

Outside Resources Confidential Care

VA

Healthcare

System

Oklahoma City

Advocacy & Education

Freedom Oklahoma

(405) 446-8836

info@freedomOklahoma.org

Freedom Oklahoma advocates for lived Equality for LGBTQ Oklahomans. We educate Allies on inclusive practices, raise awareness about issues that discriminate, build movements for equality. We service as the voice when our community is attacked and create gathering space for our triumphs

GLADD

www.gladd.org

For over 30 years, has been at the forefront of cultural change, accelerating acceptance for the LGBTQ community.

GLSEN

www.glsen.org

Works to ensure that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment. Together we can transform our nation's schools into the safe and affirming environment all youth deserve.

Human Rights Campaign

www.hrc.org

Advocating for LGBTQ Equality / Human Rights – the Human Rights Campaign is the largest LGBTQ advocacy group and political lobbying organization in the United States. The organization focuses on protecting and expanding rights for LGBTQ individuals, most notably advocating for marital equality, anti-discrimination and hate crimes legislation, and HIV/AIDS advocacy.

Lambda Legal

www.lambdalegal.org

Non-profit – national organization committed to achieving full recognition of the civil rights of lesbians, gay men, bisexuals, transgender people and everyone living with HIV through impact litigation, education and public policy work

National Center for Transgender Equality

www.transequality.org

The National Center for Transgender Equality advocates to change policies and society to increase understanding and acceptance of transgender people. In the Nation's capital and throughout the country, NCTE works to replace disrespect, discrimination, and violence with empathy, opportunity, and justice.

National LGBTQ Task Force

www.thetaskforce.org

The Task Force's Advocacy and Action team identifies and takes action on advocacy opportunities to advance full freedom, justice, equality AND equity for LGBTQ people. We seek to achieve this by Queering the Progressive Movement and strategically galvanizing and mobilizing the LGBTQ community and LGBTQ allies at places of intersectionality.

PFLAG National

www.pflag.org

PFLAG is working to make sure that all people who are lesbian, gay, bisexual, transgender and queer are not only valued by society, but take pride in and value themselves. We do this through providing peer-to-peer support, educating people on the issues that are important to the community, and advocating for inclusive policies and laws.

Transgender Law Center

www.transgenderlawcenter.org

Transgender Law Center is the largest national trans-led organization advocating for a world in which all people are free to define themselves and their futures. Grounded in legal expertise and committed to racial justice, TLC employs a variety of community driven strategies to keep transgender and gender nonconforming people alive, thriving, and fighting for liberation.

Crisis Intervention

- Trans Lifeline
877-565-8860
www.translifeline.org
Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers. Our operators are located all over the U.S. and Canada and are all trans-identified.
- The Trevor Project
(866) 488-7386
www.thetrevorproject.org
The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ+) young people ages 13-24.
- Crisis Text Line
Text CONNECT to 741741
- SISU Youth
www.sisuyouth.org
LGBTQ+ affirming shelter and care for homeless youth
3131 N. Pennsylvania Avenue
Oklahoma City, OK 73112
405-459-7478
- Alcohol Addiction
<https://www.alcoholrehabguide.org/resources/lgbtq-alcoholism/>

Legal Support

ACLU of Oklahoma

www.acluok.org

(405)524-8511

The American Civil Liberties Union of Oklahoma is a non-profit, non-partisan, privately funded organization devoted exclusively to the defense and promotion of the individual rights secured by the U.S. and Oklahoma Constitutions.

Legal Aid Services of Oklahoma

www.legalaidok.org

(405) 521-1302

Legal Aid Services of Oklahoma is a non-profit Law firm. We're here for you because we believe access to the legal system is as important as food, shelter and clothing. Our goal is to provide free or low cost services to eligible low income people, and senior citizens. Attorneys and paralegals at Legal Aid can help you with civil, non-criminal cases involving basic needs.

Literature

“Guide to Being A Trans Ally”

Published by PFLAG National. A book focused on transgender inclusion, and the role that allies play in making it a reality.

“Our Children”

Published by PFLAG National. This guide focuses on providing support for parent, caregivers, families and friends of people who are LGBTQ+ with an emphasis on sexual orientation and gender expression.

“Our Trans Loved Ones”

Published by PFLAG National. This guide focuses on providing support for families and friends of transgender and gender-expansive children, adolescents, and adults.

Mental Health Care

Access to Counseling

www.access2counseling.com

LGBTQ+ owned and operated provider of mental health care

(405) 242-2242

3035 N.W. 63rd Street, Suite 200, Oklahoma City Ok 73116

Bright Eyes Family Services

www.brighteyesfamilyservices.com

(405)810-5554

4334 N.W. Expressway, Suite 211, Oklahoma City, OK 73116

Northcare

www.northcare.com

(405)858-2700

2617 General Pershing Blvd., Oklahoma City, OK 73107

Community Mental Health Agency providing services to children, adults, and families

Primary Health Care

Diversity Family Health

www.cncokc.org

(405)388-2258

2242 N.W. 39th Street, Oklahoma City, OK 73112

Patients of Diversity Family Health are provided primary care services in an environment free of discrimination and bias.

OU Medicine & Health Equality Coordinator

www.oumedicine.org/primary-care/patients-visitors/health-care-equality

(405)271-6488

The Health Equality Coordinator is available to assist LGBTQ patients, visitors and staff. They can also help transgender patients coordinate and navigate services at OU Medicine when they are seeking gender-affirming care.

Transgender Health Services

Oklahoma City Office: (405) 429-7940

LGBTQIA and Transgender Services include:

- Hormone Therapy
- Labs following Hormonal therapy
- Checkups and wellness checks
- STI and STD testing and treatment
- Rapid testing for HIV, chlamydia and trichomoniasis
- Assistance with changing legal documents
- Referral to LGBTQIA-friendly behavioral health/physicians if needed
- Referral to plastic surgeons, two of whom are available for breast reduction
- Urologist referral available for male-to-female surgery as well as residual prostate surgery

*Our patients should complete the appropriate forms below before their appointment:

- New Patient Chart
- Feminizing Hormone Therapy Information
- Feminizing Hormone Therapy Informed Consent for Adults
- Masculinizing Hormone Therapy Information
- Masculinizing Hormone Therapy Informed Consent for Adults

- Feminizing Hormone Therapy Informed Consent for Minors
- Masculinizing Hormone Therapy Informed Consent for Minors

Testing

Planned Parenthood of Central Oklahoma

www.plannedparenthood.org

Oklahoma City Location

(405)528-2157

619 N.W. 23rd Street, Oklahoma City, Oklahoma 73103

Edmond Location

(405-348-9904

3431 S. Boulevard, Edmond OK 73013

Red Rock BHS Expressions Community Center

www.eccokc.org/get-tested/

(405)528-2210

2245 N.W. 39th Street, Oklahoma City, Oklahoma 73112

Young & Young Adult Groups

Q Space

(405)315-9901

4001 N. Classen Blvd., Suite 200, Oklahoma City OK 73118

Supporting the next generation of LGBTQ+ young/young adults to be their whole selves

- Ages 13-17 meets on Thursdays from 7-10 PM
- Ages 18-25 meets on Wednesdays from 6-9 PM

Oklahoma Name Change Law

To obtain a legal name change in Oklahoma, an applicant must submit a petition to the court. At least 10 days before the hearing, the applicant must publish notice of the hearing in a newspaper. However, publication requirements can be waived, and records can be sealed with good cause (Okla. Stat. Ann. Title 12, Subsection 1631-1637).

For Instructions on legal name changes for minors under 18 in Oklahoma, see NCTE's "*Name Changes for Minors in Oklahoma*" resource.

Oklahoma Drivers License Policy & Procedures

In order to update name and/or gender on an Oklahoma ID, the applicant must show an original or certified court order for name change. If applicable, and/or a notarized statement on letterhead from the physician who performed the sex change operation indicating the applicant or licensee has undergone a complete physical sex change. The letter shall state the sex change is "irreversible and permanent." The licensee shall also show proof of former legal name, if applicable. The former name shall be entered into the Alias Field in the driver license database to provide historical information to the Department. The person requesting the information change may retain the old license, if it is available, after the motor license agent has first punch a hole through the identification number of the license.

Oklahoma Birth Certificate Laws

Oklahoma Office of Vital Records will likely issue an amended birth certificate upon receipt of a court order for gender change. There is no specific gender change provision in Oklahoma law, but the general statute is OK Title 310:105-3-3.

The Applicant should submit the following documents:

- Birth Certificate Request Form
- Court order for gender change, if requesting an updated gender marker
- Court order for name change if requesting an updated name
- Copy of the individual's photo ID
- Payment of any applicable fees.

Mail Application here:

*Vital Records
Oklahoma State Department of Health
PO Box 53551
Oklahoma City, Oklahoma 73152-3551*

The Office of Vital Records will contact the individual if any additional information is needed. Please note that the amended birth certificate will likely show the previous information.

Cosmetic Surgery

Cosmetic Surgery Affiliates

www.csaok.com

2100 N.W. 63rd Street, Oklahoma City OK 73116

(405)546-2703

- Gender Reaffirmation Surgery
- MTF Body Contouring
- MTF Breast Augmentation
- Facial Feminization Surgery
- Adam's Apple Reduction
- FTM Top Surgery
- FTM Body Contouring
- Facial Masculinization Surgery