



Find additional resources at: [www.211Arizona.org](http://www.211Arizona.org)

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# LGBTQ+ Resources in Arizona

## WHAT IS LGBTQ+?

It's a set of initials that includes anyone who identifies as lesbian, gay, bisexual, transgender, or questioning of their sexual orientation. The plus sign is used to include people in other similar groups.

The initials are sometimes written as LBGTBQQIAAP. This stands for lesbian, gay, bisexual, transgender, transsexual, queer, questioning, intersex, asexual, ally, or pansexual.

The links below are to services found in the 2-1-1 Arizona database. Select a link and add a location under Custom Search at the top.

## LGBTQ+ RESOURCES:

- [Community Centers](#)
- [Social Clubs](#)
- [Support Groups](#)
- [Advocacy Groups](#)
- [Studies and Research](#)

## SPECIAL CONSIDERATIONS:

LGBT+ people in this country are [more than twice as likely](#) to have a mental health condition such as depression or anxiety than straight people.

For LGBTQ youth, suicide is one of the [leading causes of death](#). These young people are nearly five times more likely to make a serious suicide attempt.

## CRISIS RESOURCES:

- [LGBTQ+ Hotlines and Helplines](#)
- [General Suicide Prevention Hotlines](#)

Those in the LGBTQ community report higher drug, alcohol, and tobacco use.

### **SUBSTANCE USE RESOURCES:**

- [Substance Use Disorder Education/Prevention](#)
- [Substance Use Disorder Treatment Programs](#)

### **HEALTH RESOURCES:**

It can be difficult to find doctors, dentists, and counselors who are able to work respectfully with members of the LGBTQ community. They can show disapproval or discriminate against their clients.

To find LGBTQ-friendly health care professionals, click [GLMA \(Gay & Lesbian Medical Association\)](#) and [WPATH \(World Professional Association for Transgender Health\)](#), and choose Resources.

In [Arizona](#), the people who are at the highest risk for HIV are gay and bisexual men of all races and ethnicities, male and female African Americans, and male and female Hispanics. Within each of these groups, young people ages 18-26 are at the most risk for getting HIV.

It's important to practice safe sex and get tested on a regular basis.

- [AIDS/HIV Prevention Counseling](#)
- [HIV and STD Test Sites](#)

For people who engage in risky behavior, there is [medication](#) that can be taken every day to reduce the risk of getting AIDS. It's called PrEP (Pre-exposure prophylaxis). There is also PEP (Post-exposure prophylaxis) that can be taken after a recent, possible exposure to the virus.

### **FOR MORE INFORMATION:**

- June is [National LGBT Pride Month](#)
- LGBTQ+ Awareness Materials [here](#) and [here](#)
- News and current events about [human rights](#)
- Questions to ask your [health care provider](#)
- Stories of [inspiration](#)

SOURCES: Arizona Department of Health Services; Mental Health America (formerly the National Mental Health Association); NAMI - National Alliance on Mental Illness; National Coalition for Sexual Health; United States Centers for Disease Control and Prevention (CDC); United States Department of Health and Human Services, National Institutes of Health, AIDSinfo; Wikipedia

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CONTENT LAST REVIEWED: 6/15/2020