

Trans

Peer Outreach

Resources

for Service & Healthcare Providers

Crisis Services and Immediate Supports

Trans-affirming crisis services and supports can be critical for trans, two-spirit, non-binary, and genderqueer folks who are in crisis. The following are explicitly trans-affirming. Note, not everyone is comfortable involving emergency services during a crisis, and in many cases emergency service involvement can escalate or cause additional harm to trans folks. Acknowledging any professional obligations you may have, **Trans Lifeline** intentionally avoids involving emergency services including the police unless absolutely required. Check out Trans Lifeline for further information:

<https://www.translifeline.org/safe-hotlines/fact-sheet/>

Trans Lifeline (1-877-330-6366) - www.translifeline.org

Trans Lifeline is a grassroots hotline run by and for trans and gender nonconforming people.

- **Phones are open from 1:00 PM to 9:00 PM, Monday through Friday.**
- Operates on “Safer Hotlines” principles, and will not involve emergency services without consent.
- Offers microgrants for gender-affirming care. See their website for details.
- Has an extensive online resource library, with topics ranging from post-facial surgery care tips to navigating post-secondary institutions as a trans person.

The Trevor Project (1-866-488-7386) - www.thetrevorproject.com

24/7 crisis line and peer supports for queer youth (13-24) worldwide. Connect via phone, text (text START to 678-678), or online chat via their website

- Does **not** run on “Safer Hotlines” principles, and may involve non-consensual emergency interventions.
- TrevorSpace, an online social space for queer youth is available via their website. Connect with other 2SLGBTQIA+ young people!
- Many resources on coming out, gender exploration, safer sex, safety planning and living as a queer person on their website.



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LGBT Youthline (Text 647-694-4275) - www.youthline.ca

Text and Online Chat for 2SLGBTQIA+ youth (16-29) to speak with peers about issues like coming out, mental health and coping strategies, safer sex information, and identity exploration.

- Open Sunday through Friday from 4:00 PM to 9:30 PM.
- Online chat is also available via their website
- **Not a crisis service.**

Kawartha Sexual Assault Centre - kawarthasexualassaultcentre.com

Nonjudgemental support for people aged 16+ who have experienced past or recent sexual assault or sexual violence. Trans inclusive and knowledgeable.

- **24/7 Crisis line via 1-866-298-7778 or 705-741-0260**
- Group and Individual services for survivors, with referral services for partners/ loved ones.
- Information about ongoing groups and drop-ins are available via their website: www.kawarthasexualassaultcentre.com



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Medical Information for Service Providers

Rainbow Health Ontario - www.rainbowhealthontario.ca

RHO offers an expansive list of resources, best practices, medical guidelines, and opportunities for professional development to all service providers who want to improve trans folks' access to their services, or to be able to provide gender-affirming care. Many of these resources are based on decades of work and research by medical and social service experts. Some key resources include:

- **Guidelines for Gender-Affirming Primary Care with Trans and Non-Binary Patients, 4th ed.**
 - The result of decades of being one of the largest providers of trans and non-binary care, the Sherbourne Health Centre's guidelines are updated regularly to include the best and most accurate gender-affirming care practices. Available for free download at:
www.rainbowhealthontario.ca/product/4th-edition-sherbournes-guidelines-for-gender-affirming-primary-care-with-trans-and-non-binary-patients/
- **Trans Health Knowledge Base**
<https://www.rainbowhealthontario.ca/lgbt2sq-health/trans-health-knowledge-base/>
 - An expansive FAQ for patients/service users as well as service providers.
- **Trans Health Guide**
<https://www.rainbowhealthontario.ca/TransHealthGuide/>
 - An interactive guide for medical care providers on providing gender-affirming care including terminology, myths/misconceptions, and the basics of gender-affirming hormone and surgical options.
- **learn.rainbowhealth.ca**
 - Low-cost/free training for service providers on providing gender-affirming care. Many provide MainPro+ or other proficiency and development credits



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Research Projects, Demographics, and Fact Sheets

Trans PULSE Canada - www.transpulseproject.ca

The Trans PULSE project is a community-based research project that has surveyed thousands of trans folks across Canada since 2019. Multiple intersectional reports have resulted from this data, and are available on their website.

- Check out www.transpulsecanada.ca for journal articles, quick reports, infographics and more
- Data collection has ended and the project is in final publication stages.

SAMHSA - Resource Guides for Practitioners - www.samhsa.gov

The US Substance Abuse and Mental Health Services Administration publishes numerous guides for practitioners. Some notable ones include:

- **Helping Families to Support Their LGBT Children**
 - A guide to helping facilitate family acceptance for 2SLGBTQIA+ kids, and how family support and acceptance improves life goals and trajectories for queer kids.
 - Available at <https://store.samhsa.gov/sites/default/files/pep14-lgbtkids.pdf>
- **A Provider's Introduction to Substance Abuse Treatment for Lesbian, Gay, Bisexual, & Transgender (LGBT) Individuals**
 - Discusses the intersections between substance use and 2SLGBTQIA+ struggles. Includes over-the-lifespan discussions from a US context.
 - Available at: <https://store.samhsa.gov/sites/default/files/sma12-4104.pdf>

