

El Camino

Finding LGBTQ+ Friendly Care

Everyone deserves healthcare that is respectful of their gender and sexual identities. A big part of respectful care is having a provider who has experience working with LGBTQ+ young people. Providers who are familiar with LGBTQ+ health can give you more useful resources and advice than those who aren't. It also might feel easier to talk about gender and sexuality with someone who gets it.

Ask questions, look for green flags on a clinic's website or office, and read online reviews to learn more about their experience working with LGBTQ+ young people.

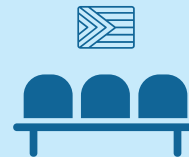
Website

- Information about their experience working with LGBTQ+ young people.
- Inclusion of providers' pronouns
- Information about experience with specific services you need (like Gender-Affirming Hormone Therapy)
- Photos of LGBTQ+ people or pride flags



Office

- Inclusive language on their intake form. For example, having a place to include pronouns, chosen name, and gender
- Pride flags in their waiting room



Finding sexual health services

An important part of a sexual health visit is getting information about safer sex practices and how to take care of your sexual health. If you're looking for a provider with experience working with a specific identity, like intersex, or who can provide specific services, like STI testing, you can customize these questions to fit your needs.

Worried about your privacy?

Talk about confidentiality with your provider before you share anything. Usually what you talk about during your visit stays between you and your provider, unless they feel like you may hurt yourself, someone else, or are being hurt by someone.

Here are some questions you can ask a potential healthcare provider:

What training and experience do you and your staff have in LGBTQ+ sexual health?

Are there any LGBTQ+ providers who work here?

Does your office have gender-neutral bathrooms?

Do you provide [insert services] or referrals to [insert services]?

Have you worked with LGBTQ+ young people before? How is your approach to working with them different from how you work with LGBTQ+ adults?

Finding gender-affirming care

Gender-affirming care helps people feel more comfortable in their bodies by changing the way they look and express themselves. Because there are many forms of affirming care, it's important for a provider to work with you to come up with a plan that's unique to you. These questions can help you learn more about a provider's experience providing gender-affirming care.

What is your approach to providing gender-affirming care? How do you approach working with young people?

How long have you been providing gender-affirming care? Why is it important to you?

What training do you and your staff have in gender-affirming care?

What can gender-affirming care include? What does the process look like? What methods (shots, gel, etc.) do you offer for hormone therapy?

Not everyone is able to access LGBTQ+ friendly providers for different reasons, and it might take some time to find someone you like. If you can't find an LGBTQ+ friendly provider, it is important to stay safe both physically and emotionally. LGBTQ+ community spaces can provide practical advice as well as support, rest, and joy among people with shared experiences.

There are different limitations for who can receive gender-affirming care based on the type of care, age, and state. For state-specific information, refer to the map [here](#).

Resources

- [How to Find Affirming Care: A Guide for LGBTQ+ Youth and Their Parents and Caregivers](#): guidance on finding and choosing an LGBTQ+ affirming health care provider
- [Feminizing hormone therapy](#): information on the effects feminizing hormone therapy and how to prepare for it
- [Masculinizing hormone therapy](#): information on the effects of masculinizing hormone therapy and how to prepare for it
- [Q Chat Space](#): online, chat-based discussion groups for youth facilitated by staff who work at LGBTQ+ centers
- [Trans Lifeline](#): fully confidential and anonymous peer support to connect trans people to community, resources, and support via a hotline number (877-565-8860). They are committed to never calling the police.
- [LGBT National Help Center](#): confidential peer support for LGBTQ+ people via a national hotline number (888-843-4564) and youth hotline (800-246-7743).
- [Finding Your Voice: A Short Guide to Vocalization](#): guide to feminizing and masculinizing voice exercises.
- [Resources for Trans and GNC youth](#): collection of national and state-level organizations that support trans and gender non-conforming people