

where to get gender affirming care

THE GENDER CENTER: Provides gender affirming hormone therapy; psychological therapy; evaluation for support letters; assistance with insurance/coverage benefits, & more.

#: (650) 573-2521 \\ 222 W 39th Ave, San Mateo

To be eligible you must be:

- A resident of San Mateo County;
- Referred by your primary care doctor; AND
- Covered by: Medi-Cal, MediCare, HPSM, Healthworx, or ACE

PLANNED PARENTHOOD: Services available at low or no cost, regardless of your insurance or immigration status. Provides: Birth control, condoms & safer sex supplies; Hormones for gender transition; Pap smear; PrEP, PEP - Medications to prevent HIV infection; Reproductive health check-ups; and STI testing & treatment:

San Mateo #: (650) 235-7940

South SF #: (877) 855-7526

Redwood City #: (650) 503-7810

for those under 18

UCSF CHILD & ADOLESCENT GENDER CENTER:

Offers comprehensive medical and psychological care, as well as advocacy and legal support for transgender, gender diverse, and non-binary youth. Treatment may include puberty blockers and/or HRT.

#: (877) 822-4453 \\ 1825 Fourth St., Sixth Floor, SF
www.ucsfbenioffchildrens.org/clinics/child-and-adolescent-gender-center

STANFORD PEDIATRIC & ADOLESCENT GENDER CLINIC:

Provides medical services for youth and their families in one central location. The Gender Clinic team consists pediatric endocrinology, adolescent medicine, urology & social services providers.

#: (650) 721-1811, option 1

1195 West Fremont Ave., Sunnyvale

www.stanfordchildrens.org/en/service/gender

san mateo pride center

We are a program of **StarVista** in collaboration with Outlet of Adolescent Counseling Services and Peninsula Family Service.

Our mission is to create a **safe, inclusive, and affirming community** for individuals of all ages, sexual orientations, and gender identities. **We provide a broad range of accessible and affordable services, including:**

Therapy & Counseling
Case Management
Peer Support Groups
Trainings & Workshops
Social/Community Events & more!

CONNECT WITH US:

#: (650) 591-0133

Email: info@sanmateopride.org

Visit www.sanmateopride.org

Follow us on Facebook & Instagram

([@sanmateopride](https://www.facebook.com/sanmateopride))

CRISIS SUPPORT (24/7)

If you're in distress or just need someone to talk to, you are not alone. Reach out for support:

TRANS LIFELINE: (877) 565-8860

TREVOR PROJECT: (866) 488-7386

STARVISTA CRISIS LINE: (650) 579-0350

INTIMATE PARTNER ABUSE: (800) 300-1080

TEXT "HOME" to 741741

Or visit <https://sanmateocrisis.org>

For Additional Resources: Dial 2-1-1 at any time (available 24/7 and in 150 languages) for connections to local resources of any kind.

health & wellness

This brochure is intended to support and empower transgender, gender-diverse, and non-binary individuals in navigating various resources in San Mateo County and beyond. This resource was created by the community, for the community. We know how challenging it can be to get the support you need, so in sharing these tips and tricks we hope to give you the tools to thrive. If you need further assistance, please reach out. We are here to support you.



This project is supported by Kaiser Permanente Northern California Community Benefit Programs.

insurance & gender affirming care

Gender-Affirming Care is covered by insurance when authorized as medically necessary. This includes Hormone Replacement Therapy (HRT); Surgeries; Hair removal; Voice training; Mental health support; & more. Health insurance policies cannot arbitrarily exclude coverage for gender affirmation services.

NAVIGATING YOUR COVERAGE BENEFITS

MEDI-CAL/HPSM: Call Health Coverage Unit for free help and explore your options.

#: (650) 616-2002 // www.hpsm.org

MEDICARE: Call Health Insurance Counseling and Advocacy Program (HICAP)

#: (650) 627-9350

hicapsanmateocounty.org

PRIVATE INSURANCE: Find out what your specific plan says about transition related care. Read through your member handbook (usually found online) and call your member services center for support.

IF YOU ARE UNINSURED OR NEED

ADDITIONAL SUPPORT: Call the Pride Center at **(650) 591-0133**.

ADDITIONAL GUIDES & RESOURCES:

TRANSITION ROADMAP:

transcare.ucsf.edu/transition-roadmap

HEALTH COVERAGE GUIDE:

transequality.org/health-coverage-guide

CA LGBTQ HEALTH NETWORK:

californialgbtqhealth.org/resources/faqs

INSURANCE DICTIONARY:

queerdoc.com/insurance-dictionary

mental health support

SAN MATEO COUNTY PRIDE CENTER (ALL

AGES): Provides gender affirming therapy (individual, couples, family, & groups). Accepts Medi-Cal and offers sliding scale for private pay.

#: (650) 591-0133 x146

www.sanmateopride.org/mental-health

[If you have Medi-Cal,

call **ACCESS: (800) 686-0101**]

OUTLET OF ADOLESCENT COUNSELING

SERVICES (AGES 25 & UNDER): Supports the emotional, physical, & social development of LGBTQIA+ youth as whole individuals (individual, group counseling).

#: (650) 424-0852 x103

karla@acs-teens.org

www.acs-teens.org/what-we-do/outlet

LGBTQ+ SENIOR PEER COUNSELING (AGES

55+): Peninsula Family Service's trained volunteer counselors provide weekly visits to LGBTQ adults 55+ help manage transitions and life changes such as health concerns, mobility issues, caregiver needs, and grief.

#: (650) 403-4300 x 4322

WHERE ELSE TO FIND GENDER-AFFIRMING THERAPISTS:

- **Gaylesta:** gaylesta.org
- **Therapy Den:** therapyden.com
- **Mind the Gap:**
genderyouthproviders.com/san-francisco

QUESTIONS TO ASK PROVIDERS:

- How do you ensure staff will use my proper name and pronouns?
- What's your experience working with trans/non-binary individuals?
- How connected are you to other LGBTQ+ affirming providers?

Think: What else do you want to know about your care or how you might be treated?

social and community support

PRIDE CENTER'S TRANS* PEER SUPPORT GROUP (AGES 18+)

#: (650) 591-0133

sanmateopride.org/programs/peer-groups

OUTLET'S QTBIPOC GROUP & TRANS GROUP (AGES 14-25)

#: (650) 424-0852 x107

www.acs-teens.org/what-we-do/outlet

SF COMMUNITY HEALTH CENTER'S TRANS: THRIVE

#: (415) 292-3420

sfcommunityhealth.org/program/trans-thrive