

# Gender Affirming Resources

Updated August 2021

## CSULB Campus Resources

### **Trans Advocacy Coalition (TAC)**

Website: [TAC](#) Email: [tac@csulb.edu](mailto:tac@csulb.edu)

Contacts: Drs. Abraham Weil, Shaeleya Miller, and Kathryn Perkins

### **Transgender Empowerment & Advocacy**

Website: <https://csulbtea.carrd.co/> Instagram: [csulbtea](#)

### **Queers & Allies**

Instagram: [csulb.ganda](#)

### **ASI Student Commissioner of LGBTQIA+ Affairs**

[Janelle Salas Chung](#) (she/her/hers) Drop-in hrs Tues. 11am – 12pm

### **Student Health Services (hormone therapy)**

Contact: Dr. Michael Carbuto, Physician Email: [Michael.Carbuto@csulb.edu](mailto:Michael.Carbuto@csulb.edu)

Website: [Trans Health Services](#)

### **Trans Care Team, Counseling & Psychological Services (letters of support for surgery)**

Website: [CAPS TCT](#) Contact: Dr. Lauren Jensen, Licensed Psychologist

Email: [Lauren.jensen@csulb.edu](mailto:Lauren.jensen@csulb.edu)

### **Committee on Lesbian, Gay, Bisexual, Transgender, Intersex, Queer + Campus Climate ([CLGBTIQ+CC](#))**

### **LGBTQ Student Cultural Resource Center**

Location: FO4-165 Phone Number: 562-985-4585

Overseen by the [Office of Multicultural Affairs](#)

### **Using an Affirmed Name On-Campus:**

<https://www.csulb.edu/student-records/setting-your-preferred-first-name>

For issues related to updating your campus email contact [ssd-tech@csulb.edu](mailto:ssd-tech@csulb.edu).

### **Campus Legal Name Change Form:**

<https://www.csulb.edu/enrollment-services/forms>

Look under “Registration and Records Forms”

### **Campus all Gender Restrooms Map:**

[https://www.csulb.edu/sites/default/files/groups/campus-maps/gender\\_neutral\\_restroom\\_map.pdf](https://www.csulb.edu/sites/default/files/groups/campus-maps/gender_neutral_restroom_map.pdf)

# Health and Wellness Support

## LA County

### **MemorialCare - Transgender Clinic (Tuesdays)**

Provides care specifically to the transgender and non-binary community of Long Beach. Wide range of services, including gender-affirming hormone therapy, primary care, preventative care and medical screenings. They see all patients regardless of insurance type or ability to pay, and work with patients to find health care coverage if needed. Call to make an appointment.

MemorialCare Long Beach Medical Center, 2801 Atlantic Avenue, Long Beach, CA 90806

Phone: (562) 933-0050; [Website](#)

[Odrin Castillo, DO](#) (Languages: English, Spanish, Tagalog)

### **APLA Health**

Free and low cost primary medical care, dental, behavioral health, HRT, PrEP counseling and management, HIV prevention services, and health insurance enrollment assistance.

1043 Elm Ave, Suite 302, Long Beach, CA 90813; 562-247-7740

[www.aplahealth.org/long-beach](http://www.aplahealth.org/long-beach)

### **The LGBTQ Center Long Beach**

Trans Services - Health and Wellness support groups

Health Clinic – Monday afternoons

2017 E. 4<sup>th</sup> street Long Beach, CA 90814; 562-434-4455

<https://www.centerlb.org/transhealth/>

### **CARE Center - [St. Mary Medical Center](#)**

Free HIV/STI testing and treatment, ongoing mental health support and comprehensive care for people who are living with HIV or are taking PrEP, can also help people access PEP/PrEP1043. Known for having trans affirming folks on staff.

Elm Ave, Ste 300, Long Beach, CA 90813

Phone: (562) 453-3766

### **Transgender Health Care at Los Angeles LGBT Center**

Trans-specific comprehensive primary health care, HRT, pre-post surgical care, Transgender Support and Empowerment, Trans\* Lounge.

1625 N Schrader Blvd. Los Angeles, CA 90028; 323-993-7500 [www.lalgbtcenter.org](http://www.lalgbtcenter.org)

### **St. John's Well Child and Family Center - Transgender Health Program**

Trans-specific services including HRT and referrals for gender affirming services, primary and preventive care, medical, dental, and pharmacy, behavioral and mental health care – individual, family counseling and support groups. Undocumented okay, Medi-cal, private insurance and sliding scale

808 w. 58TH Street Los Angeles, CA 90037

For more information about the program, please contact: Rizi Timane, LCSW, PhD. Transgender Health Program Manager 323-541-1600 ext. 1068

<http://www.wellchild.org/transgender-health-program/>

**South Bay LGBT Center**

Transgender Support Group

16610 Crenshaw Blvd. Torrance, CA 90510; 310-328-6550 [www.southbaycenter.org](http://www.southbaycenter.org)

**Transgender Youth Clinic at Children's Hospital Los Angeles**

Trans-Youth (ages 4-21), medical, mental health and family support services, free STI and HIV testing  
5000 Sunset Blvd., 4<sup>th</sup> Floor, Los Angeles, CA 90027; 323-361-5372 <https://www.chla.org/the-center-transyouth-health-and-development>

**Kaiser**

Call the "Transgender Care line" to speak to a nurse case coordinator at 323-857-3818. Hours: 7:30am and 5:00pm <https://thrive.kaiserpermanente.org/care-near-you/southern-california/transgender/>

**Los Angeles Gender Center**

Individual, couple, family and group psychotherapy; different billing process depending on therapist.

1923 ½ Westwood Blvd, Suite 2, Los Angeles, CA 90025; 310-475-8880

<https://www.lagendercenter.org/>

**Gender Wellness of Los Angeles**

Individual, group and family counseling, medical referrals

11340 W. Olympic Blvd. Los Angeles, CA 90064; 310-441-0411 [www.genwell.org](http://www.genwell.org)

**Colors Youth**

Colors LGBTQ Youth Counseling Center provides free LGBTQ-Affirmative counseling and healing psychotherapeutic services to youth under 25 and their families in the greater Los Angeles area.

Antioch University Los Angeles, 400 Corporate Pointe, Culver City, CA 90230; 323-953-5130;

[www.colorsyouth.org](http://www.colorsyouth.org)

**Southern California Transgender Counseling**

Southern California Transgender Counseling is a Los Angeles psychotherapy practice dedicated to the needs of all individuals with any gender concerns.

310- 281-9658

[www.transgendercounseling.com](http://www.transgendercounseling.com)

**Transforming Family**

We are a Los Angeles based family support group creating a positive environment for children, adolescents and their families to explore issues of gender identity.

<https://www.transformingfamily.org/>

**Bienestar** (LA and Long Beach locations)

Community-based social services organization based in the Greater Los Angeles area. Focused on identifying and addressing emerging health issues faced by Latino and LGBTQ populations. Email:

[info@bienestar.org](mailto:info@bienestar.org); Phone: (866) 590-6411

**Soco Rey Therapy** (does not take insurance)

Mental health services centering Black and Latinx communities. Has trans affirming therapists.

Offices are located in Inglewood, CA

<https://www.socorey.com/>

**Bridges to Healing** (does not take insurance, make offer sliding scale)  
Intersectional and trans affirming mental health services.  
3780 Kilroy Airport Way, Suite 200- PMB #302, Long Beach, CA 90806  
Email: [bridgestohealing@gmail.com](mailto:bridgestohealing@gmail.com); Phone: (562) 528-0606  
<https://www.bridgestohealing.net/>

**We Exist** (Support groups, trainings, & referrals)  
[We Exist](#) is a DMH funded program dedicated to expanding access and improving services for LGBTQI2-s TAY (age 16-25yo) and the people who care for them. Offering: peer run support groups, ally/caregiver support groups, community presentations, staff trainings and a referral system to help young folks navigate to affirming resources near them.

**Ellen Hartwick, LCSW** (does not take insurance, may offer sliding scale)  
5199 E Pacific Coast Highway Suite 312N, Long Beach, CA 90804  
[Website](#)

**Susan (they/them) Walshe, MS, LMFT**  
Non-binary identified and specializes in working with LGBTQIA-NB Community and their allies. Free mindfulness group; Offers online therapy. See [website](#) for insurance details.  
Phone: (562) 445-3729

**Zenith Performance Physical Therapy** (does not take insurance)  
Hayden (they/them) Almeida, PT, DPT, ACSM-CPT provides gender affirming physical therapy.  
Address: 2304 E Seventh St. Long Beach, CA 90804; E-mail: [hayden@zenithperformancept.com](mailto:hayden@zenithperformancept.com)  
Phone: 562-502-1767; [Website](#)

## Orange County

### **The LGBT Center OC**

#### **Trans\*itions Health and Wellness**

HTR, mental health, social, support groups, medical referrals  
1605 N. Spurgeon Street, Santa Ana, CA 92701; Counseling 714-953-5428 ext 330.  
[www.lgbtcenteroc.org/services/transitions/](http://www.lgbtcenteroc.org/services/transitions/)

### **Metamorphosis Medical Center**

Trans competent and trans affirming office specializing in hormone therapy, informed consent model, good prices, out of pocket, good feedback from trans students 8081 Stanton Ave, Suite 300, Buena Park, CA 90620; 714-484-8000 Initial consult 45min-1 hour \$200, ½ hour follow-up visits \$75.00, use insurance for blood work or deal with Lab Corp for blood panel \$125. [www.metatranshormone.com](http://www.metatranshormone.com)

### **Radiant Health Centers**

Mental Health Services for the Orange County LGBTQ+ Community.  
Phone: (949) 809-5709  
<https://www.radianthealthcenters.org/services/mental-health>

### **OC ACCEPT**

Orange County Acceptance through Compassionate Care, Empowerment, and Positive Transformation (OC ACCEPT). OC ACCEPT provides community-based mental health and supportive services to individuals who are struggling with and/or identify as Lesbian, Gay Bisexual, Transgender, Intersex, or Questioning (LGBTIQ) and the people important in their lives. OC ACCEPT seeks to provide a safe environment with acceptance and compassion for individuals to express their feelings, build resilience, be empowered, and connect with others for support. OC ACCEPT offers following services: Community-Based , Short-term Individual and Family Counseling, Linkage to resources and services in the community, Positive Social Activities, and Social Support Groups  
4000 W. Metropolitan Dr. Ste 405 Orange. 714-645-8000 Ask for OC ACCEPTS program.

<https://www.ochealthinfo.com/page/oc-accept>

### **UC Irvine Gender Diversity Program**

Orange County's only interdisciplinary program dedicated to caring for transgender and gender-expansive children, teens and young adults. Accepts PPO insurance, Medi-cal or HMO (patients will need to get a referral from their primary care provider). Up to age 26. If folks do not have health insurance, we have an adult provider at the UCI Family health center in Santa Ana that can see people with or without insurance (also regardless of documentation status).

Rates for cash pay option for psychiatry at UCI:

Attending:		Resident:	
Initial visits	\$350 each – there are two	Initial visit	\$150
Follow-up visits	\$275 each – 50 min visits	Phone: (714) 456-6025	
	\$175 each – 25 min visits		

Phone: (714) 456-6025

<http://www.ucirvinehealth.org/medical-services/pediatric-gender-diversity>

<https://sites.uci.edu/genderdiversity/>

### **TG Rainbow Support Group**

An all-inclusive transgender support group which provides support to anyone who is transgender, a family member or spouse, friend, ally, or just wants to understand.

<http://www.mach25media.com/tgr.html>

### **Embrace Counseling**

Individual and group therapy practice.

Mary G. Madrigal Ph.D., Founder; 16152 Beach Blvd #131 Huntington Beach CA 92647;

Phone: 714 - 504 – 8840; <https://www.embracecounseling.org/>

### **Being ME - OC**

Peer led support for trans women 19 y.o. or older.

<https://beingme-oc.org/index.htm>

Therapist referrals from BeingME

<http://www.beingme-oc.org/therapists.htm>

### **Shanti, Orange County**

LGBTQ affirming mental health services for those affected by HIV/AIDS and other chronic diseases.

23461 South Pointe Dr. Suite 100, Laguna Hills, CA 92653, Email: [admin@shantioc.org](mailto:admin@shantioc.org)

Phone: (949) 452-0888

<https://www.shantioc.org/programs-services/mental-health-counseling/>

## Online – Health, Wellness, and More

### **Trans-Health**

Volunteer-run website providing health and fitness for trans people [www.trans-health.com](http://www.trans-health.com)

**World Professional Association for Transgender Health (WPATH)** promotes evidence based care, education, research, advocacy, public policy, and respect in transgender health. [www.wpath.org](http://www.wpath.org)

### **Philadelphia Trans-Health Conference**

The mission of the Philadelphia Trans Health Conference (PTHC) is to educate and empower trans individuals on issues of health and well-being. Annual conference that is open to the public and FREE. [www.trans-health.org](http://www.trans-health.org)

### **Gender Affirming Letter Access Project (GALAP)**

A group of transgender, nonbinary, and allied mental health clinicians in the U.S. who believe in improving access to letters for clients who are seeking gender-affirming medical care. We resist the harmful practices of gatekeeping and believe in an informed consent model where clients can affirm their gender identity without the steep cost of sessions with mental health professionals and reductionist clinical practices. As such, we want to create a movement towards providing free and low-cost letters for gender affirming access to medical care.

<https://thegalap.org/pledge-signers-2-0/>

### **Transgender National Alliance**

The Transgender National Alliance is 501(c) (3) non-profit organization that seeks to employ and empower the transgender community by providing funding, outreach, education and support for the issues affecting our community and allies. Focusing on providing name and gender marker changes, we distributed more than \$50,000 in 2016 providing surgical procedures and legal funding to more than 50 people.

<http://www.transgernationalalliance.com/>

### **RAD Remedy**

RAD Remedy is dedicated to connecting trans, gender non-conforming, intersex, and queer folks to accurate, safe, respectful, and comprehensive care.

[www.Radremedy.org](http://www.Radremedy.org)

### **Trans Lifeline**

Trans Lifeline is a 501(c)3 non-profit dedicated to the well being of transgender people. We run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have US: (877) 565-8860 Canada: (877) 330-6366; [www.translifeline.org](http://www.translifeline.org)

### **Transsexual & Transgender Road Map**

[www.tsroadmap.com](http://www.tsroadmap.com)

### **GLAAD (The Gay and Lesbian Alliance Against Defamation)**

Resources for Transgender People <https://www.glaad.org/transgender/resources>

## **FORGE**

FORGE is a national transgender anti-violence organization, founded in 1994. Since 2009, we have been federally funded to provide direct services to transgender, gender non-conforming and gender non-binary survivors of sexual assault.

<http://forge-forward.org/>

## **We Happy Trans**

We Happy Trans was created so that trans people could share stories of positive experiences, so the wider world could see that like any other community, we too thrive, struggle, and overcome.

<https://www.glaad.org/tags/we-happy-trans>

## **Stories of Trans Joy**

['I Feel Privileged to Be Trans' – 5 Writers on What Trans Joy Means to Them](#)

## **Transgender Lives: Your Stories**

Is an interactive campaign created by The New York Times to allow transgender people to tell their own stories in their own words.

<https://www.nytimes.com/interactive/projects/storywall/transgender-today>

## **Fenway Health**

Fenway Health Transgender Program. Leader in High Quality, Informed Health Care Regardless of Gender Identity or Expression. Whatever Your Gender, We've Got You Covered.

<http://fenwayhealth.org/care/medical/transgender-health/> [http://fenwayhealth.org/wp-content/uploads/MG-6\\_TransHealth\\_InjectionGuide.pdf](http://fenwayhealth.org/wp-content/uploads/MG-6_TransHealth_InjectionGuide.pdf)

## **Transgender Care Listing**

<http://transcaresite.org/>

## **T-FEED**

Our mission is to make visible, interrupt, and undermine the disproportionately high incidence of eating disorders in trans and gender-diverse individuals through radical community healing, recovery institution reform, empowerment and education.

<https://www.transfolxfightingeds.org>

## **Hudson's FTM Resource Guide**

This Guide is intended to provide information on topics of interest to female-to-male (FTM, F2M) trans men, and their friends and loved ones. Non-trans men have also found the pages on men's grooming and clothing to be helpful. Transgender, cisgender, intersex, non-binary, genderqueer, questioning, and "just plain folks" are all welcome.

<http://www.ftmguide.org/>

## **University of California, San Francisco Center of Excellence for Transgender Health**

Increasing access to comprehensive, effective, and affirming healthcare services for trans communities.

<http://transhealth.ucsf.edu/>

### **UCLA - The Williams Institute**

An estimated 1.4 million adults in the U.S. identify as transgender. We study discrimination and bias against transgender people and other gender minorities, and examine how these experiences affect their health and socioeconomic well-being.

<https://williamsinstitute.law.ucla.edu/subpopulations/transgender-people/>

**GLMA Health Professionals Advancing LGBT Equality.** GLMA's commitment to transgender persons includes: Advocating for the right of transgender persons to culturally competent and compassionate healthcare, Educating healthcare providers about transgender health issues, Providing information to transgender patients, Creating a welcoming and supportive community of transgender healthcare professionals.

<http://www.glma.org/index.cfm?fuseaction=Page.viewPage&pageId=948&grandparentID=534&parentID=938&nodeID=1>

## Legal Services & Name/Gender Change Clinics

### **The LGBTQ Center Long Beach**

#### Legal Services (free)

Legal Services can conduct an intake with community members with any legal issue. Calling is best.

2017 E. 4th street Long Beach, CA 90814; Email: [egalservices@centerlb.org](mailto:egalservices@centerlb.org); Phone: (562) 433-8595

<https://www.centerlb.org/legal-clinic/>

#### Name & Gender Change Clinic (free)

Volunteer attorneys will provide guidance in filling out California court paperwork for name and/or gender change and fee waivers. Paperwork will be pre-printed for you to fill out. Call to register.

2017 E. 4th street Long Beach, CA 90814; Email: [info@centerlb.org](mailto:info@centerlb.org); Phone: 562-434-4455

<https://www.centerlb.org/name-gender-change-clinic/>

[Deadname Remover](#) via Google Chrome

### **National Center for Transgender Equality – Legal Name and Birth Certificate change**

Welcome to our one-stop hub for name and gender change information. Find out how to get a legal name change where you live and update your name/gender on state and federal IDs and records.

<https://transequality.org/documents/state/california>

### **Transgender Law Center**

Information on changing ID documents in California. It includes sample letters that a physician would need to write for a gender marker change.

<https://transgenderlawcenter.org/resources/id/id-please>

### **Transline**

TRANSGENDER MEDICAL CONSULTATION SERVICE

<https://transline.zendesk.com/hc/en-us>

Changing identity documents: <https://transline.zendesk.com/hc/en-us/categories/204101227-Changing-Identity-Documents>



### **Gender Justice Los Angeles**

Non-profit working to elevate collective power of the LA transgender community  
6815 W. Willoughby Ave, Suite #203, Los Angeles, CA 90038; [www.genderjusticela.org](http://www.genderjusticela.org)

### **Transgender Law Center**

Transgender Law Center changes law, policy, and attitudes so that all people can live safely, authentically, and free from discrimination regardless of their gender identity or expression.  
[www.transgenderlawcenter.org](http://www.transgenderlawcenter.org)

### **Sylvia Rivera Law Project**

The Sylvia 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.  
[www.srlp.org](http://www.srlp.org)

### **Transgender Legal Defense and Education Fund**

Transgender Legal Defense & Education Fund is committed to ending discrimination based upon gender identity and expression and to achieving equality for transgender people through public education, test-case litigation, direct legal services, and public policy efforts.  
[www.Transgenderlegal.org](http://www.Transgenderlegal.org)

## Activism, Political and Advocacy

### **The National Center for Transgender Equality**

[www.transequality.org](http://www.transequality.org)

#### **2015 U.S. Transgender Survey**

With almost 28,000 respondents, the U.S. Transgender Survey (USTS) is the largest survey ever devoted to the lives and experiences of trans people.

<https://www.ustranssurvey.org/>

### **Gender Proud**

Gender Proud's advocacy work aims to uplift transgender communities around the globe, with specific focus on empowering marginalized to advocate for their own legal rights.

### **Susan's Place**

Trans Resources

### **Trans Women of Color Collective**

### **Black Trans Advocacy**

### **Trans Latina Coalition**

### **Human Rights Campaign**

### [Black and Pink](#)

Black and Pink is an open family of LGBTQ prisoners and “free world” allies who support each other. Our work toward the abolition of the prison industrial complex is rooted in the experience of currently and formerly incarcerated people.

### [American Civil Liberties Union \(ACLU\)](#)

The ACLU champions transgender people’s right to be themselves. We’re fighting discrimination in employment, housing, and public places, including restrooms. We’re working to make sure trans people get the health care they need and we’re challenging obstacles to changing the gender marker on identification documents and obtaining legal name changes. We’re fighting to protect the rights and safety of transgender people in prison, jail, and detention facilities as well as the right of trans and gender nonconforming students to be treated with respect at school. Finally, we’re working to secure the rights of transgender parents.

### [Gender Diversity](#)

Gender Diversity increases the awareness and understanding of the wide range of gender diversity in children, adolescents, and adults by providing family support, building community, increasing societal awareness, and improving the well-being for people of all gender identities and expressions.

### [Transgender Freedom Project](#)

The Transgender Freedom Project is a national, centralized public education campaign to build public support for transgender-inclusive nondiscrimination protections. The goals of the project are to introduce more Americans to who transgender people are, develop winning campaign messages and strategies, and equip policymakers and campaigners with the proven strategies and tools needed to successfully advocate for laws that make transgender people safer and more equal.

### [The Trans 100](#)

The Trans 100 is an International organization recognizing excellence in service to community by Trans People and for Trans people.

### [TGI Justice](#)

TGI Justice Project is a group of transgender, gender variant and intersex people—inside and outside of prisons, jails and detention centers—creating a united family in the struggle for survival and freedom.

## Education and Campus Related

### **TONI Project** (Transgender On-Campus Nondiscrimination Information)

The TONI project is a first-of-its-kind space for students to share college and university policies important to transgender people. Use this site to learn about campus housing policies, health plans, and curricula, or add and edit information about the school you currently attend.

<http://transstudents.org/>

### **Trans Student Educational Resources**

Trans Student Educational Resources is a youth-led organization dedicated to transforming the educational environment for trans and gender nonconforming students through advocacy and empowerment.

<http://www.transstudent.org>

**Scholarships & Resources for Transgender Students:** <https://www.edumed.org/financial-aid/transgender-students-scholarships-resources/>

### **TransAthelete**

TRANSATHLETE.com is a resource for students, athletes, coaches, and administrators to find information about trans inclusion in athletics at various levels of play.

<https://www.transathlete.com/>

## Military/Veterans

### **Transgender American Veterans Association (TAVA)**

Acts proactively with other organizations to ensure that trans veterans will receive appropriate care for medical conditions in accordance with the Veterans Health Administration Customer Service Standards promise to: "treat you with courtesy and dignity as the first class citizen that you are."

<http://transveteran.org/>

### **Out Serve-SLDN**

OutServe-Servicemembers Legal Defense Network (SLDN) has represented the United States Lesbian, Gay, Bisexual and Transgender (LGBT) community worldwide. OutServe-SLDN is a non-partisan, non-profit (501-c-3), legal services, watchdog and policy organization that provides free and direct legal assistance to service members and veterans affected by the repealed "Don't Ask, Don't Tell" law, the current ban on open authentic transgender service and those currently serving who may experience harassment or discrimination.

<http://www.outserve-sldn.org/>

## Youth

### **TransForming Family**

A Los Angeles based family support group creating a positive environment for children, adolescents and their families to explore issues of gender identity. Los Angeles, email [judi@transformingfamily.org](mailto:judi@transformingfamily.org) and [john@transformingfamily.org](mailto:john@transformingfamily.org)

[www.transformingfamily.org](http://www.transformingfamily.org)

### **Gender Spectrum**

Gender Spectrum helps to create gender sensitive and inclusive environments for all children and teens.

[www.genderspectrum.org](http://www.genderspectrum.org)

**Trans Youth Equality Foundation**

The Trans Youth Equality Foundation provides education, advocacy and support for transgender and gender non-conforming children and youth and their families.

[www.transyouthequality.org](http://www.transyouthequality.org)

**Trans Youth Family Allies**

[www.imatyfa.org](http://www.imatyfa.org)

**The Trevor Project's 24/7 Lifeline** at 866-4-U-TREVOR (866-488-7386) or Trevor Chat, the Trevor Project's online messaging service

<https://www.thetrevorproject.org>

## Faith Communities

**Unitarian Universalist Church of Long Beach**

5450 East Atherton Street, Long Beach, CA 90815; Phone: 562.597.8445

<http://www.uuclb.org/>

**Metropolitan Community Church**

4607 Prospect Ave, Los Angeles CA 90027; Phone: 323-669-3434

<http://foundersmcc.org/>

**Namaste Center for Spiritual Living**

6695 E Pacific Coast Hwy, Long Beach, CA 90803; 562-980-7610

<http://www.namastecsl.org/index.php>

**Temple Israel Long Beach**

269 Loma Avenue, Long Beach, CA 90803; Phone: (562) 434-0996

<http://www.tilb.org/>

**The Naked Truth Trans Ministry**

<https://www.facebook.com/odmtransministries>

# Additional Mental Health Support Resources

(This section was last updated by CSULB Student Health Services Case Manager July 2020)

## Therapists

**KHAN (THEY) RAMKEESON, M.A.**  
LMFT #106719  
Phone: (562) 310-0111  
email: BuildingBondsLB@gmail.com  
office: 5199 E. Pacific Coast Highway, Long Beach, CA.90804 (centrally located at the intersection of PCH & Anaheim)

**ROXANNE CHERRY, PhD, MFT**  
Laguna Niguel Counseling  
30101 Town Center Dr, Suite 210  
Laguna Niguel, CA 92677  
Phone: (949) 228-2844  
Email: rcherryphd@gmail.com

**ERIN POLLARD, LMFT, LPCC**  
Gender Support, 2900 Bristol St. Suite J204,  
Costa Mesa, CA 92626 Phone: (949) 484-9449  
Website: <https://www.gendersupport.com/>  
Email: Erin@gendersupport.com  
May accept insurance depending on insurance benefits

**JAMIE SWANSON, MA, MFTI, PCCI**  
1151 Dove St. Suite 245  
Newport Beach, CA 92660  
Phone: (949) 298-5251  
Website: <http://www.ocholistictherapy.com/>  
Does not accept insurance, but PPO plans may be able to get reimbursed

**MARNEE REILEY, MFTI**  
17682 Mitchell N., Suite 104, Irvine, CA 92614  
Phone: (949) 648-7991  
MFT Registered Intern (#61489)  
Email: YourOCTherapist@gmail.com  
Website: [youroctherapist.com](http://youroctherapist.com)

**LAURA CAGHAN, PSY.D.**  
15615 Alto Pkwy, Ste 220,  
Irvine, CA 2618  
3551 Florist St, Ste 1-D,  
Los Alamitos, CA 90720  
Phone: (949) 450-1011  
Website: [www.drlauracaghan.com](http://www.drlauracaghan.com)

**LISA MAUREL, MFT**  
1151 Dove Street, Ste 245,  
Newport Beach, CA 92660  
Phone: (714) 390-8189  
Website: [lisamaurel.com](http://lisamaurel.com)  
Fax: (657) 346-2025

**LGBT CENTER ORANGE COUNTY**  
1605 N. Spurgeon St.,  
Santa Ana, CA 92701  
Phone: (714) 953-5428  
Website: [www.lgbtcenteroc.org](http://www.lgbtcenteroc.org)

**FRANK PATTI, LMFT, PSY. D.**  
2030 E 4th Street, Ste 255,  
Santa Ana, CA 92705  
Phone: (949) 424 - 8712

**SONIA LOPEZ, MFT**  
594 N Glassell St,  
Orange, CA 92867  
Phone: (626) 768-2468  
Email: [LopezMFT@gmail.com](mailto:LopezMFT@gmail.com)  
Website: [lopezmft.com](http://lopezmft.com)  
Accepts blue shield, sliding scale with limited availability, or \$80 - \$120 per 50 minute session

**TRACI MEDEIROS-BAGAN**  
1457 E. Chapman Ave.  
Fullerton, CA 92831  
Phone: (657) 333-2396  
Website: <http://compassionaterevolt.com/>  
Email: [compassionaterevolt@gmail.com](mailto:compassionaterevolt@gmail.com)  
**TRACEY M CLARKE**

1457 E. Chapman Ave. Fullerton, CA 92831  
Phone: (714) 655-5371  
Website: <https://traceymclark.wordpress.com/>  
Email: [traceymclark@gmail.com](mailto:traceymclark@gmail.com)  
In network with: Anthem, Cigna, Magellan,  
Managed Health Network  
Can provide superbill for reimbursement for  
certain plans

ALISON L. JOHNSON, M.S., LMFT  
Insightful Matters  
North Office: 17111 Beach Blvd Suite 205  
Huntington Beach, CA 92647  
South Office: 18700 Beach Blvd Suite 160  
Huntington Beach, CA 92648  
Phone: (714) 654-1570  
Website:  
<https://www.insightfulmatters.com/index.html>  
Accepts insurance, including medi-cal

LOUIS D. NEALON, MA., MBA, LMFT  
17822 Beach Boulevard, Suite 230  
HuntingtonBeach, CA 92647  
Tel: (657) 203-3228  
Fax: (714) 842-8330  
Website: <https://www.affirmingtherapyoc.com/>  
Email: [Affirmingtherapyoc@aol.com](mailto:Affirmingtherapyoc@aol.com)  
Does not accept insurance, but PPO plans may  
be able to get reimbursed

MARY G. MADRIGAL, PHD  
16152 Beach Blvd., Suite 131  
Huntington Beach, CA 92647  
Phone: (714) 504-8840  
Website: [www.phoenixrisinginstitute.org](http://www.phoenixrisinginstitute.org)  
Email: [drmmadrigal@verizon.net](mailto:drmmadrigal@verizon.net)

ETHAN TREVIS, MFT  
10927 Downey Ave Ste C  
Downey, CA 90241  
Phone: (562) 869-9770  
Fax: (562) 869-9773  
Does not accept insurance but works to be low  
cost. Average is \$35 for a one hour visit

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### Psychiatrists

Simone Litsch, MD (Psychiatrist)  
120 Newport Center Dr  
Newport Beach, CA 92660  
Phone: (925) 202-4176

Alan Duy Vu, MD (Psychiatrist)  
1400 Quail St Ste 150  
Newport Beach, CA 92660  
Phone: (949) 442-1660

Gisoo Zarrabi, MD (Psychiatrist)  
3991 Macarthur Blvd  
Newport Beach, CA 92660  
Phone: (949) 887-7187

New Foundation Medical Group  
520 N Main Street, Suite 220. Santa Ana, CA  
92701  
Phone: (714) 543-5609