

Gender Affirming Hormone Care Providers

Firstly, if you are ever in a crisis or just need someone to talk to you can call **Trans Lifeline**. They are staffed by all trans volunteers:

877-565-8860

<https://translifeline.org/>

A good way to find a therapist is through **Psychology Today**. You can search by location, insurance and for experience working with trans clients. Providers may be offering telehealth which means you could have an appointment with any therapist in your state.

<https://www.psychologytoday.com/us/therapists/transgender>

STATE-BY-STATE RESOURCES:

Alaska

[Anchorage/Mat-Su](#)

[Fairbanks](#)

[Homer](#)

[Juneau](#)

[Telehealth](#)

[Other Resources](#)

Hawai'i

[Honolulu, Oahu](#)

[Moanalua, Oahu](#)

[Kapolei, Oahu](#)

[Wailuku, Maui](#)

[Lihue, Kauai](#)

[Telehealth](#)

[Other Resources](#)

[Idaho](#)

[Boise](#)

[Nampa](#)

[Multiple Locations](#)

[Telehealth](#)

[Other Resources](#)

[Indiana](#)

[Central Indiana](#)

[Northern Indiana](#)

[Multiple Locations](#)

[Telehealth](#)

[Other Resources](#)

[Kentucky](#)

[Central Kentucky](#)

[Western Kentucky](#)

[Telehealth](#)

[Other Resources](#)

Washington

[Puget Sound](#)

[Seattle](#)

[Tacoma/Pierce/South Sound](#)

[Eastern Washington](#)

[Telehealth](#)

[Other Resources](#)

Alaska

ANCHORAGE/MAT-SU

Healthcare

- **Identity Health Clinic**
Phone: 907-865-3247
Website: <https://identityalaska.org/programs/identityhealthclinic/>
- **Providence Family Medical Center**
Phone: 907-562-9229
Website: <https://www.providence.org/locations/ak/family-medicine-center#tabcontent-2-pane-6>
- **Anchorage Neighborhood Health Center**
Phone: 907-743-7200
Website: <https://www.anhc.org/>
- **Loretta Lee, MD, Alaska Family care Associates**
Phone: 907-929-5888

Website: <https://www.providence.org/doctors/internal-medicine/ak/anchorage/loretta-lee-1013973460>

- **Tracey Wiese, APRN, Full Spectrum Health, LLC**
Phone: 907-229-9766
No Website

Care for Minors

- **Providence Alaska Medical Center Pediatrics**
Phone: 907-212-4824
Website: <https://www.providence.org/locations/ak/alaska-childrens-hospital/pediatric-center>
- **Alaska Center for Pediatrics**
Phone: 907-777-1800
Website: <https://www.akpeds.com/>

Counseling Services

- **Sirpa Gorman, LPC** (*Eagle River*)
Phone: 907-720-1878
Website: <https://www.alaskatherapy.com/>
- **Amy White, Ph.D, LPC, MAC, Life Centered Therapy**
Phone: 907-727-4455
No Website
- **Ebony McClain-Owens**
Phone: 907-602-0305
Website: <https://www.ebonycounseling.com/>
- **Karen Janicek, MS**
Phone: 907-561-1847
No Website
- **Lubtish Counseling**
Phone: 907-317-9442
Website: <https://lubitsh.com/services/>
- **Mary Ann Mattingly, MS, LPC**
Phone: 907-522-2010

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

- **Eli Michael, Thriving Within, LLC** ****Specializing in trans folks 12 and older**
Phone: 907-268-4234
Website: <https://thrivingwithinllc.clientsecure.me/>
- **Multiple trans-friendly providers can be found (statewide) at:**
<https://www.psychologytoday.com/us/therapists/alaska?category=transgender>

FAIRBANKS

Healthcare

- **Chena Health**
Phone: 907-456-8191
Website: <https://www.chenahealth.com/trans>
- **Jennifer Young, Interior Womens Health**
Phone: 907-479-7701
Website: <https://www.interiorwomenshealth.org/>

Counseling Services

- **Cathey Weeg, LPC**
Phone: 907-590-8384
Website: <https://www.counselingandtherapyservices.com/>
- **Susan Stanton**
Phone: 907-347-2160
No Website
- **Jaimie Darcy, Dowler, LPC** (*Online Counseling only*)
Website: <https://secure.helloalma.com/providers/jaimie-darcy-dowler/>
- **Coleen Flynn, Sarah Dietsche with Turning Point Counseling**
Phone: 907-374-7776
Website: <https://www.turningpointcounselingservices.com/>
- **Multiple trans-friendly providers can be found (statewide) at:**
<https://www.psychologytoday.com/us/therapists/alaska?category=transgender>

HOMER

Healthcare

- **Ninilchik Community Clinic** (*open to non-Indian Health Service beneficiaries*)
Phone: 907-567-3970
Website: <https://www.ninilchiktribe-nsn.gov/health/>

JUNEAU

Healthcare

- **Southeast Alaska Regional Health Consortium** (*Multiple Locations in Southeast Alaska*)
Phone: Multiple phone numbers for multiple locations
Website: <https://searhc.org/>
- **Southeast Medical Clinic**
Phone: 907-586-8100
Website: <http://www.southeastmedicalclinic.com/>
- **Valley Medical Care** (*Limited Providers*)
Phone: 907-586-2434
Website: <https://www.valleymedicalcare.com/>

Care for Minors

- **Glacier Pediatric**
Phone: 888-504-2423
Website: <https://www.glacierpediatrics.com/>
- **Rainforest Pediatric**
Phone: 907-463-4040
Website: <https://searhc.org/location/ethel-lund-medical-center/>

Counseling Services

- **Deeper Light Psychotherapy**
Phone: 855-755-3458
Website: <https://www.deeperlightpsychotherapy.com/>
- **Koru Counseling, Margie Thomspson**

Phone: 907-723-9574

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

- **Resiliency Counseling Services**

Phone: 907-206-2254

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

- **Multiple trans-friendly providers can be found (statewide) at:**

<https://www.psychologytoday.com/us/therapists/alaska?category=transgender>

TELEHEALTH-ONLY OPTIONS (STATEWIDE)

- **QueerDoc** (*Telehealth only – insurance not accepted for appointments*)

Website: <https://queerdoc.com/>

OTHER SERVICES/RESOURCES/ADVOCACY (STATEWIDE)

- **Zach Gordon Youth Center**

Phone: 907-586-2635

Website: <https://juneau.org/parks-recreation/zach-gordon/zgyc>

- **Aware Inc.** (*Gender inclusive emergency shelter*)

Phone: 907-586-6623

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

- <https://www.cdc.gov/lgbthealth/transgender.htm>

- <http://transcaresite.org/>

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

- <https://www.outcarehealth.org/>

- <https://identityalaska.org/>

- <https://genderpack.org/>

- <https://thequeensguard.gay/index.html>

- <https://homerrecroom.org/>

- <https://storyworksak.org/>

- <https://standwithtrans.org/support-groups/>

- <https://www.lamberthouse.org/youth-programs>

- <https://www.alaskanstogether.org/>

- <https://www.transgendermap.com/resources/usa/alaska/>

Hawai'i

HONOLULU, OAHU

Healthcare

- **Lavender Clinic**
Phone: 808-744-2543
Website: <https://www.lavenderclinic.org/>
- **Manakai O Malama**
Dr. Jeanette Qablawi
Phone: 808-535-5555
Website: <https://www.manakaiomalama.com/>

MOANALUA, OAHU

Healthcare

- **Kaiser Care Pathway Center** (*Kaiser patients only*)
Scott Denny
Phone: 808-432-5886
Website: <https://healthy.kaiserpermanente.org/hawaii/provider/scott-denny-5609417>

KAPOLEI, OAHU

Healthcare

- **Shanda Lewis**
Phone: 808-697-3300
Website: <https://www.wcchc.com/Providers/ProvProfile/Shanda-Lewis-APRN-Nurse-Practitioner-Provider>

WAILUKU, MAUI

Healthcare

- **Mālama I Ke Ola Health Center** –Transcend Maui
Phone: 808-871-7772

Website: <https://ccmaui.org/transcend-maui/>

LIHUE, KAUAI

Healthcare

- **Malama Pono Health Services**
Phone: 808-246-9577
Website: <https://mphskauai.org/clinic/#transgender>

Counseling Services

- **Multiple trans-friendly providers can be found (statewide) at:**
<https://www.psychologytoday.com/us/therapists/hawaii?category=transgender>

TELEHEALTH-ONLY OPTIONS (STATEWIDE)

- **QueerDoc** (*Telehealth only – insurance not accepted for appointments*)
Website: <https://queerdoc.com/>

OTHER SERVICES/RESOURCES/ADVOCACY (STATEWIDE)

- **Ku’ana Project** (*social/advocacy support*)
Website: <https://www.hhhrc.org/transgender>
- **Veterans Affairs (VA) Pacific Islands Healthcare System**
LGBTQ+ Care Coordinator, Dr. Mary Harlinger
Phone: 808-433-7348
Email: Mary.Harlinger@va.gov
Website: <https://www.va.gov/pacific-islands-health-care/health-services/lgbtq-veteran-care/>
- <https://www.cdc.gov/lgbthealth/transgender.htm>
- <http://transcaresite.org/>
- <https://www.transgendermap.com/>
- <https://www.outcarehealth.org/>

Idaho

BOISE

Healthcare

- **Full Circle Health**
Phone: 208-514-2510
Website: <https://www.fullcircleidaho.org/patients/medical-care/transgender-clinic/>
- **Davis Family Medicine**
Website: <https://davisfamilymedicine.net/>

NAMPA

Healthcare

- **Full Circle Health (South Clinic)**
Phone: 208-514-2529
Website: <https://www.fullcircleidaho.org/patients/medical-care/transgender-clinic/>
- **Full Circle Health (North Clinic)**
Phone: 208-514-2509
Website: <https://www.fullcircleidaho.org/patients/medical-care/transgender-clinic/>

MULTIPLE LOCATIONS

Healthcare

- **St. Luke's**
Website: <https://www.stlukesonline.org/health-services/service-groups/lgbtqia-health-care>

Counseling Services

- **Multiple trans-friendly providers can be found (statewide) at:**
<https://www.psychologytoday.com/us/therapists/idaho?category=transgender>

TELEHEALTH-ONLY OPTIONS (STATEWIDE)

- **QueerDoc** (*Telehealth only – insurance not accepted for appointments*)
Website: <https://queerdoc.com/>

- **Plume** (**Estrogen+ only in Idaho at this time*)
Telehealth only – insurance not accepted for appointments, can be used for meds, \$99.00 monthly membership
Website: <https://getplume.co/map/gender-affirming-hormone-therapy-in-idaho/>
- **Trans CLINIQUE**
(*Insurance & no insurance options, monthly membership*)
Website: <https://transclinique.com/>
- **True U Clinic**
(*Does not accept insurance, patients are self-pay*)
Phone: 888-292-0799
Website: <https://trueuclinic.com/idaho/>
- **Folx Health** (*Telehealth only – insurance not accepted for appointments*)
Website: <https://www.folxhealth.com/>

OTHER SERVICES/RESOURCES/ADVOCACY (STATEWIDE)

- <http://transcaresite.org/>
- <https://www.transgendermap.com/>
- <https://www.outcarehealth.org/>

Indiana

CENTRAL INDIANA

Healthcare

- **Eskenazi Health**
Phone: 317-880-6042
Website: <https://www.eskenazihealth.edu/health-services/gender-health>
- **Alex Geiger, MA with Indy Healthnet**
Phone: 317-957-2500 (Southwest Health Center Location)

812-333-4001

Website: <https://www.indyhealthnet.org/physicians/alex-geiger>

- **Mosaic Health & Healing Arts**

Phone: 610-872-9101

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

Care for Minors

- **Riley Children's Health** (*up to age 21*)

Website: <https://www.rileychildrens.org/departments/gender-health-program>

Counseling Services

- **Gender Nexus**

Phone: 317-650-5988

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

- **Indiana Youth Group**

Phone: 317-541-8726

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

- **Jennifer Vincent, The Brave Life Therapy**

Phone: 317-643-0507

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

- **Soaring Heart Center** (*Preferred contact is via their website*)

Phone: 317-896-0491

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

- **Bowen Center** (*Multiple Locations throughout the state*)

Phone: 260-471-3500

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

- **Multiple trans-friendly providers can be found (statewide) at:**

<https://www.psychologytoday.com/us/therapists/indiana?category=transgender>

NORTHERN INDIANA

Healthcare

- **Mosaic Health & Healing Arts**
Phone: 574-537-2680
Website: <https://mosaichha.org/>

Counseling Services

- **Counseling Practicum Clinic – Ball State University**
Phone: 765-285-8047
Website: <https://www.bsu.edu/academics/centersandinstitutes/practicum>
- **Multiple trans-friendly providers can be found (statewide) at:**
<https://www.psychologytoday.com/us/therapists/indiana?category=transgender>

MULTIPLE LOCATIONS

Healthcare

- **Indiana University**
Website: <https://medicine.iu.edu/expertise/lgbtq-health/clinical-care>

TELEHEALTH-ONLY OPTIONS (STATEWIDE)

- **Plume** **Estrogen+ only in Indiana at this time*
Telehealth only – insurance not accepted for appointments, can be used for meds, \$99.00 monthly membership)
<https://getplume.co/map/gender-affirming-hormone-therapy-in-indiana/>

OTHER SERVICES/RESOURCES/ADVOCACY (STATEWIDE)

- <https://buwellness.org/>
- <https://damien.org/>
- <https://www.cdc.gov/lgbthealth/transgender.htm>
- <https://www.indianalegalservices.org/LGBTVAP>
- <https://www.gendernexus.org/>
- <https://www.realmamabears.org>
- <https://www.pfw.edu/resource-center/>

- <https://www.thelgbtqcenter.org/>
- <http://www.aidsministries.org/>
- <https://www.facebook.com/TransLafayette/>
- <https://muncieoutreach.org/>
- <https://trinityhavenindy.org/>
- <https://www.safy.org/indiana/fort-wayne/>
- <https://www.indyrainbowchamber.org/>
- <https://www.juliancenter.org/>
- <https://transindy.org/>
- <https://www.indypflag.org/>
- <https://transparentusa.org/>
- <https://stepupin.org/>
- <https://bloomingtonpride.org/>
- <https://pridecenterterrehaute.org/>
- <https://spencerpride.org/iris/>
- <https://greaterevansvilleyouth.org/>
- <http://transcaresite.org/>
- <https://www.transgendermap.com/>
- <http://www.webetrees.org/>
- <https://positiveresourceconnection.org/>
- <https://positiveresourceconnection.org/>
- <https://dvnconnect.org/>
- <https://www.centerfornv.org/>
- <https://www.outcarehealth.org/>
- https://www.bloomingtonvolunteernetwork.org/agency/detail/?agency_id=63078
- <https://spencerpride.org/unity/>
- <https://tsagl.org/>

Kentucky

CENTRAL KENTUCKY

Healthcare

- **University of Kentucky (Transform Health Program)**
Phone: 859-323-6371

Website: <https://ukhealthcare.uky.edu/obstetrics-gynecology/gynecology/transgender-nonbinary-health>
<https://ukhealthcare.uky.edu/services/transform-health-services>

- **Baptist Health Primary Care (multiple providers, multiple locations all over KY)**
Phone: Depends on location, look up providers near you online.
Website: https://www.baptisthealth.com/provider/results?keyword=LGBTQ%20health&keywordType=clinical_keywords&page=1
- **University of Louisville**
Phone: 502-588-4600
Website: <https://louisville.edu/medicine/departments/medicine/divisions/endocrinology/patient-care/transgender-care>
- **Norton Healthcare (multiple providers, multiple locations)**
Phone: 502-456-7047
Website: <https://nortonhealthcare.com/patient-resources/lgbtq-inclusion-resources/>

Care for Minors

- **Cincinnati Children's Transgender Health Clinic**
Phone: 513-536-4681
Website: <https://www.cincinnatichildrens.org/service/a/adolescent-medicine/programs/transgender>

Counseling Services (Central KY)

- **Mandala House**
Phone: 502-309-2408
Website: <https://mandalalouisville.com/>
- **Evolved Counseling**
Phone: 502-689-9952
Website: <https://evolvedcounselingcenter.com/>
- **Dave Harmon & Associates**
Phone: 907-896-8006
Website: <http://www.daveharmon.org/>
- **Dawn Pendleton with Creative Family Counseling**
Phone: 502-709-0410

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

- **Richard Coomer, LCSW**
Phone: 502-473-7028
Website: <https://www.transkentucky.com/listing/richard-coomer-lcsw>
- **Richard Purvis**
Phone: 502-423-4474
Website: <https://www.eastloupsychgroup.com/richard-purvis-psyd>
- **Gretchen Rinehart, LCSW** (*by referral only*)
Phone: 502-876-4184
Website: <https://gretchenrinehart.com/>
- **Bridge Counseling and Wellness** (*multiple providers specializing in LGBTQ+*)
Phone: 502-694-9488
Website: <https://bridgemindbody.com/about-us/#therapists>
- **Nightingale Healthcare**
Phone: 859-756-3630
Website: <https://nghealthcarebera.com/>
- **Multiple trans-friendly providers can be found (statewide) at:**
<https://www.psychologytoday.com/us/therapists/kentucky?category=transgender>

WESTERN KENTUCKY

Healthcare

- **Dr. Rudy Triana, Mayfield, KY** (*referral needed*)
Phone: 270-251-4080, no website
- **Dr. Sergio Figueroa & Jamie Miller, APRN Baptist Health, Madisonville, KY** (*referral needed*)
Phone: 270-825-7377
Website: <https://baptisthealthdeaconess.com/>
- **Forte Family Practice, Benton, KY**
Phone: 270-387-7001, no website
- **Jennifer Waters, APRN with Baptist health, Benton & Calvert City, KY**

Phone: 270-415-7070 (Benton) & 270-415-7780 (Calvert City)

- **Dr. John Cecil, Paducah, KY**
Phone: 270-575-1010
Website: <https://www.baptisthealth.com/about/news-center/2021/dr--john-cecil-joins-baptist-health-medical-group>
- **Dr. Amber Savells (OBGYN), Paducah KY**
Phone: 270-443-1220
Website: https://www.baptisthealth.com/provider/amber-d-savells-md-obstetrics-gynecology?utm_source=g-local&utm_medium=organic&utm_content=org-local-provider&utm_campaign=pad-local-listing
- **Dr. Robert Learch (Internal Med), Paducah, KY**
Phone: 270-575-5990
Website: <https://www.baptisthealth.com/provider/robert-james-learch-do-internal-medicine>
- **Dr. Mae Fischer (Primary Care), Paducah, KY**
Phone: 270-444-4250
Website: <https://www.mercy.com/find-a-doctor/physicians/mae-fischer/238128>
- **LivWell Community Health Service, Paducah, KY**
Phone: 270-444-8183
Website: <https://livwellchs.org/>

Care for Minors

- **Dr. Rachel Lowdenback (Pediatrician), Paducah, KY**
Phone: 270-442-6161
Website: <https://www.mercy.com/find-a-doctor/physicians/rachel-s-lowdenback/238252>

Counseling Services

- **Bridges Family Center, Murray KY**
Phone: 270-761-5804
Website: <https://bridgesfamilycenter.com/>
- **Sacred Break Throughs, Hickory KY**
Phone: 270-658-3911
Website: <https://www.lifecounseling.services/>

- **Dr. Jared Leet, Madisonville, KY**
Phone: 270-825-6680
Website: <https://www.baptisthealth.com/about/news-center/2019/baptist-health-madisonville-introduces-jared-leet-phd>
- **Nikki Dickerson, LPCC, Paducah, KY**
Phone: 270-551-9278
Website: <https://www.facebook.com/TheButterflyRiver/>
- **Psychological Associates of Paducah, Paducah, KY**
Phone: 270-442-8785
Website: <https://psychologicalassociatespaducah.com/>
- **Dr. Meyer, Paducah Psychiatry Group, Paducah, KY**
Phone: 270-443-8195, no website
- **Dylan Camacho, Bowling Green, KY (offers online therapy)**
Phone: 270-447-8425
Website: <https://www.psychologytoday.com/us/therapists/dylan-camacho-bowling-green-ky/762839>
- **Austin Weiler, Chestnut Park Professionals, Bowling Green, KY**
Phone: 270-782-1116
Website: <https://www.chestnutparkprofessionals.com/about-our-therapists>
- **Daltrey Tyree, Bowling Green, KY (offers online therapy)**
Phone: 270-421-3397
Website: <https://www.psychologytoday.com/us/psychiatrists/daltrey-tyree-bowling-green-ky/800410>
- **Multiple trans-friendly providers can be found (statewide) at:**
<https://www.psychologytoday.com/us/therapists/kentucky?category=transgender>

TELEHEALTH-ONLY OPTIONS (STATEWIDE)

- **Folx Health** (*Telehealth only – insurance not accepted for appointments*)
<https://www.folxhealth.com/>
- **Plume**
(*Telehealth only – insurance not accepted for appointments, can be used for meds, \$99.00 monthly membership*)

<https://getplume.co/map/gender-affirming-hormone-therapy-in-kentucky/>

- **Trans CLINIQUE**
(Insurance & no insurance options, monthly membership)
<https://transclinique.com/>
- **True U Clinic** (Does not accept insurance, patients are self-pay)
Phone: 888-292-0799
Website: <https://trueuclinic.com/kentucky/>

OTHER SERVICES/RESOURCES/ADVOCACY (STATEWIDE)

- <https://www.fairness.org/>
- <https://www.kentuckianaaidsalliance.org/>
- <https://www.kentuckyhealthjusticenetwork.org/transhealth.html>
- <http://www.lacasitacenter.org/>
- <https://louisville.edu/lgbt>
- <https://louisvillepride.com/>
- <https://pflaglouisville.org/>
- <https://louisvilleyouthgroup.org/>
- <https://louisvilleyouthgroup.org/>
- <https://www.lexpridecenter.org/>
- <https://kentuckyblackpride.yolasite.com/>
- <https://www.transkentucky.com/>
- <https://www.uky.edu/lgbtq/>
- <https://www.sexysixed.org/>
- <https://paducah.lgbt/>
- <https://www.murraystate.edu/about/administration/StudentAffairs/departments/lgbt/index.aspx>
- **Legal Name Change:** Maddie Leach, Family Court **Phone:** 270-978-4146
- **Legal Name Change:** Abigail Barnes, Alford Law office **Phone:** 270-538-5364
- <https://www.cdc.gov/lgbthealth/transgender.htm>
- <http://transcaresite.org/>
- <https://www.transgendermap.com/>
- <https://www.outcarehealth.org/>

Washington

PUGET SOUND

Healthcare

- **Complete Health Care of Olympia**
Phone: 360-754-9409
Website: <https://www.chcoly.com/>
- **Providence St. Peter Family Medicine Department, Transgender Medicine Department (Multiple Providers)**
(Referral from primary care provider is needed)
Phone: 360-493-4015
Website: <https://www.providence.org/our-services/wa/st-peter-family-medicine>
- **The Olympia Free Clinic**
(These services provided 1st Monday of every month)
Phone: 360-890-4074
Website: <https://www.theolympiafreeclinic.org/>
- **Whole Health Naturopathy (Dr. Savahn Rosinbum & Dr. Marnie Frisch)**
Phone: 360-943-9519
Website: <https://wholehealthnaturopathy.com/>
- **Mt. Shuksan Family Medicine, Bellingham WA**
Phone: 360-647-1900
Website: <https://www.mtshuksanfamilymedicine.com/services/gynecology>
- **Spectrum Reproductive Health & Gender Affirming Care**
Phone: 360-230-4460
Website: <https://www.spectrumreproductivehealth.com/>
- **Megan Gruber, ARNP, Family Care Network**
Phone: 360-671-4402
Website: <https://www.familycarenetwork.com/staff/megan-gruber>

Counseling Services

- **Claire Mannino, MS, LMHC, NCC, Bellingham, WA**

Phone: 360-224-5334 (Text Preferred)
Email: bhamcounseling@gmail.com
Website: <https://www.bellinghamcounseling.org/>

- **Karen Hansey, Kulshan Counseling Group, Bellingham, WA**
Phone: 360-739-5625
Website: <https://www.kulshancounseling.com/services-provided/>
- **Debra Shawver, Bellingham Therapeutic Counseling**
Phone: 360-536-1565
Website: <https://www.kulshancounseling.com/services-provided/>
- **Unity Care, NW (Multiple locations)**
Website: <https://unitycarenw.org/behavioral-health/>
- **Multiple trans-friendly providers can be found (statewide) at:**
<https://www.psychologytoday.com/us/therapists/washington?category=transgender>

SEATTLE

Healthcare

- **Seattle Children's (ages 9-16)**
Website: <https://www.seattlechildrens.org/clinics/gender-clinic/>
- **Swedish Medical,**
Trans Health Navigator: Mattie Mooney (*Free to contact and get information*)
Phone: 253-231-0888
Email: transhealthnav@swedish.org
Website: <https://www.swedish.org/services/transgender-health/healthcare-navigation>
- **Country Doctor Community Health Center, Carolyn Downs (Sees Medicaid, 2 locations)**
Phone: 206-299-1900 & 206-299-1600
Website: <https://cdchc.org/specialized-care/#gender-affirmingcare>
- **NeighborCare (Multiple locations from Ballard to Rainier Beach, See website for contact info)**
Website: <https://neighborcare.org/services/gender-affirming-care/?group=medical>
- **Jessica Rongitsch, MD & Alice Manos, MD Capitol Hill Medical**
(*Not currently accepting new patients, does not accept Medicaid*)
Phone: 206-720-9999

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

- **University of WA Transgender & Gender Non-Binary Program** (*Not taking new patients at this time, but does offer trans friendly primary care and can arrange referrals*)

Website: <https://depts.washington.edu/tgnbhealthprogram/>

- **Linda Gromko, MD, Queen Anne Medical Associates** (*Sees adults & children*)

Phone: 206-281-7163

Website: <http://queenannemedicalassociates.com/transgender-care/>

Counseling Services

- **Multiple trans-friendly providers can be found for the Seattle area at:**

<https://www.psychologytoday.com/us/therapists/wa/seattle?category=transgender>

- **Divergent Well Being** (*Free Consults*)

Website: <https://divergentwellbeing.com/>

TACOMA/PIERCE/SOUTHSOUND

Healthcare

- **Mary Bridge Children's** (*up to age 17*)

Phone: 253-792-6630

Website: <https://www.marybridge.org/services/diabetes-endocrine-clinic/gender-health-transgender-program/>

- **Community Health Care** (*Multiple providers & multiple sites, accepts Apple Health*)

Phone: 253-722-2161

Website: <https://www.commhealth.org/services/gender-affirming-care/>

- **Cedar River**

Phone: 800-572-4223

Website: <https://cedarriverclinics.org/lgbtqwellness/>

- **Vigil Family Medicine** (*Does not take insurance, monthly subscription model*)

Phone: 253-693-0071

Website: <https://www.vigilmd.com/gender-carelgbtq>

Counseling Services

- **Pride Counseling NW** (*sliding scale, no insurance accepted*)
Phone: 253-201-0203
Email: info@pridecounselingnw.com
Website: <https://www.pridecounselingnw.com/>

Really great people work here. They do telehealth appointments statewide and you don't need hx for a surgical reference. Many of the counselors also do couples counseling and have experience with polyam couples.

- **Jocelyn Palmer, Skagit Behavioral Health**
Phone: 971-319-1876
Website: <http://skagitbehavioralhealth.com/providers/jocelynpalmer.php>
- **Multiple trans-friendly providers can be found (statewide) at:**
<https://www.psychologytoday.com/us/therapists/washington?category=transgender>

EASTERN WASHINGTON

- **CHAS Health, Spokane**
Phone: 509-444-8200
Website: <https://chas.org/?s=transgender+care>
- **Stiller Aesthetics, Spokane** (*For Surgical Care*)
Phone: 509-747-5773
Website: <https://www.stilleraesthetics.com/services/gender-affirming>
- **Columbia Valley Community Health, Wenatchee**
Phone: 509-662-6000
Website: <https://cvch.org/patients/lgbtq/transgender-care-team>
- **Planned Parenthood of Greater WA/ID** (*Yakima, Ellensburg, Tri-Cities, Moses Lake, Spokane, Walla Walla, Pullman*)
Phone: 866-904-7721 (*Appts can only be made via phone right now*)

TELEHEALTH-ONLY OPTIONS (STATEWIDE)

- **Folx Health** (*Telehealth only – insurance not accepted for appointments*)
<https://www.folxhealth.com/>

- **QueerDoc** (*Telehealth only – insurance not accepted for appointments*)
<https://queerdoc.com/>
- **Plume** (*Telehealth only – insurance not accepted for appointments, can be used for meds, \$99.00 monthly membership*)
<https://getplume.co/map/gender-affirming-hormone-therapy-in-washington/>
- **Trans CLINIQUE**
(*Insurance & no insurance options, monthly membership*)
<https://transclinique.com/>
- **True U Clinic** (*Does not accept insurance, patients are self-pay*)
Phone: 888-292-0799
Website: <https://trueuclinic.com/washington/>
- **Circle Medical**
(*Insurance & non-insurance options*)
<https://www.circlemedical.com/what-we-treat/hormone-therapy>

OTHER SERVICES/RESOURCES/ADVOCACY (STATEWIDE)

- <http://transcaresite.org/>
- <https://www.transgendermap.com/>
- <https://www.outcarehealth.org/>
- <https://www.loudandclearspeech.com/> Gender affirming speech therapy. does telehealth, accepts some ins, does not accept MC at this time.
- **Ingersoll** (*has a database of all trans friendly providers*)
<https://ingersollgendercenter.org/ingersoll-directory/>
- **Kaiser Permanente, WA** (*Insurance limitations apply*)
Phone: 206-630-1929
Email: Genderhealth@kp.org
Website: <https://healthy.kaiserpermanente.org/washington/get-care/additional-services/gender-health>