

LGBTQ+ RESOURCE GUIDE

LAST UPDATED MARCH 2025

LOCAL LGBTQ+ RESOURCES

HEALTHCARE

CAN COMMUNITY HEALTH

Provides LGBTQ services and healthcare including medical, dental, counseling, case management, patient education, & pharmacy services | cancommunityhealth.org | (941) 300-4440

DIVERSITY HEALTH CENTER OF TAMPA BAY

Primary care for LGBTQ+ clients, friends, and families | diversityhealthcenter.com | (813) 518-0881

EVARA HEALTH

Behavioral health therapy, primary care, dental, family planning and reproductive health services, PrEP and HIV prevention coordination, and healthy food pharmacy | evarahealth.org | (727) 824-8181

METRO INCLUSIVE HEALTH

LGBTQ+ healthcare organization | metrotampabay.org | (727) 321-3854

LOVE THE GOLDEN RULE

Inclusive healthcare for low-income and LGBTQIA individuals | lovethgoldenrule.com | (727) 826-0700

MENTAL HEALTH

INSTITUTE FOR LGBT HEALTH AND WELLBEING

Provides affordable services including support group for transgender youth and parents of transgender youth | instituteforlgbthealth.org | (813) 609-3699

NAMI PINELLAS COUNTY

LGBTQ+ Connection Recovery Support Group | namipinellas.org | (727) 826-0807

RAINBOW FAMILY WELLNESS

LGBTQIA+ affirming therapy and support groups | rainbowfamilywellness.com | (727) 228-2245

SHARE THERAPY AND WELLNESS

Offers comprehensive mental health services including LGBTQ+ and gender and sexuality affirming therapy | shareofflorida.com | (727)-241-7555

COMMUNITY AND ADVOCACY

BALANCE TAMPA BAY

Promotes fellowship, fun, and philanthropy in the LGBTQIA+ community in Tampa Bay | balancetampabay.org

BRANCHOUT

Scholarships for LGBTQ individuals living, working, and/or studying in Pinellas County | lgbtqbranchout.com

COME OUT ST. PETE

Website to stay informed about LGBTQ events, festivities, and resources for LGBTQ assistance | comeoutstpete.org



COMMUNITY TAMPA BAY ANYTOWN

Summer camp for high school youth who look differently, live differently, and love differently to build a culturally diverse and inclusive community from the ground up | communitytampabay.org/anytown/

EMPATH EPIC

LGBTQ+ services, social events, and linkage to care | myepic.org/lgbtq-services

LGBTQ+ ELDER INITIATIVE

Committee dedicated to building inclusive services for the LGBTQ+ community over age 55 | blspinellas.org/LGBTQEI

OUT ARTS AND CULTURE

Inclusive programs for art, literature, and dialogue on LGBTQ+ themes and scholarships for LGBTQ students | mygulfport.us/lgbtq-resources

PINELLAS COUNTY OFFICE OF HUMAN RIGHTS

Protects residents from discrimination in fair housing, employment, public accommodations, and government programs | pinellas.gov/departments/office-of-human-rights

PROJECT NO LABELS

Uniting the LGBTQ community with straight allies through positive activities and events while promoting mental wellness and having fun | projectnolabels.org

TAMPA BAY LGBT CHAMBER

Promotes region's LGBTQ and allied businesses and provides information | tampabaylgbtchamber.org

TEEN CONNECT

Provides teens access to health services and community resources | teenconnecttampabay.org

TRANS NETWORK

Hosts events, conducts outreach, and provides education to build a connected community of trans and gender expansive people | mytransnetwork.org

ZERO SUICIDE PARTNERS OF PINELLAS

Community coalition dedicated to suicide prevention - LGBTQ+ Workgroup and Community GSA aim to improve LGBTQ+ well-being through social connection | zerosuicidepinellas.org

HOUSING ASSISTANCE

CASA PINELLAS

Welcoming and accepting shelter for survivors of domestic violence, providing support groups, housing assistance, legal support, and more | casapinellas.org | (727) 895-4912

PINELLAS RADIP RE-HOUSING COLLABORATIVE

Works to place individuals and families with minor children into permanent housing with up to six months of rental and utility deposit and payment assistance | firstcontact.org/homeless-helpline | 211

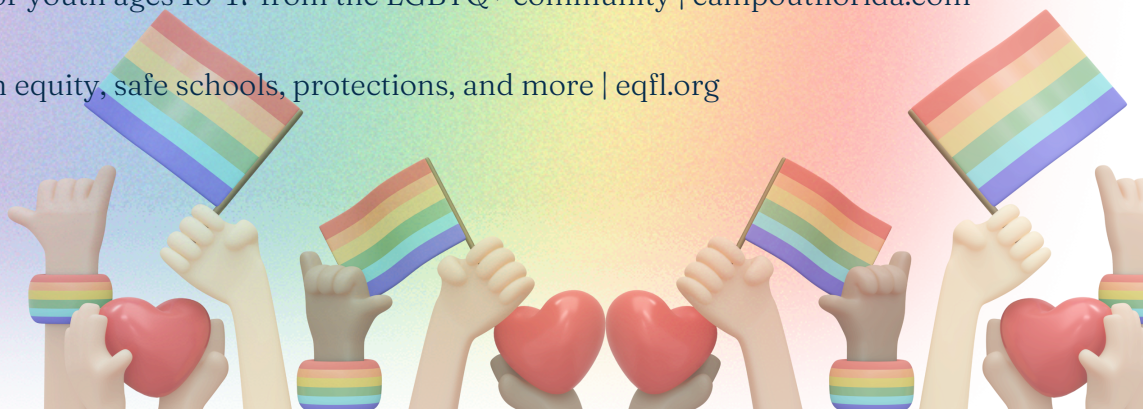
LGBTQ+ STATE RESOURCES

CAMPOUT

Week-long overnight camp for youth ages 10-17 from the LGBTQ+ community | campoutflorida.com

EQUALITY FLORIDA

Advocates for LGBTQ+ health equity, safe schools, protections, and more | eqfl.org



FLORIDA NAME CHANGE

Guided help with legal name change and gender marker changes | floridanamechange.org

THE FITZLANE PROJECT

Provides funding to transgender, nonbinary, and two-spirit youth for therapeutic services | thefitzlaneproject.org

TRANS IN THE SOUTH

Directory for gender diverse Floridians with resources for mental health, medical, legal service, insurance coding, and funding medical transition | southerequality.org

TRANSPIRE HELP

Offers funds for LGBTQ treatment, housing and basic needs for the the LGBTQ community | transpirehelp.org

WATERMARK

LGBTQ Media Company communicating LGBTQ interests | watermarkonline.com

LGBTQ+ NATIONAL RESOURCES

ADVOCATES FOR TRANS EQUALITY

Fights for the legal and political rights of transgender people | transequality.org

AMERICAN VETERANS FOR EQUAL RIGHTS

Advocates for equal rights and equitable treatment of LGBT current and prior military personnel | aver.us

ANTI-VIOLENCE PROJECT

Empowers LGBTQ+ and HIV affected communities and allies to end all forms of violence | avp.org

BISEXUAL RESOURCE CENTER

Provides resources, support, and connection to the bi+ community | biresource.org

CAMPUS PRIDE INDEX

Database of LGBTQ-friendly campuses | campusprideindex.org

FENWAY HEALTH

Free one-on-one calls about accessing gender affirming care | fenwayhealth.org

GENDER AND SEXUALITY ALLIANCE NETWORK

Trans and queer youth and allies uniting for racial and gender justice | gsanetwork.org

GLAAD

Non-profit organization advancing LGBTQ acceptance through fair, accurate, and inclusive representation through global, national, and local programs | glaad.org

GLSEN

Works to ensure safe schools for all students through public policy, trainings, and events | glsen.org

HITOPS

Empowering LGBTQ+ youth with inclusive sex education, social support, and community | hitops.org

HUMAN RIGHTS CAMPAIGN

Ensure that all LGBTQ+ people, particularly those of us who are trans, people of color and HIV+, are treated as full and equal citizens | hrc.org



IT GETS BETTER PROJECT

Nonprofit organization with a mission to uplift, empower, and connect LGBTQ+ youth | itgetsbetter.org

LGBTQ+ HEALTHCARE DIRECTORY

Directory to find LGBTQ+ friendly healthcare near you | lgbtqhealthcaredirectory.org

LGBTQ+ STUDENT RESOURCES AND SUPPORT

Resources and support for LGBTQ+ students | accreditedschoolsonline.org/resources/lgbtq-student-support

NATIONAL CENTER FOR LESBIAN RIGHTS

Free legal assistance to LGBTQ + people and advocates | nclrights.org

OUT AND EQUAL

Workplace advocacy | outandequal.org

POINT FOUNDATION

LGBTQ scholarship fund | pointfoundation.org/scholarships

PRIDE INSTITUTE

Helps LGBTQ+ people recover from substance use disorders, sexual health issues, and mental health conditions | pride-institute.com

QMED

Gender-affirming care for the transgender and nonbinary community | queermed.com

Q CHAT SPACE

Online community to chat with LGBTQ+ teens ages 13-19 | qchatspace.org

SAGE

Advocacy and services for LGBTQ+ elders | sageusa.org

SAGE x HearME | Listeners provide support, understanding, and connection | sageusa.org/hear-me

SAGECents | Online platform with tools, information, and resources | sageusa.org/sagecents

SAGEConnect | Free phone-buddy program with weekly calls | sageusa.org/x2-sageconnect

THE AUDRE LORDE PROJECT

Work for community wellness and progressive social and economic justice | alp.org/about

THE TREVOR PROJECT

Information and support to LGBTQ+ young people | thetrevorproject.org

TRANS DISASTER RELIEF FUND

Assist trans, intersex, and genderqueer communities affected by officially declared disasters | tdrfund.us

TRANSGENDER AMERICAN VETERANS ASSOCIATION (TAVA)

Conducts initiatives to ensure full services and dignified treatment for transgender veterans | transveteran.org

TRANSITIONAL JUSTICE

Safe emergency housing for LGBTQ+ political refugees | transjustice.io

TRANSPORT

Support in moving out of the nation as an LGBTQ+ political refugee | 2023transport.org



LGBTQ+ ALLY RESOURCES

FAMILY ACCEPTANCE PROJECT

Offers resources and connections to support LGBTQ+ lives and preserve families by supporting parents of children coming out | familyproject.sfsu.edu

LGBTQ+ YOUTH AND FAMILY RESOURCES

Increase family and community support for LGBTQ+ children | lgbtqfamilyacceptance.org

OUR PATH

Provides support and resources to partners of gay, lesbian, bisexual, and trans people coping with the experience of disclosure or discovery | ourpath.org

PARENTS FAMILIES AND FRIENDS OF LESBIANS AND GAYS (PFLAG)

Alliance of LGBTQ+ people and their loved ones dedicated to supporting, educating, and advocating for LGBTQ+ people | pflag.org

PARENTING WITH PRIDE

Empowers parents with webinars and resources | parentingwithpride.org

STRAIGHT FOR EQUALITY

Provides information and resources to help allies understand their role in supporting and advocating for LGBTQ+ people | straightforequality.org

LOCAL HOTLINES

Operation PAR | (888) 727-6398

Pinellas County Sexual Assault Helpline | (727) 530-7273

Pinellas Mobile Crisis Response Team | (727) 362-4424

Pinellas Wellness Connection | (727) 791-3131

Suncoast Center | (727) 388-1220

Tampa Bay Cares | Call 211 or text your zip code to 898211

NATIONAL HOTLINES

LGBT National Coming Out Support Hotline | (888) 688-5428

LGBT National Hotline | (888) 843-4564

LGBT National Senior Hotline | (888) 234-7243

LGBT National Youth Talkline | (800) 246-7743

National Suicide and Crisis Line | Call or text 988 – Press ‘3’ for LGBTQ+ helpline

The Trevor Project Hotline | (866) 488-7386 or text ‘START’ to 678-678

Trans Lifeline | (877) 565-8860

GENDER AFFIRMING GARMENTS AND GRANTS

CURV EXCHANGE

Name-brand plus size clothing store | 5661 34th St N, FL 33714

ELEVATED ACCESS

Free flights for folks seeking gender affirming care out of state | elevatedaccess.org



GENDERBANDS

Grants for HRT access, gender affirming surgery, travel related expenses for gender affirming healthcare, clothing, name and gender marker changes, haircuts, speech therapy and electrolysis | genderbands.org

JIM COLLINS FOUNDATION

Grants for gender affirming surgery | jimcollinsfoundation.org

OUT OF THE CLOSET THRIFT STORE

Thrift store that raises funds and awareness for AIDS Healthcare Foundation | 3400 26th Ave S, FL 33711

POINT OF PRIDE

No cost binders, shape wear, and tucking garments shipped directly and discretely | pointofpride.org

QUEER TRANS PROJECT

No cost 'Build-a-Queer' boxes including gender affirming garments and accessories shipped directly | queertransproject.org

RIZI TIMANE ANNUAL TRANSGENDER SCHOLARSHIP

Grants for gender affirming surgery | rizitimane.com

TRANS LIFELINE

Microgrants for legal name changes and hair removal, commissary and post-release grants for incarcerated or recently released trans folks | translifeline.org

HRT ACCESS

FOLX | folxhealth.com

Planned Parenthood | plannedparenthood.org

Plume | getplume.com

QueerDoc | queerdoc.com

LGBTQ+ SPIRITUAL RESOURCES

ALLENDALE UNITED METHODIST CHURCH

Welcoming and inclusive church of all people with a belief of unconditional love without exclusion | 3803 Haines Rd N, St. Petersburg, FL 33707

CIRCLE OF FAITH

Welcoming and affirming spiritual community | 1310 22nd Ave S, St. Petersburg, FL 33705

KING OF PEACE METROPOLITAN COMMUNITY CHURCH

Inclusive church created in the LGBTQ+ community | 6085 Park Blvd, Pinellas Park, FL 33781

UNITARIAN UNIVERSALIST CHURCH OF ST. PETERSBURG & TARPON SPRINGS

Congregation welcoming of lesbian, gay, bisexual, transgender, and queer individuals that advocates for social justice | 100 Mirror Lake Dr N, St. Petersburg FL 33701 | 230 Grand Blvd, Tarpon Springs, FL 34689

UNITY OF GULFPORT

Diverse, inclusive, and welcoming spiritual community | 5730 Shore Blvd S, Gulfport, FL 33707



LOCAL LGBTQ+ OWNED BUSINESSES

ACCOUNTING, TAXES, AND MORE, INC. | 1710 N HERCULES AVE, CLEARWATER, FL 33765
Tax preparation, bookkeeping, business startup counseling, notary services

ATLAS BODY + HOME | 919 CENTRAL AVE, ST. PETERSBURG, FL 33705
Men's apparel, goods, and home furnishings

BAMBU ECO SALON | 2600 CENTRAL AVE, ST. PETERSBURG, FL 33712
Laid-back hair salon offering haircuts, and styling, and special coloring technique

BEACH HOUSE 5317 | 5317 GULFPORT BLVD, GULFPORT, FL 33707
Furniture, home decor, jewelry, and other items from local artists

BLENNER LAW GROUP | 146 2ND ST NORTH SUITE 310-G, ST. PETERSBURG, FL 33701
Personal injury attorney

CENTRAL CYCLING | 2055 CENTRAL AVE, ST. PETERSBURG, FL 33713
Indoor cycling studio

DARK MARK INK | 7955 66TH ST N UNIT G, PINELLAS PARK, FL 33781
Safe, friendly tattoo studio

DHARMA KAVA LOUNGE | 13328 66TH ST, LARGO, FL 33773
Tea, kombucha, kava, and more

ENIGMA BAR & LOUNGE | 1110 CENTRAL AVE, ST. PETERSBURG, FL 33705
Gay-friendly bar & lounge, includes dance floor and featured drag shows

GOOD INTENTIONS | 1900 1ST AVE S, ST. PETERSBURG, FL 33712
Relaxed vegetarian and vegan food, with full bar

GULFPORT BEACH BAZAAR | 3115 BEACH BLVD S, GULFPORT, FL 33707
Antiques, vintage decor, repurposed and upcycled items, clothing, and jewelry

HAIR THEO | 406 11TH AVE N, ST. PETERSBURG, FL 33701
Gender affirming haircuts

HARMONY ECO SPA | 400 4TH ST N, ST. PETERSBURG, FL 33701
Sustainable beauty and wellness spa

HAUS OF CHANTEL | 7312 CENTRAL AVE, ST. PETERSBURG, FL 33707
Hair salon featuring three stylists who specialize in vivids and queer cuts

LOVE FOOD CENTRAL | 2057 CENTRAL AVE, ST. PETERSBURG, FL 33713
Plant-based, vegan, and gluten free food

MAD HATTERS KAVA BAR | 4685 28TH ST N, ST. PETERSBURG, FL 33714
Unique hangout spot with kava, tea, games, and performers

MARI JEAN HOTEL | 2349 CENTRAL AVE, ST. PETERSBURG, FL 33713
A classic hotel with rich history

NIGHTSHIFT WAX CO | 2570 25TH AVE N, ST. PETERSBURG, FL 33713
Organic, natural candles

REMY'S CAFE | 1565 SOUTH HIGHLAND AVE, CLEARWATER, FL 33756
Coastal homestyle breakfast, lunch, and dinner



SALTY NUN | 2501 CENTRAL AVE, ST. PETERSBURG, FL 33713

Brunch, lunch, and dinner bar and grill

SOCIAL ROOST | 150 1ST AVE N, ST. PETERSBURG, FL 33701

Globally inspired food from a scratch kitchen

SOUTHSIDE COFFEE BREW BAR | 3922 6TH ST S, ST. PETERSBURG, FL 33705

Upscale coffee and espresso drinks

STELLA'S | 2914 BEACH BLVD S, GULFPORT, FL 33707

Southern-inspired breakfast and brunch

ST. PETE MASSAGE THERAPY, LLC | 1211 1ST AVE N SUITE 208, ST. PETERSBURG, FL 33705

Medical, therapeutic, and restorative massages

TAMPA BAY PRIDE BAND | (813) 922-5449

LGBTQ+ music ensemble performing in concerts, marching band, and color guard

TARPON BARBELL COMPANY | 301 E LEMON ST, TARPON SPRINGS, FL 34689

Gym with trainer-led HIIT classes

THE BODY ELECTRIC YOGA COMPANY | 3015 7TH ST. N, ST. PETERSBURG, FL 33704

Yoga and athletic classes

THE HONU RESTAURANT AND TIKI BAR | 516 GRANT ST, DUNEDIN, FL 34698

Hawaiian dishes with ingredients from local markets

THE LIBRARY | 600 5TH ST S, ST. PETERSBURG, FL 33701

Brunch and American food

TOMBOLO BOOKS | 2153 1ST AVE S, ST. PETERSBURG, FL 33712

Curated selection of books for all ages and demographics

TYLER'Z BARBERSHOP | 880 3RD AVE S, ST. PETERSBURG, FL 33701

Traditional barber for haircuts and beard trimmings

UPTOWN EATS | 689-D DR M.L.K. JR ST N, ST. PETERSBURG, FL 33701

Coffee, pastries, breakfast, and lunch

VALKYRIE DOUGHNUTS | 2444 CENTRAL AVE ST. PETERSBURG, FL 33712

Vegan doughnuts made from scratch

VALHALLA BAKERY | 2462 CENTRAL AVE, ST. PETERSBURG, FL 33712

Vegan treats made from scratch

WOODFIELD FINE ART | 2323 CENTRAL AVE, ST. PETERSBURG, FL 33713

Curated collections from local artists

ZAZOO'D | 631 CENTRAL AVE, ST. PETERSBURG, FL 33701

Eccentric furnishings and home decor

13 ARROWS TATTOO | 4505 PARK BLVD, PINELLAS PARK, FL 33781

Queer friendly tattoo shop with experienced artists and a wide range of styles

2D CAFE | 2105 CENTRAL AVE, ST. PETERSBURG, FL 33713

Coffee, other beverages, pastries, and small bites

KNOW ANY ADDITIONAL RESOURCES?

EMAIL ADRIANNASEIGNEUR@SUNCOASTCENTER.ORG

