

Resources for Transgender Patients and Their Families

Transgender youth and their families often have unique experiences that can be challenging to navigate and often experience adverse health and social outcomes. These experiences include discrimination, disrespect, refusal to use preferred name and pronouns, and outright denial of medical care when requested. Here at Philadelphia FIGHT Pediatrics, you should know that you are welcome! We will do all we can to support you and your family. Below are some resources that you might find helpful.

Resources for Transgender Patients and Their Parents

- Healthymindsphilly.org – A useful online tool designed to support and improve the mental health and well-being of all Philadelphians. There is a list of resources for parents of transgender children.
- [GMLA Provider Directory](#) – Online search tool for families searching for LGBT-friendly healthcare providers.
- [WPATH Provider Directory](#) – Provider search tool developed by the World Professional Association for Transgender Health
- [Human Rights Campaign Interactive Map](#) – Google-based map of comprehensive clinical care programs for transgender and gender-expansive youth. Please note the map only includes comprehensive multidisciplinary programs, so there may be small specialized practices that are not included.
- (Video) [Understanding Gender Identity and Development in 2018: Professional, Parental, and Personal Perspectives](#) – an event organized by the Children’s Hospital of Philadelphia, Gender and Sexuality Development clinic.
- [Trans Youth Equality Foundation](#) – A National organization that provides education, advocacy, and support for transgender and GNC children and their families.
- [Gender Spectrum](#) – Education, resources, and support to create a more gender sensitive and inclusive environment for all children and adolescents
- (Book) [The Transgender Child: A Handbook for Families and Professionals](#)

Support Groups

- [William Way Trans Programs](#) – Includes a weekly drop-in social group for trans and GNC people.
- [Mazzoni Center Support Groups](#) – Weekly support groups and workshops for LGBT individuals.
- [Attic Youth Center Support Groups](#) - several support groups offered for LGBT youth

Crisis Hotlines

It is common for transgender people to feel unhappy with life, especially while they are young. Many transgender people feel suicidal, or consider taking their own life, at some point in their lives. If you are feeling this way, you are not alone. Please reach out to a therapist or other healthcare professional if you are having thoughts about ending your life.

If you are in need of immediate assistance, please reach out to one of the following LGBTQ-friendly crisis hotlines:

- **The Trevor Project**
866-488-7386, available 24/7
1-202-304-1200 (Text “Trevor” To Begin, Mon-Fri, 3 p.m. – 10 p.m. EST)
Chat Online at thetrevorproject.org/get-help-now/, 3 p.m. – 10 p.m. EST
- **Trans Lifeline**
USA: 877-565-8860 (available seven days a week, 11 a.m. – 5 a.m. EST)