

Building Connections as an LGBTQ+ Person: Resources and Support

Members of LGBTQ+ communities often experience significant barriers to care, including a lack of personal support, legal obstacles and other difficulties. The following organizations can provide a range of resources and support to those facing health care disparities.



Resources for LGBTQ+ People

The goal of the following organizations is to help overcome as many issues as possible for LGBTQ+ individuals and their caregivers. CancerCare also provides educational materials, support groups, resource navigation throughout the country and counseling within New York and New Jersey, all free of charge.

To speak with one of CancerCare's professional oncology social workers, call 800-813-HOPE (4673) or find more at www.cancercare.org.

Gay and Lesbian Medical Association (GLMA)

www.glma.org

Through the expertise of our members and in collaboration with other LGBTQ+ rights and health organizations, as well as with health associations and policy-makers at all levels, GLMA is a major force in the effort to ensure the health and well-being of LGBTQ+ individuals and families.

Human Rights Campaign and Human Rights Campaign Foundation

www.hrc.org

The Human Rights Campaign has compiled information and advice on a range of topics, including health care issues, available on their website. Programs to support individuals, allies and institutions can be accessed by visiting the Human Rights Campaign Foundation, at www.thehrcfoundation.org.

Lambda Legal

www.lambdalegal.org

Lambda Legal protects the rights of LGBTQ+ people through litigation, education and policy advocacy. Their help desk provides information and resources related to discrimination based on sexual orientation, gender identity, gender expression and HIV status. Regional office numbers are on their website.

LGBT National Help Center

www.glbthotline.org

888-843-4564

The LGBT National Help Center provides free and confidential support for LGBTQ+ people and those with questions about sexual orientation or gender identity. Their support includes toll-free hotlines, a peer-supported chat program on their website, educational material on LGBTQ+ issues and local resources for areas across the country.



Resources for LGBTQ+ People

National LGBT Cancer Network www.cancer-network.org

The National LGBT Cancer Network works to improve the lives of LGBTQ+ post treatment cancer survivors and those at risk by way of educating these communities about increased risks and the importance of early detection and screening as well as training providers to provide more competent, safe and welcoming care. They have an online database to help locate care providers.

National LGBT Cancer Project www.lgbtcancer.org

The National LGBT Cancer Project seeks to improve the health of LGBTQ+ post treatment cancer survivors with peer-to-peer support, patient navigation, education and advocacy by way of their online support group community, Out With Cancer.

SAGE Advocacy and Services for LGBT Elders www.sageusa.org 212-741-2247

SAGE works on behalf of older LGBTQ+ populations to ensure better connections and find solutions to issues they face. This includes the SAGE LGBT Elder Hotline, education and training, housing initiatives and other forms of connections with peers and others.

Trans Lifeline translifeline.org 877-565-8860

Trans Lifeline offers direct emotional and financial support for trans people in crisis. They connect trans people to community support and resources needed to survive and thrive, including small grants and a hot line to find local resources and peer connection.

Transgender Law Center transgenderlawcenter.org 510-587-9696

With a robust collection of resources and publications, TLC seeks to guide transgender individuals through many common legal challenges and questions they will encounter in health care and elsewhere, including housing, criminalization and violence. They have a Legal Help Desk that can respond to questions and give referrals to other resources and members of their pro bono network of support.

CancerCare® Can Help

Founded in 1944, CancerCare is the leading national organization providing free support services and information to help people manage the emotional, practical and financial challenges of cancer. Our comprehensive services include resource navigation, counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All CancerCare services are provided by master's-prepared oncology social workers and world-leading cancer experts.

To learn more, visit www.cancercare.org or call **800-813-HOPE (4673)**.

Facebook: facebook.com/CancerCare | **Instagram:** @CancerCareUS | **Twitter:** @CancerCare

