

# LGBTQ+ RESOURCES



## General Resources

- [The Coming Out Handbook](#)
- [Psychology Today Article: Should You Come Out to](#)

### Your Parents

- [LGBTQ youth resources: Bridging the digital divide](#)
- [The Trevor Project](#)
- [Freed hearts](#)
- [Metamorphosis Center](#)



## Resources for Parents

- [Strong Family Alliance Parent Guide](#)
- [Strong Family Alliance Support and Resources](#)
- [PFLAG](#)
- [PFLAG: A Guide For Grandparents](#)



## Faith Based Organizations

To find a LGBTQ Safe Church/Community of Faith:

- [Disciples Alliance Q](#)
- [Strong Family Alliance: Faith Based Organizations](#)
- [Church Clarity](#)
- [Gay Church](#)



## Suicide Prevention/ Crisis Lines/ Help Lines

- [The Trevor Project](#)
- Trans Lifeline Phone Number: 877-565-8860
- [LGBTQ National Youth Talkline](#)
- Be Well OC
  - OC Warmline – 714-991-6412
  - Veteran Crisis Line – 800-272-8255, Press 1
  - Teen Line – 310-855-4673; 6PM – 10PM  
Text “TEEN” to 839863, 6PM – 9PM
- Didi Hirsch Suicide Prevention Center - 24/7 Crisis Line: 800-273-8255



## Behavioral Health

- [Seize The Awkward](#)
- [LGBTQ+ Center OC](#)
- [OC ACCEPT](#) provides community-based mental health and supportive services to individuals struggling with and/or identifying as LGBTIQ (Lesbian, Gay, Bi-sexual, Transgender, Intersex or Questioning) and the people important in their lives. The program specializes in addressing issues that are common in the LGBTIQ community, such as confusion, isolation, grief and loss, depression, anxiety, suicidal thoughts, self-medicating with drugs and high risk behaviors, self-esteem challenges, victims of bullying, trauma, homelessness, and lack of familial support. OC ACCEPT seeks to provide a safe environment with acceptance and compassion for individuals to express their feelings, build resilience, become empowered and connected with others for support. The program also raises awareness and reduces stigma by providing education about the LGBTIQ population to the community at large.

(714) 645-8000 (Monday-Friday 8-5 PM)



## What the Bible Says

- [What Does the Bible Say About Homosexuality](#) -Clobbering “Biblical” Gay Bashing, by Rev . Mark Sandlin

- [Faith & LGBTQ+](#): Believe Out Loud is for all identities, sexualities, faiths and denominations.” People come to our platforms from all racial, religious, cultural, sexual orientation, and gender expression backgrounds. We honor and showcase the perspectives of the diverse communities we serve. Believe Out Loud is a program of Cathedral of Hope United Church of Christ, a vibrant, inclusive & progressive member congregation, known historically and predominantly as the largest LGBTQ church in the world. Believe Out Loud is committed to engaging in partnerships across faith traditions and denominations. We are an intergenerational, multiracial, multi-faith, and sexual- and gender-identity-diverse team, committed

to expanding the possibility of what a faith community can do in the world.

- [Clobber the Passages: Seven Deadly Verses](#) - by Mel White

- [Clarifying the "Clobber Passages"](#) by Rev. Cari Keith

- 10 Bible Passages that teach a Christian Perspective on Homosexuality- By Layton E. Williams

- Rev. Brandan Robertson - Rev. Brandan Robertson is a writer, activist, and public theologian, working at the intersections of spirituality and social renewal. @revbrandanrobertson on Tik Tok & @brandanrobertson on Instagram



## Health & Medical Care

- [Partner Services](#) - How to notify partners they need to be tested and/or treated for STD or HIV. Free, confidential, private. OC Health Care Agency- Disease Control and epidemiology; 714-834-7748

- 17th Street Testing, Treatment and Care Clinic OC Health Testing and Treatment for STD/HIV Pre-exposure and Post-exposure treatment (PrEP, PEP) 714-834-8787 for appointment HIV Medical Care and Case Management - 714-834-7991 for appointment

- [Radiant Health Centers](#) (LGBTQ+ Health and HIV Care) RHC provides medical and basic needs services to the HIV-positive community and expanded services to help vulnerable members of the broader LGBTQ+ community regardless of HIV status.

Client Eligibility 949-809-5700

Case Management – call 949-809-5700 and ask for Service Coordinator or Case manager of the day and asked to be assigned a case manager. Case management is needed to access additional services: transportation, food pantry, registered dietician, housing, benefits counseling, mental health.

- UCI Health

Two doctors that specialize in LGBTQ+ Healthcare in the UCI system:

Dr. Shane V. Sheahan, MD 949-238-4100 & Dr. Vanessa Wu, MD 949-386-5101

- [AltaMed Health Services Corp](#) - 323-307-0113 AltaMed is on a mission to eliminate disparities in health care access and outcomes by providing superior quality health and human services through an integrated delivery system for Latino, multi-ethnic and often-overlooked communities in Southern California.

- [Friends of Family Health Center](#) - Provides Affordable, Accessible, High Quality Health Care for All Ages – also welcome uninsured, underinsured, and those with no medical home. Also provides HIV medication and testing.- 562-690-0400

- [LGBTQ+ Health Guide](#)

- [LGBTQ+ Elder Health Care Guide](#)

- What Health Care Challenges Do LGBTQ+ Elders Face?

- Discrimination against the LGBTQ+ Community

- Mental Health Resources



## Recovery & Support Service Providers

- APAIT was established in 1987 as a grassroots AIDS service organization (ASO) for Asian and Pacific Islanders (APIs) who were dying alone from AIDS-related stigma and shame.

APAIT's Orange County location is at:

12832 Garden Grove Blvd., Suite E, Garden Grove, CA 92843.

APAIT historically reaches out to the diverse multi-ethnic communities of LA and Orange counties who identify as LGBTQIA-2S, immigrants, and refugees, at-risk for HIV/STIs, housing insecure, and with behavioral health lived experience.

Spark – The conversation for safer sex and drugs for Gay, Bisexual, and Trans men ages 18-24, for more information contact Hector Villa-Nieves, 714-636-1349, Hectorv@Apaitonline.Org

Reclaim – Conversations on trauma and substance use recovery for transgender individuals (18+) and men who have sex with men (30+) for information contact Brandon Leong, 213-434-1139, Brandon@Apaitonline.Org

- [Dayle McIntosh Center](#) – serves people with disabilities in Orange County and offers a broad array of services to the community including: advocacy, aging and disability resource connection, aging with vision loss, assistive technology, community transition services, housing assistance, independent living skills for the deaf, independent living skills training, information and assistance, mobility training, peer counseling, personal assistant services, transition services for youth, community services.

Phone 714-621-3300

Video Phone: 657-233-8140

[Women's Transitional Living Center](#) - Mission is to help individuals and families escape the depth of domestic violence and exploitation.

714-992-1939

24/7 Hotline 877-531-5522

Confidential Email/Text: Love@WTLC.ORG

Boca Recovery Center

To help share more information, we created a comprehensive guide about substance abuse in the LGBTQ+ community, including information like:

- Drug Trends in the LGBTQ+ community
- Gender-affirming treatment guidelines
- How to help an LGBTQ+ person cope with addiction and more.



## Individual Therapy

- [Ryan Borland Therapy](#) - 949-441-2290: LGBTQ+ affirming therapy for couples and individuals

- [Sadie Hernandez Therapy](#)- LGBTQIA+ and BIPOC Culturally Affirming Therapy  
SadieHernandezTherapy@gmail.com, 714-698-9488

- Sobia Saleem - Sobia Saleem  
Trans, Poly, Kink & Chronic Illness Affirming Therapy  
Psychotherapist, M.A. AMFT  
SobiaSaleemTherapy.Com  
SobiaSaleemTherapy@gmail.com  
949-228-9719

- [Kai Lewis Marriage & Family Therapist Associate, MS, AMFT](#)

A queer-identified affirming therapist with client experience across all LGBTQ identities.  
(657) 214-4460

- [Brooklynn Kendall, MA, LMFT](#)

949-287-3942, Brooklynn@BrooklynKendell.com



## Books & Literature

- [Bold Stroke Books](#)- Quality and Diversity in LGBTQ Literature

- *UnClobber* - By Colby Martin

- *God and the Gay Christian* - By Matthew Vines  
As a young Christian man, Matthew Vines harbored the same basic hopes of most young people: to some-day share his life with someone, to build a family of his own, to give and receive love. But when he realized he was gay, those hopes were called into question. The Bible, he'd been taught, condemned gay relationships.

Feeling the tension between his understanding of the Bible and the reality of his same-sex orientation, Vines devoted years of intensive research into what the Bible says about homosexuality. With care and precision, Vines asked questions such as:

- Do biblical teachings on the marriage covenant preclude same-sex marriage or not?
- How should we apply the teachings of Jesus to the gay debate?
- Can celibacy be a calling when it is mandated, not chosen?
- What did Paul have in mind when he warned against same-sex relations?

Unique in its affirmation of both an orthodox faith and sexual diversity, *God and the Gay Christian* has sparked heated debate, sincere soul searching, and widespread cultural change on the issue of what it means to be a faithful gay Christian.

- *Walking the Bridgeless Canyon*

Repairing the Breach between the Church and the LGBT Community - By Kathy Baldock

In *Walking the Bridgeless Canyon: Repairing the Breach between the Church and the LGBTQ Community*, Baldock uncovers the historical, cultural, medical, and political filters of discrimination through which the LGBTQ community is seen. With a foundational context firmly established, she examines the most controversial filter of all: what the Bible says about same-sex behavior.

- *Hospitality to Strangers: Theology and Homosexuality* - By Dr. Thomas Kevin Higgs

Exploring the reality of homosexual people through the lens of each of these authorities: Scripture, Tradition, Reason, and Experience. This book is a defense of the full inclusion of homosexual people at every level of the church. Here are the stories of gay and lesbian people and their struggle in and outside of the church brought into focus through a theology of radical hospitality and prophetic nonviolence in the context of the ministry of an urban congregation

- *Homosexuality and Christian Faith* - By Walter Wink

Issues surrounding homosexuality threaten to divide the Christian churches and the people within them. This unique resource presents short pieces from some of the nation's most prominent church leaders – Protestant and Catholic, mainline and evangelical – who address the fundamental moral imperatives about homosexuality. Together they invite the reader to open his or her heart to the Spirit, to tolerance, and to Gospel values. Through personal testimony, factual clarification, and moral suasion, they provide much-needed clarity on the biblical witness and biblical authority, the nature or character of homosexuality and sexual orientation, and many related topics. Contributors include Elise Boulding, Ignacio Castuera, John B. Cobb Jr., William Sloane Coffin, Peggy Campolo, Bishop Paul Egertson, James A. Forbes Jr., Maria Harris, Barbara Kelsey, Morton Kelsey, Gabriel Moran, David G. Myers, Richard Rohr, O.F.M., Ken Sehested, Carole Shields, Donald W. Shriver Jr., M. Mahan Siler Jr., Lewis B. Smedes, and Walter Wink.

- *Homosexuality and the Bible* By Walter Wink

• *Making Sense of the Bible: Rediscovering the Power of Scripture Today* - By Adam Hamilton  
Denominations from evangelical to mainline continue to experience deep divisions over universal social issues. The underlying debate isn't about a particular social issue, but instead it is about how we understand the nature of scripture and how we should interpret it. The world's bestselling, most-read, and most-loved book is also one of the most confusing. In *Making Sense of the Bible*, Adam Hamilton, one of the country's leading pastors and Christian authors, addresses the hot-button issues that plague the church and cultural debate, and answers many of the questions frequently asked by Christians and non-Christians alike

- *The ABC's of LGBT+*: (Gender Identity Book for Teens, Teen & Young Adult LGBT Issues) By Ashley Mardell  
The ABCs of LGBT+ is a #1 Bestselling LGBT book and is essential reading for questioning teens, teachers or parents looking for advice, or anyone who wants to learn how to talk about gender identity.

• *Radical Love: Introduction to Queer Theology* - By Patrick S. Cheng. Queer theology is more than LGBT people talking about God, according to Cheng, professor at Episcopal Divinity School and ordained minister in the Metropolitan Community Church. The real enterprise for queer theology is challenging binary distinctions and erasing boundaries. This erasure is made possible (indeed demanded) by the radical love espoused by Christianity. Through this love, all boundaries (gay/straight, male/female, life/death, divine/human) are dissolved. The first third of the book gallops through the history and method of queer theology. The barrage of snippets from theologians feels somewhat disjointed and overwhelming, but does provide a taste of the breadth

of queer theology. Cheng then uses the framework of the Nicene and Apostles' Creeds to show how radical love can dissolve distinctions. Even liberal Christians might be alarmed at some of the explicit images Cheng connects with God and spiritual matters. Such shocks, however, play into the argument that queer theology should trouble assumptions. Cheng's work provides an accessible if somewhat rushed glimpse into how queer theology works; its main benefit is the extensive bibliography for those wanting more.

- [Colors of Hope: A Devotional Journal from LGBTQ+ Christians](#) - By Melissa Guthrie
- [Staying Awake: The Gospel for Changemakers](#) - By Tyler Sit
- [Fear Not: Living Grace and Truth in a Frightened World](#) - By Eric H.F. Law
- [True Inclusion: Creating Communities of Radical Embrace](#) - By Brandan Robertson
- [Defrocked: How a Father's Act of Love Shook the United Methodist Church](#) - By Franklyn Schaefer, Sherri Wood Emmons
- [Out of the Shadows, into the Light: Christianity and Homosexuality](#)- By Miguel A. De La Torre
- [Liberating Love Daily Devotional: 365 Love Notes from God](#)- By Sandhya Rani Jha
- [In Defense of Kindness: Why It Matters, How It Changes Our Lives, and How It Can Save the World](#) - By Bruce Reyes-Chow
- [You are Changing the World: Whether You Like it or Not](#) - By David LaMotte