# Why LGBTQ+ counseling?

LGBTQ+ counseling is essential for unhoused and formerly incarcerated individuals, addressing unique challenges like discrimination, trauma, and mental health issues tied to their identities. This specialized support provides a safe and affirming space for exploring your experiences and feelings. Individual counseling helps you process personal struggles and develop coping strategies, while group sessions foster connections with others who understand your journey. Together, these services empower you to navigate stigma and reclaim your identity. You deserve support that recognizes and validates your experiences as you work toward a brighter future.

# Who We Are


Center For Health Justice
900 Avila St, Ste 102 & 301,
Los Angeles, CA 90013

**Drop in hours: 9:00am-4:00pm**
**Monday-Friday**

(213) 229-0985
info@chjla.org
www.chjla.org


Center for
HealthJustice

# LGBTQ+ Counseling

# List of LGBTQ+ Counseling Resources

**Bakersfield:** The Center
902 18th St. Bakersfield Ca 93301
Call (661) 404-5209 or email info@thecenterbak.org
Mon-Fri: 9:00am-5:00pm
Mental health services for LGBTQ+ folks

**Koreatown:** Trans Wellness Center
3055 Wilshire Blvd, Los Angeles, CA 90010
Call (323) 993-2900 or email mytranswellness@lalgbtcenter.org
Mon-Fri: 10:00am-7:00pm
Mental health services for LGBTQ+ folks

**Koreatown:** Access to Prevention, Advocacy, Intervention, and Treatment (APAIT)
3055 Wilshire Blvd. Suite 300, Los Angeles, CA 90010
(213) 375-3830 info@apaitonline.org
Contact for day/time
Mind, Body, Spirit Wellness for LGBTQ+ folk living with HIV/AIDS

**Online:** LA LGBTQ Resource Map
https://rise.lalgbtcenter.org/resource-map/
Finds resources for LGBTQ+ housing, legal, health, and more

**Los Angeles/Online:** Open Space Therapy Collective
2904 Sunset Blvd Suite 6, Los Angeles, CA 90026
Book free consult at https://www.openspacetherapycollective.com/book-appointment or call (213) 534-7013
Adult and youth LGBTQ+ counseling/therapy

**Online:** Trans Wellness Center
Nonbinary+ Process Group
Email ablake@lalgbtcenter.org for zoom link or (323) 993-7500 (option 3)
Wednesdays: 5:00pm-6:30pm

**Online:** Trans Wellness Center
Transfeminine Process Group
Tues & Thurs: 4:30pm-6:00pm and 5:30pm-7:00pm
Call (323) 993-7500 (option 3) to sign up or transwellness@lalgbtcenter.org

**Online:** Trans Wellness Center
Transmasculine Process Group
Mondays: 5:00pm-6:30pm
Call (323) 993-7500 (option 3) to sign up or transwellness@lalgbtcenter.org

**Online/Sherman Oaks:** Gender Wellness of Los Angeles
3497 Vista Haven Rd. Ste 100. Sherman Oaks, CA 91403
Call (818) 855-1105 or go to https://genwell.org/contact/
Tuesdays: 6:00pm-7:30pm
Counseling for parents and caretakers of trans/enby children

**Orange County:** Access to Prevention, Advocacy, Intervention, and Treatment (APAIT)
12832 Garden Grove Blvd. Suite E, Garden Grove, CA 92843
Call (714) 636-1349 or email lucyn@apaitonline.org
Contact for day/time
18+ LBGTQ+ group counseling

**Phone:** LGBTQ+ National Hotline
(888) 843-4564
Daily: 24/7
Mental health for LGBTQ+ folks

**Phone:** The Trevor Project -
Call: (866) 488-7386 Text: (202) 304-1200
LGBTQ+ Suicidal Hotline
Daily: 24/7

**Phone:** SAGE LGBT Elder Hotline
(877) 360-5428
Daily: 24/7
Hotline for LBTQ+ elders and caretakers