



Improving Lives in Tennessee

Transgender Resource Guide

Updated June 2025

The Tennessee Suicide Prevention Network (TSPN) is proud to announce the launch of our new Transgender Resource Guide, created to provide transgender people and their loved ones with resources and support in Tennessee to prevent suicide-related thoughts, behaviors, and deaths.

The LGBTQIA2S+ community has historically been at higher risk for suicide compared to the general population, with the transgender subgroup within that demographic being especially susceptible.

TSPN wants to share widely that there are resources available to offer support. Our Transgender Resource Guide, available for download at tspn.org, was created in consultation with transgender and LGBTQIA2S+ community organizations across Tennessee to provide transgender people and their loved ones with resources and support in Tennessee to prevent suicide, self-harm, and other-directed violence within this community. This guide is the first of its kind in Tennessee (as far as we are aware) and was created with care to address the unique challenges faced by transgender people while empowering them with tools to navigate difficult times.

The guide contains resources for:

- counseling and mental health services
- peer support and support groups
- helplines and counseling lines
- emergency housing and access to residential options
- legal, healthcare, and civil rights
- access to medical care
- anti-violence and other safety concerns

TSPN's mission continues to center around preventing suicide-related thoughts, behaviors, and deaths by sharing prevention education widely.

Together, we can create an environment where individuals feel safe, supported, and valued. Your lives matter.

#TransLivesMatter #TNSuicidePrevention

Resources specific to Tennessee

All the resources in this section were contributed by transgender Tennesseans, for transgender Tennesseans.

East Tennessee

- Headquartered in Maryville, **Appalachian OUTreach** (<https://appalachianoutreach.org>) works to empower, connect, and support all East Tennessee LGBTQ+ people. Services include monthly connection events for adult transgender and nonbinary persons and a resource listing of LGBTQ+ safe and affirming community resources, businesses, and employers.
- **Bryant's Bridge** provides affordable housing and supportive services for homeless LGBTQ+ youth and young adults aged 17-24 in the Knoxville area. For more information or to fill out an application, visit <https://bryantsbridge.org>.
- **Knox Boyz of East Tennessee** (<facebook.com/KnoxBoyz.of.East.Tennessee>) and **Knox Girlz of East Tennessee** (<facebook.com/KnoxGirlz.of.East.Tennessee>) are peer-led support groups for transgender persons regardless of medical transition status.
- **Knox Pride** (<https://www.knoxpride.com>) supports three food pantry locations and a thrift store, a trans/nonbinary support group, and an online resource page covering multiple categories of need.
- **SOFFAs of East Tennessee Transgenders** (<https://www.facebook.com/SOFFAs.of.eTN.TGs>) works to support friends, partners, and family of transgender people in East Tennessee in their quests for mutual personal transition success.

Middle Tennessee

- The **Middle Tennessee Transgender Alliance** (formerly Tennessee Vals or TVals) is a non-political, educational, social, and support organization that educates and supports transgender adults in Middle Tennessee, along with family, friends, and allies. It holds monthly educational/support meetings and dinner social events for members. Its website (<https://middletntrans.org>) includes a listing of trans-friendly healthcare and mental health professionals.
- The **Nashville Trans Support Group** meets on the first Thursday of the month; meetings are open to all non-cisgender or gender-questioning individuals. Learn more about the group at either <https://linktr.ee/nashvilletsq> or its Instagram page (@nashvilletsq).

- **Trans Aid Nashville** is a collective directed by transgender Nashvillians with the purpose of providing mutual aid for all transgender people in the Greater Nashville area. Their website (<https://www.transaidnashville.org>) includes DIY hormone information, name change information for Davidson County residents, and limited financial assistance for prescriptions, transportation, groceries, utilities, rent, and legal expenses.
- The **Trans Buddy Program** sponsored by Vanderbilt University Medical Center's Program for LGBTQ Health provides emotional support to transgender patients during healthcare visits. Call 615-875-2833 for more information.
- **Nashville Launch Pad** maintains a network of temporary, street-free sleeping shelters for unhoused young adults, open and affirming to LGBTQ+ persons and allies. You can check day-to-day emergency shelter availability or learn about its longer-term case management and independent living programs. More information is available at <https://www.nashvillelaunchpad.com>.

West Tennessee

- Outside of organizing its annual festival, **Jackson Pride** (<https://www.jacksontnpride.com>) offers connections to legal services, senior housing, and scholarships for LGBTQ+ youth.
- **OUT Memphis** (<https://www.outmemphis.org>) offers a variety of mental health and social support groups. Its Metamorphosis Project provides emergency housing and other supports for LGBTQ+ youth ages 18-24. Its Transgender Services program (<https://www.outmemphis.org/transgender>) provides peer support, transition guidance, therapeutic support, resource referrals, and direct financial assistance. It maintains the Trans Best of Memphis Guide to help people discover transgender-friendly organizations, businesses, non-profits, and faith communities in Memphis.
- **West Tennessee LGBTQ+ Support, LLC** (<https://westtnlgbtq.wixsite.com/westtnlgbtq>) seeks to provide resources, options, and aid to LGBTQ+ in 21 counties across West Tennessee.

Counseling and support

These organizations with specialized training in LGBTQIA2S+ resources offer short-term counseling and support services. Many are confidential and can be reached by call, text, or chat.

- Call or text 988 to reach the **988 Suicide & Crisis Lifeline**, previously known as the National Suicide Prevention Lifeline. They also provide a Lifeline Chat via their website (<https://988lifeline.org/chat>) and additional LGBTQ resources at <https://988lifeline.org/help-yourself/lgbtqi>.
- Text TN to 741741 to connect with crisis counselors at the **Crisis Text Line**. You can also connect with their counselors via WhatsApp ([api.whatsapp.com/send/?phone=14437877678](https://api.whatsapp.com/send?phone=14437877678)).
- **NAMI Tennessee** (<https://namitn.org>) offers vast resources for people with mental illness and their families, along with affiliates and support groups across the state. Call the NAMI Tennessee Resource HelpLine (800-467-3589 or 615-361-6608) Monday through Friday between 10 AM and 4 PM Central for free information, resource referrals, and support for people living with a mental health condition, their family members and caregivers, mental health providers, and the public. Additional crisis numbers and resources are available at <https://namitn.org/crisis-info>.
- **The Trevor Project** crisis counselors can be reached at 1-866-488-7386. Text 'START' to 678-678 to connect via text message, or chat online at www.thetrevorproject.org/get-help.
- The **Trans Lifeline** can be reached at 1-877-565-8860. The Trans Lifeline Friends & Family callback service also has counselors available. Schedule a call at their number.

Counseling and support, continued

- The **LGBT National Help Center** (<https://lgbthotline.org>) operates several counseling lines and chatrooms. These include the LGBT National Hotline at 1-888-843-4564 and the LGBT Senior Hotline at 1-888-234-7243. LGBTQ youth can call the LGBT National Youth Talkline at 1-800-246-7743 or join youth chatrooms at <https://lgbthotline.org/youthchatrooms>. Finally, the Help Center's "LGBT Near Me" directory (<https://www.lgbtnearme.org>) includes 19,000 LGBTQ+ community resources throughout the U.S., searchable by ZIP code.
- The **SAGE LGBT Elder Hotline** can be reached at 1-877-360-5428.
- **Transfamilies** hosts free virtual parent support groups on Zoom. Available sessions can be found at <https://transfamilies.org>.
- **Transfamily Support Services** offers free virtual support groups and family engagement sessions at <https://transfamilysos.org>.
- **Gender Spectrum** provides free online groups for family members, parents, and caregivers at <http://www.genderspectrum.org/support-groups>.
- **PFLAG** operates seven support groups across Tennessee; see <https://pflag.org/findachapter> to find the one closest to you. It also offers virtual meetings (see <https://pflag.org/meetings/?f-topic%5B%5D=virtual>), including a monthly Gender Spectrum Parent Community group (<https://pflag.org/events/gender-spectrum-parent-community>). Additionally, PFLAG's Straight for Equality program provides learning sessions to train trans allies in the workplace. Find out more at <https://straightforequality.org>.

Legal resources

These resources offer general legal information, resources, and potential assistance in updating identification documents like birth certificates and passports.

- The **Lambda Legal Help Desk** (<https://lambdalegal.org/helpdesk>) can provide general legal information, helpful resources, and information on LGBTQ+ discrimination.
- The **Transgender Law Center Help Desk** (<https://transgenderlawcenter.org/resources>) lists resources by issue area and has an online submission form for specific questions.
- The **Trans Legal Services Network Directory** provided by Advocates for Trans Equality (<https://transequality.org/resources/trans-legal-services-network-directory>) is a directory of over 80 organizations providing legal services for the transgender community across the United States.
- **Transathlete** compiles athletic policies on trans inclusion by location and sport division for athletes, coaches, and administrators. See <https://www.transathlete.com/northamerica> for more information.
- The **U.S. Department of Education's Office for Civil Rights (OCR)** ensures equal access to education by enforcing civil rights in our nation's schools, including protections for LGBTQI+ students. The OCR website allows users to file discrimination complaints with OCR and offers guidelines for students, families, and educators supporting LGBTQI+ students. Full details, including restrictions relevant to Tennessee, are available at <https://www.ed.gov/laws-and-policy/civil-rights-laws/resources-for-lgbtqi-students>.

Navigating healthcare rights

These resources focus on healthcare resources, taking the unique needs of the LGBTQIA2S+ community into account while factoring in legal developments within individual states and regions.

- The **Campaign for Southern Equality** maintains a resource page for families of trans youth in Tennessee at <https://southernequality.org/tn>. It outlines current legislation related to trans youth healthcare, with a resource guide included. The page also features an online form where parents/caregivers can apply for rapid response emergency grants by way of the Trans Youth Emergency Project.
- **Destination Tomorrow** (<https://destinationtomorrow.org/healthcare>) has an array of in-house and referral-based medical/mental health services.
- **Gender Spectrum** (<https://www.genderspectrum.org/resources>) provides guides and forms to help find the right gender-affirming medical care.
- **Gender Sexuality** (<https://www.gendersexuality.info/health-and-medical>) provides a detailed LGBTQ+ healthcare directory.
- **Point of Pride** (<https://www.pointofpride.org>) helps provide access to transgender healthcare and resources.
- The **Trans Health Project** (<https://transhealthproject.org>) helps transgender and non-binary people understand the trans-related healthcare available, and the steps to get the care they need.
- The **Transgender Healthcare Assistance Program** (<https://www.rainbowyouthproject.org/transgender-help>) helps people ages 18 and over with obtaining non-surgical gender-affirming healthcare.

Safety resources

These resources can help with safety concerns related to intimate partner violence or other forms of assault.

- The **Anti-Violence Project** offers a free 24-hour bilingual crisis intervention hotline. Call or text 1-212-714-1141 to report violence anonymously, connect to counseling, or get safety guidance and legal help. You can also report violence online at <https://avp.org/get-help/report-violence>.
- The **National Domestic Violence Hotline** is available at 1-800-799-7233 or by chat via its website (<https://www.thehotline.org>). Their advocates can also provide LGBTQ resources and help create a safety plan.
- The **RAINN National Sexual Assault Hotline** is 1-800-656-4673 with an online hotline available at <https://hotline.rainn.org/online>. Their website offers support for LGBTQ survivors of sexual violence; see <https://rainn.org/news/lgbtq-survivors-resources>.
- **FORGE** provides resources for transgender victims of crime and violence (<https://forge-forward.org/resources/anti-violence>) and a guide for partners and friends of transgender sexual violence survivors (<https://forge-forward.org/resource/sv-partner-guide>).
- **Battered Women's Support Services** provides a safety guide for trans women and trans feminine people, available at <https://www.bwss.org/why-safety/planning/trans-women-transfeminine-people-femmes>.