprehensive range of free and confidential services to ensure your immediate and long-term safety.

SafeHouse Denver

24/7 Hotline: (303)318-9989

safehouse-denver.org

info@safehouse-denver.org

Serves trans+ and LGBTQ+ people. Offsite facilities for pets. Wheelchair accessible. Serves Deaf, Disabled, Immigrant, Non-binary and Trans people, as well as other populations. SafeHouse Denver serves survivors of domestic violence and their children through an Emergency Shelter, a non-residential Counseling & Advocacy Center and an Extended Stay Program. All the adults, children and youth who come to SafeHouse Denver have access to a full range of bilingual programming, including individual counseling, group sessions, advocacy and safety planning.

Other Resources

Deaf Overcoming Violence through Empowerment (DOVE)

24/7 Hotline: (212)714-1141

avp.org

office@deafdove.org

DOVE is an advocacy organization for Deaf, DeafBlind, DeafDisabled, and Hard of Hearing people of all ages and backgrounds who have experienced abuse. It has a 24-hour hotline, resiliency program, community education and outreach, and more.

The Initiative

(303)839-5510

theinitiativeco.org

info@theinitiativeco.org

The only organization in Colorado that specializes in providing victim advocacy services to people with disabilities who are experiencing abuse or violence. While we provide services to all survivors who contact us regardless of disability status, we are proud to be able accommodate people with all kinds of disabilities, including physical, behavioral (including substance use disorder), sensory, cognitive, and developmental. We will never turn anyone away for any reason.

Vocal Training

Guides

[Finding a Voice: A Guide to Gender Affirming Voice and Communication Training](#)

speechpathologymastersprograms.com/resources/gender-affirming-voice-training/
Guide on what gender-affirming voice training is, what to expect from voice training visits, and how to access trans voice training. Also includes a glossary and other resources for further reading.

Finding Your Voice: A Short Guide to Vocalization

callen-lorde.org/graphics/2018/09/HOTT-Voice-Brochure_Final.pdf

Abridged guide to voice feminization and masculinization, and other resources for more extensive voice training.

Voice Training Guide by Alyssa

buymeacoffee.com/alyssavt/how-i-start-voice-training-start-here

How to start voice training, both feminizing and masculinizing.

Clinicians

Denver Health

(303)602-5699

LGBTadmin@dhha.org

denverhealth.org/services/lgbtq-services

777 Bannock Street, Denver, CO 80204

No longer serving transgender people under 18.

Denver Health's LGBTQ+ Health Services is committed to a decentralized model of healthcare for LGBTQ+ people across Colorado – meaning that any LGBTQ+ person should be met with open, excellent, affirming care. Within the decentralized model, LGBTQ+ Health Services provides LGBTQ+ patients with patient navigation services for primary care needs and gender affirming surgery. Our LGBTQ+ Health Services Include: Preventative health screenings, Management of chronic conditions, Sexual health services, Same-day pre-exposure prophylaxis, HIV services, Hormone Replacement Therapy (HRT) on an Informed Consent Model, Voice therapy, and Behavioral Health services.

Kathe S. Perez, MA, CCC-SLP

(303) 722-2181

transgendercenteroftherockies.org/voice-therapy-resources

650 S. Cherry St. #1410, Denver

Kathe Perez is a speech-language pathologist providing voice training services for transgender people. Kathe has been an active ally and advocate for people in the LGBTQ community and currently serves on the board of trustees for the Gender Identity Center of Colorado.

Marie Jette, PhD

(720) 848-2820

uchealth.org/provider/marie-jette-phd/

UCHealth Ear, Nose and Throat Clinic - Anschutz Medical Campus (Primary)

1635 Aurora Court, Anschutz Outpatient Pavilion, 6th floor, Aurora, CO 80045

Speech-language pathologist specializing in assessment and treatment of voice and upper airway disorders, and gender-affirming voice and communication training.

Apps & Online

Christella VoiceUp

christellaantoni.co.uk/transgender-voice/voiceupapp/

App for vocal feminization intended for trans women.

The Voice Lab, Inc.

thevoicelabinc.com

info@thevoicelabinc.com

Online voice lessons for gender-affirmation and singing.

Your Lessons Now

yourlessonsnow.com

Develop a speaking or singing voice; feminine, masculine, or androgynous. Free phone consultation.

Other Resources

Athlete Ally

(646) 389-0225

athleteally.org

Education for athletic communities on all levels about what barriers LGBTQ+ athletes face and how to make more inclusive athletic spaces.

Compassion on Cue

compassiononcue.org

Instagram: @compassiononcue

Animal behavior consulting. Training and enrichment for all animals. Cheryl Warner (she/her) is an enthusiastic animal advocate and behavior specialist, and she is committed to a positive reinforcement training approach. She currently serves as a Behavior Consultant at Humane Society of Boulder Valley, directly training shelter dogs in need of skills to help them be adopted.

Denver Death Companion

linktr.ee/Desiree_celeste

Instagram: @_desireeceleste_

Desiree Celeste is a non-binary Death Companion located in Denver, CO. They began their Death Companionship to uplift and protect trans identities, which has brought them to hosting Queer Grief Gatherings and creating an Introduction to Trans Inclusion webinar. They are educated through The School of American Thanatology and apprenticeship with Narinder Bazen.

The Lashing Room

(720) 980-0899

thelashingroom5280.com

thelashingroom@yahoo.com

8795 Ralston Rd Suite 100, Arvada, CO 80002

Lash extensions, facials, waxing.

Petals & Pages

petalsandpagesofdenver.com

Owner: dylah@petalsandpagesofdenver.com

Manager: catherine@petalsandpagesofdenver.com

956 Santa Fe Drive, Denver, CO 80204

Petals & Pages is a queer feminist independent bookstore, flower shop, and community space in Denver, CO. They are proudly queer woman-owned and managed. Visit them Tuesday-Sunday 11am-7pm or shop books & merchandise online 24/7.

Sploot Veterinary Care

(720) 776-8769

splootvets.com

info@splootvets.com

7705 Wadsworth Blvd. Unit J, Arvada, Colorado 80003

Primary and urgent care veterinary clinic. Currently eleven locations in the Denver Metro area.

Trans Continental Pipeline

(720) 295-1741

tcpipeline.org

tcpipeline.org/2-moving (moving form)

info@tcpipeline.org

P.O. Box 18776 Denver, CO 80218

The Trans Continental Pipeline (TCP) is a grassroots mutual aid network turned nonprofit based in Denver. They provide resources to help LGBTQIA+ individuals move from unsafe situations and political climates to Colorado. They have four steps, each with new resources being constantly added.

Transgender Conferences

tcne.org/transgender-conferences/

This is a list of known, still running (or just dormant), Transgender Conferences.

Transgender Media Portal

transgendermediaportal.org

Discover films, videos made by trans, Two Spirit, nonbinary, intersex, and gender-nonconforming artists.

Trans Resistance Network

transresistancenetwork.wordpress.com

Our priorities are emergency relocation, crisis response, and community safety. We continue to emphasize support for gender diverse children and families, and gender diverse people who are Indigenous, Black and Brown. Forms on webpage.

Yeehaw Claws

yeehawclaws.com

Instagram: [@yeehawclaws](https://www.instagram.com/yeehawclaws)

BEE sweet Salon, 711 W. 8th Avenue, Denver, CO 80204

Yeehaw Claws was created with the intention of making quality nails in a space where folks can feel comfortable, safe, and celebrated. Marj (she/her) specializes in natural nails and works exclusively with gel. She does not work with regular polish, dip, or acrylic — this allows for a low-fume environment in the shop. In addition to structured gel overlay, they also offer gel extensions and hard gel.

Ziggy & Friends Pet Care LLC

(720) 689-4815

ziggyandfriendspetcare.com

ziggyandfriendspetcare@gmail.com

Pet sitting, pet daycare, transportation for appointments, pet hygiene. Bonded and insured.