

LGBTQ+ Health Resources

Ingersoll Gender Center:
ingersollgendercenter.org

Seattle's LBGTOIA Center:
gaycity.org

TrevorLifeline
866-488-7386
thetrevorproject.org

For young people in crisis, feeling suicidal,
or in need of a safe and judgment-free
place to talk

SAGE: Services & Advocacy for LGBT Elders
877-360-LGBT
sageusa.org

HRC Health & Aging
hrc.org/resources/health-aging

National Center for Transgender Equality
transequality.org

Gender Spectrum
genderspectrum.org

PFLAG
pflag.org

Family Equality
familyequality.org



For more information,
visit our LGBTQ+ website:
vmfh.org/lgbtq-resources

Our Commitment to LGBTQ+ Care

Virginia Mason Franciscan Health faithfully serves everyone in need — and is deeply committed to equality for all.

We prohibit any discrimination against our patients, their families and our employees on the basis of sexual orientation, gender identity and gender expression.

We guarantee equal visitation, regardless of sexual orientation, gender identity and gender expression.

And we train our staff to be warm, welcoming, knowledgeable and supportive.

We are fiercely committed to providing equitable care.



LGBTQ+ Health Resources





We at Virginia Mason Franciscan Health know that LGBTQ+ people have long faced serious discrimination in health care and other realms — so we are proud to offer you respectful, welcoming, knowledgeable, non-discriminatory care.

Our commitment to compassionate, non-discriminatory health care is stronger today than ever.

To all LGBTQ+ people and their families, we say: we see you, we know you, we care about you. In fact, we are you: we're proud to say we have thousands of LGBTQ+ employees, in every role, in every region.



"I've been impressed and moved by the strength and sincerity of Virginia Mason Franciscan Health's dedication to doing right by LGBTQ+ people and our families."

LGBTQ+ Health Disparities

We know that the health and wellbeing of LGBTQ+ people and their families have been much damaged by discrimination and bias. These have helped generate documented LGBT health disparities that include:

- Higher risk of depression and anxiety
- Higher risk of HIV
- Higher rates of smoking and substance abuse
- Higher risk of certain cancers
- Higher rates of homelessness among youth
- Higher rates of disability among elders

How You Can Help

In addition to seeking care regularly — and whenever you have cause for concern — we encourage you to be part of initiatives to learn more about the health needs of LGBTQ+ people and how they can be addressed most effectively. The Pride Study is an LGBTQ-led national health study in which you're warmly invited to participate: pridestudy.org



Working with Your Provider

The national group GLMA — Health Professionals Advancing LGBTQ Equality — has published very helpful tips for discussing your LGBTQ-related health concerns with your health care provider. To see or download GLMA's "Top Ten Things to Discuss," visit glma.org

Transgender Care

We know that transgender and gender-diverse patients face heightened challenges in healthcare and beyond — and we are determined to counter these by offering transgender care that is skillful and supportive, together with an equitable and welcoming work environment.

We offer transgender health coverage to all who work for us and their families. And we're proud to say that all of our facilities provide a wide range of knowledgeable transgender services.



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