

# Transgender Resources

If someone is in a state of emergency please call 911

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## Transgender Lifeline

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

<https://www.translifeline.org>

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## Domestic Violence and Sexual Assault (needing more wrap around support with mental health, and legal documents)

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### The Northwest Network

**Main Services:** Support Groups, Safety and Support Planning, and

#### **Basic Legal Advocacy Advocacy-Based Counseling**

The NW Network offers emergency and ongoing advocacy-based counseling centered on survivors' choices and self-determination. We work to create a supportive space for survivors to decrease isolation, understand the dynamics of abuse, heal from trauma, increase skills and build self-esteem on the road to creating the lives and relationships they want.

#### **Resources and Referrals**

From housing, food banks and legal assistance to mental health programs and LGBT social support groups, NW Network advocates connect survivors and their families with the resources that meet their unique needs.

**Monday to Friday: 9am to 5pm.**

*P.O. Box 18436*

*Seattle, WA 98118*

**Phone: +1 206 568 7777**

**Fax: 206 325 2601**

**Email:** [info@nwnetwork.org](mailto:info@nwnetwork.org)

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## Asian Counseling and Referral Services

Asian Counseling and Referral Service (ACRS) is a nationally recognized nonprofit organization working for social justice and offering a broad array of behavioral health programs, human services and civic engagement activities for Asian Americans, Pacific Islanders and other communities in King County and beyond.

**Monday to Friday: 8 am to 6 pm**

3639 Martin Luther King Jr. Way S, Seattle, WA 98144

(206) 695-7600 | In inclement weather, call (206) 774-2417 for hours.

(206) 695-7606 | TTY: (800) 833-6384 (WA Relay)

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## Consejo Counseling and Referral Service

Consejo's Domestic violence Program provides quality intervention, prevention, and outreach services for non- or limited English-language proficient Latino survivors of domestic violence, sexual assault, and other crimes.

**3808 S Angeline St.**

**Seattle WA, 98118**

**Tel: (206) 461- 4880**

**Fax: (206) 461- 6989**

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

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## **General Support, transitioning guidelines, medical providers, etc.**

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### Ingersoll Gender Center

Ingersoll Gender Center is a mutual support and education organization for transgender, trans\*, gender variant and genderqueer people, and the people who support them.

**Support Group: Every Wednesday from 7pm - 9pm**, Ingersoll holds our "All-Trans", peer-facilitated support group at the offices of Seattle Counseling Services (**Seattle Counseling Services 1216 Pine St Suite 300 Seattle, Washington 98101**).

There is no cost for this group, but donations are encouraged, to help supplement program expenses. Groups are always drop-in, there is no need to RSVP.

In addition to our Wednesday support group, we have a **Saturday Social group**. This group meets at noon on Saturdays at the Ingersoll Gender Center Trans\* Space (**517 E Pike Street, lower floor Seattle, WA 98122**) and is a time for socializing and getting to know other community members.

**Transitioning guidelines:**

<http://ingersollcenter.org/transitioningguidelines>

**Database for Medical Providers:**

<http://ingersollgendercenter.org/providers>

**www.ingersollgendercenter.org**

517 E Pike Street, lower floor Seattle, WA 98122

**Email:** info@ingersollgendercenter.org

**Office:** 206-849-7859

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2014 King County Trans\* Resource and Referral Guide

[https://issuu.com/lgbtqaccess/docs/trans\\_guide\\_-\\_draft](https://issuu.com/lgbtqaccess/docs/trans_guide_-_draft)