

BORRADOR DE LA PRESENTACIÓN

LGBTQ Wellness



Un programa de Caminar



Bienestar LGBTQ

- Apoyo entre pares (para adultos, 18+)
 - Apoyo entre pares individual y conexiones con recursos
 - Grupos de apoyo entre pares
 - Trans, No binario y Expansivo
 - Queer y Personas con Discapacidad
 - Social QT (Condado Norte y Sur)
 - Queer y Asiático
- Educación y capacitación comunitaria gratuita
 - SOGIE 101 (Orientación sexual, identidad y expresión de género) - 1.5 or 3 hours
 - Comprendiendo GAE (Género, Atracción, Expresión) - Catered towards service providers
 - Primeros Auxilios en Salud Mental - curso acreditado de 8 horas
- Alcance y fortalecimiento de capacidades
 - Coalición de Atención Trans
 - 2024 Proyecto de Movilización de Personas Transgénero, de Género Expansivo e Intersexuales (TGI)



LGBTQ Wellness



PEER SUPPORT GROUPS FOR ADULTS 18+

TRAININGS FOR PROVIDERS AND COMMUNITY

EXACT LOCATIONS DISCLOSED AFTER REGISTERING

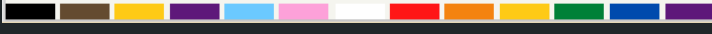
REGISTER/REGISTRARSE: [LINKTR.EE/LGBTQWELLNESS](https://linktr.ee/LGBTQWELLNESS)

FOR MORE INFORMATION, VISIT LGBTQ-WELL.ORG

ENGLISH SUPPORT GROUPS	GRUPO DE APOYO (ESPAÑOL)
QT Social [SAN JOSE] 3RD WEDNESDAY OF EVERY MONTH 6:00-7:30PM [SOUTH COUNTY] 1ST WEDNESDAY OF EVERY EVEN MONTH 6:30-8:30PM FOR ALL LGBTQIA+ AND/OR QUESTIONING FOLKS [BOTH GROUPS ARE IN PERSON] Trans Nonbinary Expansive [IN PERSON] 1ST MONDAY 6:00-7:15PM [ONLINE] 3RD MONDAY 6:00-7:15PM FOR ALL ADULTS WHO IDENTIFY AS TGI AND/OR QUESTION THEIR GENDER South Bay Queer & Disabled [ONLINE] 2ND MONDAY 6:00-7:15PM FOR ALL DISABILITIES & NEURODIVERSITIES Queer & Asian [SUPPORT GROUP] 2ND THURSDAY 6:15-7:45PM [SOCIAL GROUP] 4TH THURSDAY 6:00-8:00PM FOR LGBTQIA+ ASIAN & PACIFIC ISLANDER PEOPLE [BOTH GROUPS ARE IN PERSON]	Trans No Binario Género Expansivo Grupo de Apoyo [EN PERSONA] CUARTO LUNES DEL MES 6:00-8:00PM ESTE ES UN ESPACIO PARA GENTE QUE SE IDENTIFICA COMO TRANSGÉNERO, NO BINARIO, DE GÉNERO EXPANSIVO Y / O QUE CUESTIONAN SU GÉNERO. JUNTOS PODEMOS CONSTRUIR UNA COMUNIDAD EN UN ESPACIO SEGURO Y CONFIDENCIAL. TRAININGS SOGIE 101 1.5 & 3 HOUR VERSIONS - Sexual Orientation - Gender Identity - Expression Mental Health First Aid 8 HOURS - Internationally accredited certification - Emphasis on LGBTQIA+ communities Understanding GAE 6 HOURS - Gender - Attraction - Expression



SIGN UP!



HANG OUT AT *the space!*

Open MON-FRI
3-9 PM

A safe & confidential drop-in center
for LGBTQ+ youth and their allies
ages 13-25.

- Support Groups
- Workshops
- Movie Nights
- Volunteer Opportunities
- LGBTQ Speakers Bureau
- Video Games
- Free Snacks
- Free Toiletries
- Free Safer Sex Supplies

**Free counseling
services available for
eligible youth living in
Santa Clara County.**

Note: The Youth Space is Wheelchair Accessible

Free parking!

Light rail to Youth Space:
Old Ironsides (Green Line) or
Baypointe (Blue Line) to
Bonaventura station

Bus Lines: 66, 72, 73

**2635 Zanker Road
San Jose, CA 95134**

Check Our Website for
Activities in Gilroy and Morgan Hill!
www.youthspace.org

youthspace@fcservices.org
@LGBTQYouthSpace
@TheLGBTQYouthSpace
(408) 343-7940

A program of **Caminar**

**THE
LGBTQ
YOUTH
SPACE**

HEALTHY. EQUITABLE. HEART. & RESPECTFUL TOGETHER

Working Towards Safe and Healthy Relationships for All!

H.E.A.R.T. is an intimate partner violence prevention program based in Santa Clara County that promotes healthy interpersonal relationships through **educational workshops** and **referrals to vital resources**.

Services Include:

- Free workshops & presentations - We travel upon request. (See back page! ➡)
- LGBTQ+ focused groups/workshops
- 1:1 meetings and referrals to vital resources

Contact Us:

☎ (408) 841 - 7600
@heartprogramsantaclaracounty
heartprogram@fcservices.org

A Program of: **Caminar**



Salud Mental 2SLGBTQIA+: Barreras

- “La gran mayoría (90%) de jóvenes LGBTQ+ dijeron que su bienestar se vio afectado negativamente debido a la política reciente. Más de la mitad (53%) dijeron que su bienestar se vio afectado mucho por la política.” (The Trevor Project, [Encuesta Nacional de EE. UU. 2024 sobre la Salud Mental de Jóvenes LGBTQ+](#)).
- “Restricciones federales para obtener documentación legal que afirme la identidad de género, como [pasaportes](#), para personas transgénero, de género expansivo e intersexuales (TGI).”
- Miedo a la detención debido al aumento de la [actividad de ICE en el Condado de Santa Clara](#). Muchas personas se identifican como 2SLGBTQIA+ y tienen estatus migratorio.
- Miedo a una mayor discriminación en entornos de atención médica, específicamente para personas TGI (transgénero, de género expansivo e intersexuales).
 - [U.S. Trans Survey 2022](#): El 48% de las personas trans encuestadas reportaron haber tenido al menos una experiencia negativa con proveedores de atención médica debido a prejuicios anti-trans en los últimos 12 meses.
 - El 24% de las personas encuestadas no acudieron al médico cuando lo necesitaban debido al temor a ser maltratadas



Salud Mental 2SLGBTQIA+: Barreras

- Miedo a perder el financiamiento para los servicios de salud mental enfocados en la comunidad 2SLGBTQIA+
- La eliminación de bases de datos 2SLGBTQIA+ exacerba la disparidad existente en la investigación y en las brechas de datos, lo que conduce a un aumento en las carencias de servicios de salud, incluidos los servicios de salud mental, especialmente para adultos 2SLGBTQIA+
- La falta de investigación y visibilidad impacta en las políticas públicas sobre la salud 2SLGBTQIA+ (específicamente en prevención e intervención temprana) y crea limitaciones en la salud, particularmente en los sectores de encarcelamiento y vivienda, a pesar de las altas tasas de victimización.
- **IMPORTANTE:** Ser 2SLGBTQIA+ no es una barrera para el bienestar. ¡Las barreras provienen de los prejuicios institucionales anti-gay y anti-trans, así como de la violencia!



2SLGBTQIA+ Mental Health: Consecuencias de las barreras

- Riesgo aumentado de suicidio en jóvenes LGBTQ+ (13–24 años)
 - 39% de los jóvenes LGBTQ+ consideraron seriamente intentar suicidarse en el último año, incluyendo casi la mitad de los jóvenes transgénero y no binarios (46%) y 3 de cada 10 jóvenes cisgénero (30%).
 - 12% de los jóvenes LGBTQ+ intentaron suicidarse en el último año, incluyendo 14% de jóvenes transgénero y no binarios y 7% de jóvenes cisgénero.
 - Tasas más altas de intentos de suicidio entre jóvenes BIPOC.
- Aumento de pensamientos y conductas suicidas en comunidades trans, no binarias y de género expansivo (TNBGE) (Encuesta Trans de EE. UU., 2015)
 - 7% de todas las personas encuestadas intentaron suicidarse en el último año, casi doce veces la tasa de intentos de suicidio en la población general de EE. UU.
 - 40% de las personas encuestadas han intentado suicidarse en algún momento de su vida.
 - 82% de las personas encuestadas han pensado seriamente en quitarse la vida en algún momento de su vida.



Salud mental 2SLGBTQIA+: Resultados de las barreras

- Aumento de la angustia psicológica grave en comunidades TNBGE (Encuesta Trans de EE. UU. 2015)
 - “El 39% de las personas encuestadas reportaron estar experimentando actualmente angustia psicológica grave, una tasa casi ocho veces mayor que en la población general de EE. UU. (5%).”
 - Mayor riesgo de uso indebido de sustancias (NAMI)
 - “Las personas adultas LGB tienen casi el doble de probabilidades que las personas adultas heterosexuales de presentar un trastorno por uso de sustancias. Las personas transgénero tienen casi cuatro veces más probabilidades que las personas cisgénero de experimentar un trastorno por uso de sustancias”
- Mayor prevalencia de condiciones de salud mental diagnosticadas (Lu, Soltani, Austin, et al. 2025.)
 - “[Los grupos de minorías sexuales y de género] (SGM, por sus siglas en inglés) presentaron mayores probabilidades de tener al menos 4 de 10 condiciones de salud mental diagnosticadas en comparación con sus contrapartes cisgénero heterosexuales.”
 - “Las barreras de acceso a la atención médica enfrentadas por las personas SGM pueden llevar a condiciones de salud mental no diagnosticadas, lo cual puede causar una subestimación de la verdadera asociación.”



Salud mental 2SLGBTQIA+: ¿Qué podemos hacer?

- Abordar todas las interacciones con humildad cultural
- Reconocer y celebrar la interseccionalidad
- Educarse constantemente y educar a los demás
 - Capacitaciones gratuitas de [LGBTQ Wellness](#) y [Q Corner](#)
 - [Coalición de Atención Trans](#) Materiales educativos
- Alianza activa: corregir el lenguaje sesgado y la desinformación cuando la escuches o veas, visibilizar y apoyar las experiencias y a las personas 2SLGBTQIA+, ¡y mucho más!
- Compartir recursos



Regístrate en los grupos a través de nuestro

BORRADOR DE LA
PRESENTACIÓN

LinkTree : <https://linktr.ee/lgbtqwllness>

QT Social

Join us for in-person social gatherings to connect and have fun with fellow QTies (Queer, Trans, LGBTQIA+, & questioning folks)! Activities include board games, arts & crafts, & more!



NORTH COUNTY (SAN JOSE)

6:00 - 7:30 PM
3rd Wednesday of every month
For ages 18+

SOUTH COUNTY (GILROY/MORGAN HILL)

6:30 - 8:30 PM
1st Wednesday of every even month
For ages 18+



SCAN TO REGISTER!

OR REGISTER HERE:
SURVEYMONKEY.COM/R/QTSOCIAL

South Bay Queer & Disabled

Peer Support Group

Inclusive of all identities,
disabilities, and neurodiversities!

Every 2nd Monday
6-7:15pm | On Zoom
Register:
tinyurl.com/SBQADG

2025 Meeting Dates:

January 13
February 10
March 10
April 14
May 12
June 9
July 14
August 11
September 8
October 13
November 10
December 8



Register Here!



IN-PERSON GROUPS!
MEETING LOCATIONS ROTATE TO
VARIOUS COMMUNITY CENTERS IN
SAN JOSE; EXACT LOCATIONS WILL
BE GIVEN AFTER REGISTRATION

SUPPORT GROUP
Every 2nd Thursday of the month
6:15-7:45 PM

FIND EMOTIONAL SUPPORT
& DISCOVER RESOURCES WITHIN
THE LGBTQIA+ ASIAN COMMUNITY!

SOCIAL GROUP
Every 4th Thursday of the month
6-8 PM

HAVE FUN & ATTEND SOCIAL EVENTS
WITH PEERS WITHIN THE LGBTQIA+
ASIAN COMMUNITY!

PLEASE REGISTER @:
TINYURL.COM/SCCQNA
OR BY SCANNING THIS QR CODE:



**Trans
Nonbinary
Gender Expansive
Peer Support Group**



This is a space for individuals who are
transgender, nonbinary, gender
expansive, and/or questioning their
gender to collectively build community in
a safe, confidential space.

**FREE BI-WEEKLY GROUP | ADULTS 18+
1ST & 3RD MONDAYS | 6-7:15PM**

Register:



SCAN ME

OR VISIT [LINKTR.EE/LGBTQWELLNESS](https://linktr.ee/lgbtqwllness)

Questions? Please email us:
lgbtqwllness@fcservices.org

SCHEDULE:

**1st Monday
[IN PERSON]**

*Takes place in San
Jose, CA 95134.
Participants will
receive full address
after registering.

**3rd Monday
[ONLINE]**

*Participants will
receive meeting link
after registering.

SOGIE 101

SOGIE 101: What do we learn?



Sexual
Orientation
Gender
Identity
Expression



- 1.5 hour and 3 hour versions available
- In-person or virtual

Request a training at:

<https://www.surveymonkey.com/r/RTCF9K7>



Learn more



Training
Spotlight

- Common **terms & definitions** used to describe sexual orientation/attraction & gender identity
- What is the **gender binary** & what is its messaging?
- **Cultural considerations** about gender
- Structural **barriers & protections** to wellness within LGBTQIA+ communities
- Affirming & **inclusive language** to build rapport
- How to use **pronouns** & what to do if we misgender someone
- Practical steps to take to become an **active ally** to LGBTQIA+ communities



Learn more





BORRADOR DE LA PRESENTACIÓN Mental Health **FIRST AID**

from NATIONAL COUNCIL FOR MENTAL WELLBEING

Request a training at:

<https://www.surveymonkey.com/r/RTCF9K7>

WHAT IT COVERS

- Common signs and symptoms of mental health challenges.
- Common signs and symptoms of substance use challenges.
- How to interact with a person in crisis.
- How to connect a person with help.
- Expanded content on trauma, substance use and self-care.

THREE WAYS TO LEARN

- **In-person (2nd Edition)** – Learners receive their training during a 7.5-hour, Instructor-led, in-person session.
- **Blended** – Learners complete a 2-hour, self-paced online course, and participate in a 4.5- to 5.5-hour, Instructor-led training. This Instructor-led Training can be:
 - » A video conference.
 - » An in-person class.

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A** **ssess** for risk of suicide or harm.
- L** **isten** nonjudgmentally.
- G** **ive** reassurance and information.
- E** **ncourage** appropriate professional help.
- E** **ncourage** self-help and other support strategies.

Sources

American Foundation for Suicide Prevention. (n.d.). *Suicide statistics*.
<https://afsp.org/suicide-statistics/>

Centers for Disease Control and Prevention. (n.d.) *Drug overdose deaths*. <https://www.cdc.gov/drugoverdose/deaths/index.html>

National Institute of Mental Health (NIMH). (n.d.). *Mental illness*.
<https://www.nimh.nih.gov/health/statistics/mental-illness>

PRO NOUNS

THIS BOOKLET, BROUGHT TO YOU BY THE COUNTY OF SANTA CLARA TRANS CARE COALITION, WILL HELP YOU NAVIGATE ASKING FOR, USING, AND EDUCATING OTHERS ON PRONOUNS OUTSIDE OF SHE/HER AND HE/HIM.

WE ASK EVERYONE FOR THEIR NAME AND PRONOUNS BECAUSE EVERYONE USES THEM, AND ASKING IS AN ACT OF SOLIDARITY WITH THE TGNBGE COMMUNITY.

*TGNBGE: TRANSGENDER/ NON BINARY/ GENDER EXPANSIVE

SOME EXAMPLES OF PRONOUNS AND CONJUGATIONS THAT FOLKS MAY USE ARE AS FOLLOWS:

THEY/THEM/ THEIRS	THEY ASKED	I TOLD THEM	THIS IS THEIR OFFICE	THEY REMIND THEMSELF
ZE (OR ZIE)/HIR/HIRS	ZE ASKED	I TOLD ZIR	THIS IS ZIRS OFFICE	ZIR REMINDS ZIRSELF
E/EY/EM/ER/ ERIS	EY ASKED	I TOLD EM	THIS IS EIRS OFFICE	EIR REMINDS EIRSELF
SHE/HER/HERS	SHE ASKED	I TOLD HER	THIS IS HER OFFICE	SHE REMINDS HERSELF
HE/HIM/HIS	HE ASKED	I TOLD HIM	THIS IS HIS OFFICE	HE REMINDS HIMSELF
NAME	NAME ASKED	I TOLD NAME	THIS IS NAME'S OFFICE	NAME REMINDS NAME'S SELF

WHO

WHO ARE WE ASKING? EVERYONE... NOT JUST PEOPLE WE ASSUME TO BE TGNBGE. WE CAN'T ASSUME SOMEONE'S GENDER JUST BY LOOKING AT THEM. KEEP IN MIND THAT MANY CLIENTS WE INTERACT WITH HAVE LOVED ONES WHO ARE TGNBGE AND/OR MAY BE TGNBGE THEMSELVES. WHETHER OR NOT THEY HAVE DISCLOSED THAT WITH US MAY DEPEND ON IF THE ENVIRONMENT IS SAFE AND SUPPORTIVE.

WHY

LET CLIENTS KNOW WHY WE ASK
WE ASK FOR PRONOUNS BECAUSE IT'S IMPORTANT TO HAVE RESPECTFUL COMMUNICATION AND ADDRESS ALL CLIENTS APPROPRIATELY AND ACCURATELY.

HOW

HOW WE ARE ASKING THIS INFO?
BEST PRACTICE IS TO SHARE YOUR PRONOUNS FIRST BEFORE ASKING. THE BEST WAY TO HELP CLIENTS FEEL COMFORTABLE SHARING THEIR PRONOUNS IS TO CONSIDER HOW WELCOMING YOUR SPACE IS. GET TIPS ON HOW TO HELP YOUR SPACE FEEL SAFER IN OUR CREATING WELCOMING ENVIRONMENTS PAMPHLET LINKED ON PG.2

WHEN

WHEN TO ASK THIS INFO?
ASK FOR PRONOUNS DURING INITIAL INTERACTIONS. IF PRONOUNS HAVE BEEN SHARED, ASK FOR CONSENT TO DOCUMENT THEM SO THAT RELEVANT STAFF ARE INFORMED. ANY RELEVANT STAFF WORKING WITH THE CLIENT SHOULD ASK, IF THE CLIENT HAS NOT ALREADY SHARED.

IF YOU HAVE ANY QUESTIONS ABOUT ANY OF THE INFORMATION IN THIS BOOKLET PLEASE CONTACT US: SCCTRANSCARECOALITION@GMAIL.COM

Trans Care Coalition
SANTA CLARA COUNTY, CALIFORNIA

FOR PRONUNCIATION PRACTICE VISIT: [PRONOUNS.MINUS18.ORG.AU/](https://pronouns.minus18.org.au/)

Trans Care Coalition
SANTA CLARA COUNTY, CALIFORNIA

Más materiales educativos digitales e imprimibles en el **LinkTree** de la Coalición de Atención Trans: <https://linktr.ee/SCCTransCare>



Action Items

- Register for and complete a SOGIE 101 training. ☒
- Display certificates of completion in your lobby. ☐
- Ensure all employees have their pronouns included in: email signatures, video conference names, employee badges/ name-tags. ☐
- Incorporate intersectional visual cues on your website. ☐
- Incorporate intersectional QTI art, signage, brochures, and literature in your lobby and patient rooms. ☐

Contact us

scctranscarecoalition@gmail.com

Obtain Resources

<https://linktr.ee/SCCTransCare>



Trans
Care
Coalition
SANTA CLARA COUNTY BHSD

Creating Welcoming Environments

FOR TRANSGENDER, NON BINARY, GENDER EXPANSIVE, AND GENDER NON CONFORMING COMMUNITIES

*Gender non-conforming refers to expression (not identity), however GNC individuals can also experience barriers to affirming care.



Más materiales educativos digitales e imprimibles en el LinkTree de la Coalición de Atención Trans: <https://linktr.ee/SCCTransCare>



¡Gracias!



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Teléfono: (408) 457-6003

