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.


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/](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/](https://thrivingwithinllc.clientsecure.me/)

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

## FAIRBANKS

### Healthcare

- **Chena Health**
  Phone: 907-456-8191
  Website: [https://www.chenahealth.com/trans](https://www.chenahealth.com/trans)

- **Jennifer Young, Interior Womens Health**
  Phone: 907-479-7701
  Website: [https://www.interiorwomenshealth.org/](https://www.interiorwomenshealth.org/)

### Counseling Services

- **Cathey Weeg, LPC**
  Phone: 907-590-8384
  Website: [https://www.counselingandtherapyservices.com/](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/](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/](https://www.turningpointcounselingservices.com/)

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

**Healthcare**

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

- **Southeast Medical Clinic**
  Phone: 907-586-8100
  Website: [http://www.southeastmedicalclinic.com/](http://www.southeastmedicalclinic.com/)

- **Valley Medical Care** *(Limited Providers)*
  Phone: 907-586-2434
  Website: [https://www.valleymedicalcare.com/](https://www.valleymedicalcare.com/)

**Care for Minors**

- **Glacier Pediatric**
  Phone: 888-504-2423
  Website: [https://www.glacierpediatrics.com/](https://www.glacierpediatrics.com/)

- **Rainforest Pediatric**
  Phone: 907-463-4040
  Website: [https://searhc.org/location/ethel-lund-medical-center/](https://searhc.org/location/ethel-lund-medical-center/)

**Counseling Services**

- **Deeper Light Psychotherapy**
  Phone: 855-755-3458
  Website: [https://www.deeperlightpsychotherapy.com/](https://www.deeperlightpsychotherapy.com/)

- **Koru Counseling, Margie Thomspn**
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:**  

**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.transgendernmap.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.transgendernmap.com/resources/usa/alaska/
Hawai’i

HONOLULU, OAHU

Healthcare

- **Lavender Clinic**
  Phone: 808-744-2543
  Website: [https://www.lavenderclinic.org/](https://www.lavenderclinic.org/)

- **Manakai O Malama**
  Dr. Jeanette Qablawi
  Phone: 808-535-5555
  Website: [https://www.manakaiomalama.com/](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](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](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:

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/](https://getplume.co/map/gender-affirming-hormone-therapy-in-idaho/)

• **Trans CLINIQUE**
  *(Insurance & no insurance options, monthly membership)*
  Website: [https://transclinique.com/](https://transclinique.com/)

• **True U Clinic**
  *(Does not accept insurance, patients are self-pay)*
  Phone: 888-292-0799
  Website: [https://trueuclinic.com/idaho/](https://trueuclinic.com/idaho/)

• **Folx Health** *(Telehealth only – insurance not accepted for appointments)*
  Website: [https://www.folxhealth.com/](https://www.folxhealth.com/)

**OTHER SERVICES/RESOURCES/ADVOCACY (STATEWIDE)**

- [http://transcaresite.org/](http://transcaresite.org/)
- [https://www.transgendermap.com/](https://www.transgendermap.com/)
- [https://www.outcarehealth.org/](https://www.outcarehealth.org/)

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**Indiana**

**CENTRAL INDIANA**

**Healthcare**

• **Eskenazi Health**
  Phone: 317-880-6042
  Website: [https://www.eskenazihealth.edu/health-services/gender-health](https://www.eskenazihealth.edu/health-services/gender-health)

• **Alex Geiger, MA with Indy Healthnet**
  Phone: 317-957-2500 (Southwest Health Center Location)
Gender Affirming Care Referral List

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:**
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:

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://wwwrealmamabears.org
- https://www.pfw.edu/resource-center/
Gender Affirming Care Referral List

- 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/

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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://nghealthcareberea.com/

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

**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  

- **Dr. Amber Savells (OBGYN), Paducah KY**  
  Phone: 270-443-1220  

- **Dr. Robert Learch (Internal Med), Paducah, KY**  
  Phone: 270-575-5990  
  Website: [https://www.baptisthealth.com/provider/robert-james-learch-do-internal-medicine](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](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/](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](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/](https://bridgesfamilycenter.com/)

- **Sacred Break Throughs, Hickory KY**  
  Phone: 270-658-3911  
  Website: [https://www.lifecounseling.services/](https://www.lifecounseling.services/)
- **Dr. Jared Leet, Madisonville, KY**
  Phone: 270-825-6680

- **Nikki Dickerson, LPCC, Paducah, KY**
  Phone: 270-551-9278
  Website: [https://www.facebook.com/TheButterflyRiver/](https://www.facebook.com/TheButterflyRiver/)

- **Psychological Associates of Paducah, Paducah, KY**
  Phone: 270-442-8785
  Website: [https://psychologicalassociatespaducah.com/](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

- **Austin Weiler, Chestnut Park Professionals, Bowling Green, KY**
  Phone: 270-782-1116
  Website: [https://www.chestnutparkprofessionals.com/about-our-therapists](https://www.chestnutparkprofessionals.com/about-our-therapists)

- **Daltrey Tyree, Bowling Green, KY** *(offers online therapy)*
  Phone: 270-421-3397

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

**TELEHEALTH-ONLY OPTIONS (STATEWIDE)**

- **Folx Health** *(Telehealth only – insurance not accepted for appointments)*
  [https://www.folxhealth.com/](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.kentuckianaidsalliance.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.sexysexed.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
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:

**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:**

- **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-care-lgbtq
### Counseling Services

- **Pride Counseling NW** *(sliding scale, no insurance accepted)*  
  Phone: 253-201-0203  
  Email: info@pridecounselingnw.com  
  Website: [https://www.pridecounselingnw.com/](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](http://skagitbehavioralhealth.com/providers/jocelynpalmer.php)

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

### EASTERN WASHINGTON

- **CHAS Health, Spokane**  
  Phone: 509-444-8200  
  Website: [https://chas.org/?s=transgender+care](https://chas.org/?s=transgender+care)

- **Stiller Aesthetics, Spokane** *(For Surgical Care)*  
  Phone: 509-747-5773  
  Website: [https://www.stilleraesthetics.com/services/gender-affirming](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](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/](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/](http://transcaresite.org/)
• [https://www.transgendermap.com/](https://www.transgendermap.com/)
• [https://www.outcarehealth.org/](https://www.outcarehealth.org/)
• [https://www.loudandclearspeech.com/](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