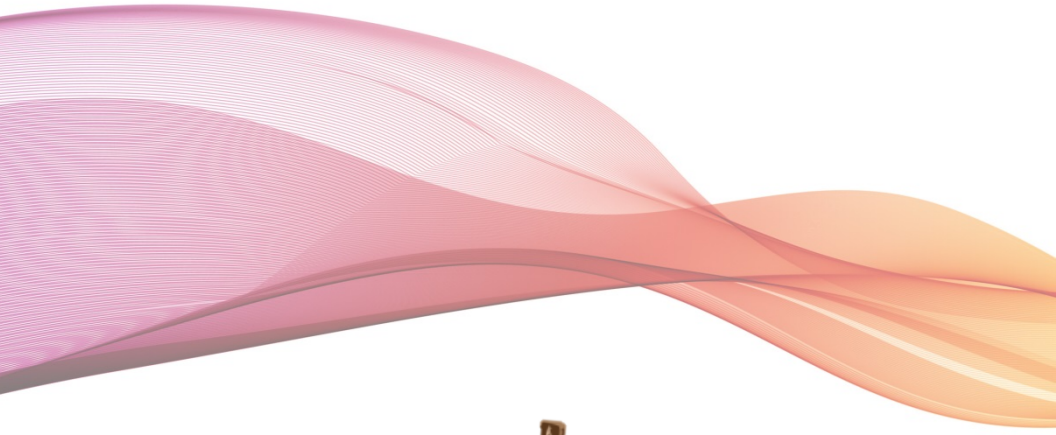
Lesbian, Gay, Bisexual & Transgender (LGBT)

RESOURCE GUIDE

James A. Haley Veterans' Hospital and Clinics

13000 Bruce B. Downs Blvd.
Tampa, FL 33612
(813) 972-2000 or (888) 716-7787
www.tampa.va.gov
www.Facebook.com/VATampa



Approved by Hospital Veteran/Family Health Education Committee 2016 #33

Welcome Statement

This booklet was created by members of the EEO Lesbian, Gay, Bisexual, Transgender, Questioning and Straight Allies (LGBTQSA) Special Emphasis Program (SEP) for James A. Haley Veterans' Hospital Veterans, staff, and visitors.

The LGBTQSA SEP members worked with numerous internal and external organizations throughout Central Florida to bring this important information and list of resources to you. It is a fact, that while LGBT health care rights have greatly expanded over the past few years, public knowledge and understanding of these rights are limited. We hope that you will find this information helpful. We would also like to thank the James A. Haley Veterans' Hospital & Clinics (JAHVH) Director for supporting this very relevant resource.

Sincerely,
The JAHVH LGBTQSA SEP Manager
(813) 972-2000, ext. 7529

The information in this guide is valid as of June 2016. These resources were collected from numerous local and national sources. The contact information may change and require update over time; additionally, this booklet does not include all available sources. James A. Haley Veterans' Hospital does not endorse these resources but has provided them as an example of services that may be useful to our LGBT community.

CRISIS HOTLINES

Veterans Crisis Line

24-Hour Hotline

http://www.veteranscrisisline.net/

1-800-273-TALK OR TEXT TO 838255

The Trevor Project

LGBT Youth Suicide 24-Hour Hotline

http://www.thetrevorproject.org/

1-866-488-7386

Suicide Hotline

Call 911

1-800-SUICIDE (1-800-784-2433)

Text Telephone **1-800-799-4TTY (1-800-799-4889)**

(for hearing-impaired)

En Espanol **1-800-273-TALK (1-800-273-8255)** *(press 2)*

GLBT National Help Center

http://www.glnh.org/

help@GLBThotline.org

1-888-THE-GLNH (1-888-843-4564)

Monday thru Friday:	**Saturday:**
4:00 p.m. to midnight *Eastern*	Noon to 5:00 p.m. *Eastern*
1:00 p.m. to 9:00 p.m. *Pacific*	9:00 a.m. to 2:00 p.m. *Pacific*

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LGBT Holidays and Observances

LGBT Health Awareness Month
March

•

International Transgender Day of Visibility
March 31

•

LGBT Pride Month
June

•

International Drag Day
July 16

•

Bisexual Pride Day
September 23

•

LGBT History Month
October

•

National Coming-Out Day
October 11

•

Intersex Awareness Day
October 26

•

Transgender Day of Remembrance
November 20

•

World AIDS Day
December 1

JAMES A. HALEY VETERANS' HOSPITAL & CLINIC RESOURCES

(813) 972-2000 ● (888) 716-7787

www.tampa.va.gov

Enrollment and Eligibility

www.va.gov/healtheligibility

(813) 972-2000 Ext. 5902, 1710

Equal Employment Opportunity (EEO)

(813) 972-2000 Ext. 6046

"Friends of Dorothy" Support Groups

TAMPA

46th Street Mental Health & Behavioral Sciences Outpatient Clinic, Bldg. E

Dr. Sue Shealy and Dr. Jaime Winn

Meeting times: first Friday of every month

2:00 pm to 3:30 pm

(813) 631-2547 (Dr. Sue Shealy)

LAKELAND

Lakeland Community Based Outpatient Clinic

4237 South Pipkin Rd Building 2, Lakeland, FL 33811

Meeting times: first Friday of every month

2:00 pm to 3:30 pm

(863) 668-4023 (Dr. Melanie Perez)

Human Resources Management Services (HRMS)

(813) 972-2000 Ext. 7584

LGBTQSA Special Emphasis Program Manager
LGBT Veteran Care Coordinator
Cortney Russell-Eaton, Au.D., CCC-A
(813) 972-7529

Patient Advocate Office
(813) 978-5856
(888) 716-7787 Ext. 5856, 5757

Speech Pathology Department
About: *VA Speech-Language Pathologists (SLP) can assist transgender Veterans and Service members to modify aspects of communication in a manner consistent with their identified gender.*
(813) 903-2473

Veterans' Benefits Services
www.benefits.va.gov
(813) 972-2000 Ext. 6589
(800) 827-1000

VA Psychosocial Rehabilitation & Recovery Center (PRRC)
About: *VA PRRC helps Veterans diagnosed with a mental illness return to their community. The program helps veterans increase socialization and improve self-esteem so they feel more confident and independent.*
14517 Bruce B. Downs Blvd, Suite 201 Tampa, FL 33613
Rachel Brink, LCSW, BCD, CPRP
(813) 228-2761 Ext. 2703

Groups and Classes for Veterans
http://www.tampa.va.gov/patients/patiented.asp

Electronic Educational Materials:
http://www.tampa.va.gov/patients/patiented.asp

AHVA Patients' & PERC Library Resources:
http://www.tampa.va.gov/features/Health_Information_Your_VA_Library.asp

My HealtheVet (Research health & refill prescriptions):
www.myhealth.va.gov

VA TRANSGENDER FACILITIES

The VA strives to be a national leader in the provision of healthcare to LGBT Veterans and assure that care is provided in a sensitive, safe environment at VA health facilities nationwide.

Louis Stokes Cleveland VA Medical Center
http://www.cleveland.va.gov/patients/LGBT.asp

Southern Arizona VA Facility
http://www.tucson.va.gov/

Edward Hines, JR. VA Hospital
http://www.hines.va.gov/services/LGBTV.asp

VA Northern California Health Care System
http://www.northerncalifornia.va.gov/services/LGBT.asp

VA North Texas Health Care System
http://www.northtexas.va.gov/features/transgender.asp

OTHER VA FACILITIES THAT OFFER TRANSGENDER CARE
http://www.patientcare.va.gov/Lesbian_Gay_Bisexual_and_Transgender_LGBT_Veteran_Care.asp

LOCAL RESOURCES

6S Boutique *(Trans-Owned)*
Services: *Accessories*
7213 Central Avenue Saint Petersburg, FL 33710
(727) 498-6590
http://www.6sboutique.com
Andrew@6sboutique.com

Bay Area "Alternative Yellow Pages"
LGBT business directory, including events, travel and more
www.ayptampa.com

Counselors
***Tristan Byrnes*, M.A., L.M.H.C.**
Specializes in "assisting the transgender community with all aspects of mental health counseling and assistance with following WPATH standards for physical transition"
447 3rd Ave North, Suite 210 Saint Petersburg, FL
(813) 919-6185
twbyrnes@gmail.com
https://www.facebook.com/pages/New-Transition-Therapy-LLC/196636217035428
https://twitter.com/newtransitiontb

***Saralee Fackelman*, Ph.D., L.M.H.C., C.A.P.**
Certified Gender Therapist, Certified Sex Therapist
(813) 716-4264
sara@atranslifematters.com
http://trans.alifematters.com

Crossdressers: Phi Epsilon Mu (FEM)
Support group for crossdressers, transgender and the gender community in Central Florida; it is a chapter of Tri Ess (Society for the Second Self)
http://crossdressflorida.com/index.htm
carolync@tampabay.rr.com

Equality Florida Action, Inc.
Dedicated to securing full equality for Florida's lesbian, gay, bisexual and transgender community
(813) 870-3735
www.eqfl.org
connie@eqfl.org

The GaYbor District Coalition
Dedicated to "forming a broad-based coalition representative of the various interests of LGBTA owned and friendly businesses, property owners and residents for the purpose of promoting economic growth in the Ybor City National Landmark Historic District and prosperity of its members"
PO BOX 75700 Tampa, FL 33675
www.gaybor.com

Gay, Lesbian & Straight Education Network (GLSEN): Tampa Bay
Works to ensure that LGBT students are able to learn and grow in a school environment free from bullying and harassment
www.glsen.org/tampa

Metro Wellness and Community Centers

Provides premier HIV services, social networking and other health and wellness programs that enhance the quality of life for the local community

1315 East 7th Avenue, Suite 201 Tampa, FL 33605
http://www.metrotampabay.org/
info@metrotampabay.org

Metro Center – New Port Richey

4747 US Highway 19 New Port Richey, FL 34652
(727) 494-7625

Metro Center – St. Petersburg

3251 3rd Ave N, Suite 125 St. Petersburg, FL 33713
(727) 321-3854

Metro Center - Tampa

1315 East 7th Avenue Tampa, FL 33605
(813) 232-3808

Metropolitan Community Church of Tampa

Events: *Tampa Bi-Sexuality Meet Up, Veterans Night, A Trans-Life Matters, HIV Testing*

408 East Cayuga Street Tampa, FL 33603
(813) 239-1951
http://www.mcctampa.com/

Parents, Families and Friends of Lesbians and Gays (PFLAG) Tampa

Promotes the health and well-being of LGBT people, their families and their friends through support, education and advocacy

(863) 535-5239 {English} (813) 444-8038 {Spanish}
http://www.pflagtampa.org/

Rainbow Recovery Club

Provides a meeting place primarily for gay, lesbian, bi-sexual and transgender (GLBT) people who are members in 12-Step Recovery Groups

720 W MLK Blvd, Ste A, 2nd FL, Tampa, FL 33603
(813) 625-8020
www.rainbowrecoveryclub.org

Speech Pathology *(Non-VA Provider)*

Barbara Oliver M.Ed. CCC-SLP (Speech Pathologist)

Services: *Voice and communication training*

(727) 418-3065
babz1948@gmail.com

St. Petersburg Pride

P.O. Box 12647, St. Petersburg, FL 33733
(727) 342-0084
www.stpetepride.com

The Trans Support Network of West Central Florida

A support group for the transgendered community based in St. Petersburg Florida

https://www.facebook.com/transsupportWCF

Vet Centers

Offers readjustment counseling and referral services to combat Veterans and their families, Veterans with military sexual trauma, and bereavement counseling for families that experience an active duty death

Pasco

7701 Little Rd, New Port Richey, FL 34654
(727) 869-4100

Tampa

10770 N 46th St, Tampa, FL 33617
(813) 631-7122

VISN 8 VA Sunshine Healthcare Network
Veterans' Benefits Information
www.benefits.va.gov/stpetersburg/#

Wigs & More *(Trans-owned)*
2605 Tamiami Trail Port Charlotte, FL
(941) 979-9999
http://www.wigsanmore.com/
debbiebarry@gmail.com

Wig Villa
575 Central Avenue Saint Petersburg, FL 33701
(727) 823-3100
http://www.wigvillaonline.com/
wigvilla@verizon.net

Florida Veterans Support Line
(844) MYFLVET (693-5838)
www.crisiscenter.com

NATIONAL RESOURCES

American Institute of Bisexuality

Encourages, supports and assists research and education about bisexuality, through programs likely to make a material difference and enhance public knowledge, awareness and understanding about bisexuality

www.americaninstituteofbisexuality.org

The American Military Partner Association

Connecting, supporting, honoring, and serving the partners and spouses of America's LGBT service members and veterans - our modern military families

http://militarypartners.org/

American Veterans for Equal Rights

Veterans Service Organization of active, reserve, and veteran service members dedicated to full and equal rights and equitable treatment for all present and former members of the U.S. Armed Forces, especially the Lesbian, Gay, Bisexual, and Transgender current and prior military personnel who have been historically disenfranchised by armed forces policy and discriminatory laws governing military service and benefits

www.aver.us

info@aver.us

(718) 849-5665

The Blue Alliance
(LGBT Alumni of the US Air Force Academy)
An organization for U.S. Air Force Academy alumni who are gay, lesbian, bisexual and transgender; also provides a "path for 'reconnection' for the many LGBT USAFA alumni who have over time been disassociated from the Academy and the AOG because of their sexuality or gender identity"
http://blue-alliance.org/

CenterLink: The Community of LGBT Centers
A member-based coalition to support the development of strong, sustainable LGBT community centers
P.O. Box 24490 Fort Lauderdale, FL 33307
(954) 765-6024
http://www.lgbtcenters.org
CenterLink@lgbtcenters.org

Professor Lynn Conway *(Transgender transitions)*
A website run by a transgender woman whose goal is to illuminate and normalize the issues of gender identity and processes of gender transition
http://ai.eecs.umich.edu/people/conway/conway.html
lynn@ieee.org

FTMI*nternational*
(transgender transition from female to male)
Contributes to FTM advancement through information and networking meetings" and "promotes FTM visibility"
601 Van Ness Ave, Ste E327 San Francisco, CA 94102
(877) 267-1440
www.ftmi.org
info@ftmi.org

Gay & Lesbian Alliance Against Defamation (GLAAD)

As a dynamic media force, GLAAD tackles tough issues to shape the narrative and provoke dialogue that leads to cultural change.

http://www.glaad.org/

Gay and Lesbian Association of Retiring Persons, Inc. (GLARP)

Enhances the aging experience of older gay, lesbian, bisexual and transgender adults

10940 Wilshire Blvd, Ste 1600 Los Angeles, CA 90024
(310) 722-1807
http://gaylesbianretiring.org/site/
GLARPinc@gmail.com

Gay, Lesbian & Straight Education Network (GLSEN): National

Works to ensure that LGBT students are able to learn and grow in a school environment free from bullying and harassment

(212) 727-0135
http://glsen.org/

Gay Retirement Guide

Comprehensive guide to gay retirement and gay retirement communities for LGBT seniors" that also includes an online directory of gay retirement communities, resources, news, articles and more

http://www.gayretirementguide.com/

GLBT National Help Center

Provides free and confidential peer-support

888-THE-GLNH (888-843-4564)
http://www.glnh.org/
help@GLBThotline.org

Monday thru Friday:
1:00 p.m. – 9:00 p.m. Pacific
4:00 p.m. - midnight Eastern

Saturday:
9:00 a.m. to 2:00 p.m. Pacific
noon to 5:00 p.m. Eastern

GLMA: Health Professionals Advancing LGBT Equality
(Previously known as Gay and Lesbian Medical Association)
Works to ensure equality in healthcare for lesbian, gay, bisexual and transgender (LGBT) individuals and healthcare providers; website includes a LGBT-friendly healthcare provider directory
1326 18th St NW, Suite 22 Washington, DC 20036
(202) 600-8037
www.glma.org
info@glma.org

Human Rights Campaign (HRC)
The largest civil rights organization working to achieve equality for lesbian, gay, bisexual and transgender Americans
1640 Rhode Island Ave NW Washington, DC 20036
(202) 628-4160 (front desk)
(800) 777-4723 (toll-free)
www.hrc.org

Immigration Equality
Supports and represents "lesbian, gay, bisexual, transgender (LGBT), and HIV-positive immigrants seeking safety, fair treatment, and freedom". It is also the only LGBT organization with a staff of immigration attorneys.
New York, NY
(212) 714-2904
www.immigrationequality.org

Knights Out *(LGBT Alumni of West Point)*
West Point Cadets, Alumni, and allies who are united in supporting the rights of Lesbian, Gay, Bisexual and Transgender soldiers to openly serve their country
http://www.knightsout.org/
Info@KnightsOut.org

Lambda Legal

Works to achieve full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and those with HIV through impact litigation, education and public policy work

120 Wall Street, 19th Floor New York, NY 10005
(212) 809-8585
http://www.lambdalegal.org/

Laura's Playground

(Transgender Friendly Endocrinologist List)

List of endocrinologists well-versed on transgender hormone therapy; a letter from an approved gender therapist is needed before a patient will be accepted

http://www.lauras-playground.com/transgender_endocrinologist_list.htm
the_catwomanus@yahoo.com

LGBT Youth Support: Zebra Coalition

Fosters hope, dignity and self-respect in lesbian, gay, bisexual, transgender and all youth (LGBT+) and to provide them an opportunity to grow up in a safe, healthy and supportive environment

(877) 909-3272 (877-90-ZEBRA)
www.zebrayouth.org
Info@zebrayouth.com

Make the Connection

(Interactive Shared Experiences and Support for Veterans)

A public awareness campaign by the U.S. Department of Veterans Affairs (VA) that provides personal testimonials and resources to help Veterans discover ways to improve their lives

www.maketheconnection.net

National Association of Social Workers (NASW)

Committed to social justice for all; discrimination and prejudice directed against any group are damaging to the social, emotional, and economic well-being of the affected group and of society as a whole. NASW has a strong affirmative action program that applies to national and chapter leadership and staff. It supports three national committees on equity issues: the National Committee on Women's Issues, National Committee on Racial and Ethnic Diversity and the National Committee on Gay, Lesbian, Bisexual and Transgender Issues.

http://www.socialworkers.org/diversity/default.asp

Help Starts Here: National Association of Social Workers (NASW): Veterans Affairs

Assessment for services such as reintegration, mental health, and housing are provided to the Veteran and his or her family in a variety of settings. Social workers are available to assist veterans through public and private programs

750 First Street NE, Suite 700 Washington, DC 20002
(202) 408-8600
http://www.helpstartshere.org/kids-families/veteran-affairs

National Center for Lesbian Rights (NCLR)

Committed to advancing the civil and human rights of lesbian, gay, bisexual, and transgender people and their families through litigation, legislation, policy, and public education

870 Market Street, Ste 370 San Francisco, CA 94102
(415) 392-6257
http://www.nclrights.org/

National Center for Transgender Equality (NCTE)

A national social justice organization devoted to ending discrimination and violence against transgender people through education and advocacy on national issues of importance to transgender people

1325 Massachusetts Avenue NW, Suite 700
Washington, DC 20005
(202) 903-0112
http://transequality.org/
NCTE@NCTEquality.org

National Resource Center on LGBT Aging

c/o Services & Advocacy for GLBT Elders (SAGE)
305 Seventh Avenue, 6th Floor New York, NY 10001
(212) 741-2247

The country's first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and transgender (LGBT) older adults

http://www.lgbtagingcenter.org/
info@lgbtagingcenter.org

Out & Proud Veterans of America

Orlando, FL

Connect with others in the LGBT community through social media, learn about coming events, and add your photos and experiences to share with others.

https://www.facebook.com/OutAndProudVeterans
info@outandproudveterans.org

Out Professionals

Membership-based professional organization for networking with other LGBT professionals and businesses

New York City, NY
www.outprofessionals.org

OutServe-Servicemembers Legal Defense Network

Provides legal services to Service members and Veterans

PO Box 65301 Washington, DC 20035-5301
(800) 538-7418
www.sldn.org
admin@outserve-sldn.org

Parents, Families and Friends of Lesbians and Gays (PFLAG) National

Provides support for families, allies and people who are LGBTQ, education for ourselves and others advocacy in our communities to change attitudes and create policies and laws that achieve full equality for people who are LGBTQ

National Office, 1828 L Street, NW, Ste 660
Washington, D.C. 20036
(202) 467-8180
http://community.pflag.org
info@pflag.org

Services & Advocacy for Gay, Lesbian, Bisexual & Transgendered Elders (SAGE)

Addresses issues related to lesbian, gay, bisexual and transgender (LGBT) aging adults

305 Seventh Avenue, 15th Floor New York, NY 10001
(212) 741-2247
http://sageusa.org/index.cfm
info@sageusa.org

Silvia Rivera Law Project

Works to guarantee that all people are free to self-determine gender identity and expression, regardless of income or race, and without facing harassment, discrimination or violence

147 West 24th Street, 5th Floor New York, NY 10011
(212) 337-8550
http://srlp.org/
info@srlp.org

Southern Comfort Conference (SCC)

An annual conference, one of the largest gatherings of the transgender community in the world

Atlanta, GA

http://southerncomfortconference.org/

christy@sccatl.org

Straight for Equality

A national outreach and education project created in 2007 by PFLAG National to empower new straight allies

1828 L Street NW, Suite 660 Washington, DC 20036

(202) 467-8180

http://www.straightforequality.org/

info@straightforequality.org

Suicide Prevention, Awareness, and Support

A thorough guide and resource with numerous contacts and links

(800) 784-2433 or (800) 273-8255

http://www.suicide.org/gay-and-lesbian-suicide.html

jo@samaritans.org

Transgender American Veterans Association (TAVA)

Advocates for open Trans Military service, Secure benefits for Trans Service Members, Spouses and Family, Continued improvement of Trans well-being through the VA system and Tricare, Advocate for Trans Vet employment

(616) 427-5724

www.tavausa.org

Transgender Law Center (TLC)

Works to change law, policy, and attitudes so that all people can live safely, authentically, and free from discrimination regardless of their gender identity or expression

1629 Telegraph Ave, Suite 400 Oakland, CA 94612

(415) 865-0176

http://transgenderlawcenter.org/

info@transgenderlawcenter.org

Transgender Law & Policy Institute (TLPI)

Dedicated to engaging in effective advocacy for transgender people in our society; brings experts and advocates together to work on law and policy initiatives designed to advance transgender equality

www.transgenderlaw.org
query@transgenderlaw.org

TransYouth Family Allies

Empowers children and families by partnering with educators, service providers and communities, to develop supportive environments in which gender may be expressed and respected

PO Box 1471 Holland, MI 49422-1471
(888) 462-8932
http://www.imatyfa.org/
info@imatyfa.org

The Trevor Project

Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24

PO Box 69232 West Hollywood, CA 90069
(866) 488-7386 (24-Hour Hotline)
http://www.thetrevorproject.org/
info@thetrevorproject.org

Tri-ESS National

An international social and support group for heterosexual crossdressers, their partners, the spouses of married crossdressers and their families

PO Box 20785 Houston, TX 77225
(832) 431-7104
http://www.tri-ess.org/
JEFTRIS@aol.com

Veterans Crisis Line

A 24-hour confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress

(800) 273-8255; press 1

http://www.veteranscrisisline.net/ *or contact local VA*

Watermark

A multi-faceted media company using opportunities and innovations to communicate and advance LGBT interests, with a corporate emphasis on professionalism and profitability

414 North Ferncreek Avenue Orlando, FL 32803

(407) 481-2243

http://www.watermarkonline.com/

We Are Straight Allies

An organization of straight allies dedicated to promoting equality for the LGBT community

Jacksonville, FL

http://wearestraightallies.com/

wearestraightallies@gmail.com

Workplace Advocates: Out & Equal

Dedicated to achieving lesbian, gay, bisexual and transgender workplace equality

155 Sansome St, Suite 450 San Francisco, CA 94104

(415) 694 6500

http://outandequal.org/

info@outandequal.org

World Professional Association for Transgender Health (WPATH)

Promotes evidence-based care, education, research, advocacy, public policy and respect in transgender health"

1300 South 2nd St, Ste 180 Minneapolis, MN 55104

(612) 624-9397

http://www.wpath.org/

wpath@wpath.org

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