

SOLANO COUNTY LGBTQ+ RESOURCES

HEALTH CENTERS

Gender Health Center

“Offers a wide range of free or low-cost, low-barrier services to the community, including a free hormone clinic, mental health counseling, support groups, harm reduction, legal assistance, healthcare navigation, case management, and resource referrals.”

Location: 3823 V Street

Sacramento, CA 95817

Contact: (916) 455-2391

Email: frontdesk@ghcmail.org

Website: <https://www.genderhealthcenter.org/>

Last Verified On: 04/09/2026



HOTLINE PHONE NUMBERS

LGBT National Talk Line

“Provide a confidential safe space where callers of any age can speak about sexual orientation or gender identity/expression issues. This includes coming out issues, relationship concerns, bullying, workplace issues, HIV/AIDS anxiety, safer sex information, suicide, and much more.”

Contact: (888) 843-4564

Email: help@LGBTHotline.org

Website: <https://lgbthotline.org/national-hotline/>

Last Verified On: 04/06/2026

LGBT National Youth Talk Line

“Provide a confidential safe space where callers of any age can speak about sexual orientation or gender identity/expression issues. This includes coming out issues, relationship concerns, family, bullying, school issues, HIV/AIDS anxiety, safer sex information, suicide, and much more.”

Contact: (800) 246-7743

Email: help@LGBThotline.org

Website: <https://lgbthotline.org/youth-talkline/>

Last Verified On: 04/06/2026

LGBTQ RESOURCE CENTERS

Lavender Library

“A volunteer-run LGBTQ+ library, archive, and community space in Sacramento with queer books, films, archives, zines, and more.”

Location: 1414 21st Street

Sacramento, CA 95811

Contact: (916) 492-0558

Email: lavenderlibrary4us@gmail.com

Website: <http://lavenderlibrary.com/>

Last Verified On: 04/09/2026



SOLANO COUNTY LGBTQ+ RESOURCES

LGBTQ RESOURCE CENTERS, Continued

LGBTQIA Resource Center, Sac State

“Provides students looking for a connection to campus with programs and events, access to resources on campus and in the community, a welcoming hangout space, and opportunities for education about LGBTQIA communities.”

Location: University Union, Room 2230
6000 J Street

Sacramento, CA 95819

Contact: (916) 278-8720

Email: pride@csus.edu

Website: <https://www.csus.edu/student-affairs/centers-programs/pride-center/>

Last Verified On: 04/09/2026

Sacramento LGBT Community Center

“We support the health and wellness of the most marginalized, advocate for equality and justice, and work to build a culturally rich LGBTQ+ community.”

Location: 1015 20th Street
Sacramento, CA 95811

Contact: (916) 442-0185

Email: info@saccenter.org

Website: <https://saccenter.org/>

Last Verified On: 04/09/2026

SENIORS

LGBT National Senior Hotline

“Free and Confidential peer support for the LGBT and questioning community ages 50 and above.”

Contact: (888) 234-7243

Email: help@LGBThotline.org

Website: <https://lgbthotline.org/senior-hotline/>

Last Verified On: 04/09/2026

SAGE

“National organization offering supportive services and consumer resources for LGBTQ older adults and their caregivers.”

Contact: (212) 741-2247

Website: <https://www.sageusa.org/>

Last Verified On: 04/09/2026

SUPPORT GROUPS

Community Group, Sacramento LGBT Community Center

“Providing peer support to marginalized populations within the LGBTQ+ community. All groups are free and welcome new participants that are part of the group’s focus.”

Location: 1015 20th Street
Sacramento, CA 95811

Contact: (916) 442-0185

Email: info@saccenter.org

Website: <https://saccenter.org/mental-health>

Last Verified On: 04/09/2026



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TRANSGENDER RESOURCES

Sutter Gender Identity Support Group

"We are an open, non-profit, non-sexual social group serving the Greater Sacramento area for those who are serious about their gender identity. We provide a safe and secure place where they can interact with others with similar experiences and meet, visit and exchange information."

Location: 2620 Capitol Ave # 200,
Sacramento CA 95816

Contact: (916) 978-0410

Email: contact@pflagsacramento.org

Website: <http://www.sacgender.org/home>

Last Verified On: 04/09/2026

Trans Lifeline

"Trans Lifeline connects trans people to the community support and resources we need to survive and thrive."

Contact: (877) 565-8860

Website: <https://www.translifeline.org/>

Last Verified On: 04/06/2026

Transgender Map

"This free website shows how to make a gender transition"

Website: <https://www.transgendermap.com/>

Last Verified On: 04/06/2026

Trans Resilience - Resources

"Here are a few resources that may be useful for community organizations, trans individuals, or therapists and medical providers."

Website: <https://www.trans-ilience.com/>

Last Verified On: 04/06/2026

SOLANO COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES

True Care Map

"The TrueCare Map is your one-stop destination for exploring the many amazing resources available in our community. Whether you're looking for health services, food assistance, education programs, or family support, the TrueCare Map helps you find what you need - all in one convenient place."

Website:

<https://www.solanocounty.gov/government/health-social-services-hss/behavioral-health/behavioral-health-services>

Last Verified On: 04/09/2026