

LGBTQ+ Resource Guide

National Resources

LGBT National Help Center

Free and confidential peer support, information, and resources through hotlines | lgbthotline.org

LGBT National Hotline | 888-843-4564

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

LGBT National Youth Talkline | 800-246-7743

LGBT National Senior Hotline | 888-234-7243

The Trevor Project

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

The Trevor Project Hotline | 1-866-488-7386 | text 'START' to 678-678

Trans Lifeline

Trans peer support and resources through hotline | translifeline.org

Trans Lifeline | 877-565-8860

LGBTQ+ Healthcare Directory

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

Pride Institute

Helps LGBTQ+ people recover from substance use disorders, sexual health issues, and mental health conditions

pride-institute.com | 888-408-2625

SAGE

Advocacy and services for LGBTQ+ elders | sageusa.org

SAGE x HearME | Listeners provide support, understanding, and connection | sageusa.org/hearme

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

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

Point Foundation

LGBTQ scholarship fund | pointfoundation.org/scholarships

Campus Pride Index

Database of LGBTQ-friendly campuses | campusprideindex.org

National Center for Lesbian Rights

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

NCLR Legal Helpline | 800-528-6257 | 415-392-6257

Bisexual Resource Center

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

Transgender American Veterans Association (TAVA)

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

American Veterans for Equal Rights (AVER)

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

Fenway Health

Free one-on-one calls about accessing gender affirming care | fenwayhealth.org/care/medical/transgender-health

Q Chat Space

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

OurPath

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

GLSEN

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

GLAAD

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

General Mental Health Resources - National & Local

Suicide & Crisis Lifeline - call or text 988 - Press '3' for LGBTQ helpline

Pinellas Mobile Crisis Response Team - 727-362-4424

Tampa Bay Cares - call 211 or text your zip code to 898211

Suncoast Center - 727-388-1220

Pinellas Wellness Connection - 727-791-3131

Operation PAR - 727-545-7564

Pinellas County Sexual Assault Helpline - 727-530-7273

PEMHS - 727-545-6477

National Domestic Violence Hotline - 1-800-799-7233

State Resources

The Fitzlane Project

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

Watermark

LGBTQ media company communicating LGBTQ interests | watermarkonline.com

Equality Florida

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

Parenting with Pride | Empowers parents with webinars and resources | parentingwithpride.org

CampOUT

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

Tampa Bay LGBT Chamber

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

Pinellas County Resources

Metro Inclusive Health

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

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

Provides primary care to LGBTQ+ clients, friends, and families | diversityhealthcenter.com | 813-518-0881

Evara Health

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

SHARE Therapy and Wellness

Offers comprehensive mental health services including LGBTQ+ and gender and sexuality affirming therapy
shareofflorida.com/lgbtq-affirmative-care | 727-241-7555

PFLAG Safety Harbor

Meetings and events to support and advocate for LGBTQ+ people and their families | pflag.org/chapter/safety-harbor
Pflagsafetyharbor@gmail.com | 727-282-5358

Empath EPIC

LGBTQ+ services, social events, and linkage to care | myepic.org/lgbtq-services | 727-328-3260

Friendly Caller Program for social connection and referrals | 727-328-5526

Zero Suicide Partners of Pinellas

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

NAMI Pinellas County

LGBTQ+ Connection Recovery Support Group | namipinellas.org/lgbtq-connection-support-group
Jkushner@nami-pinellas.org | 727-826-0807

VA Bay Pines

Provides gender-affirming care and other health services to LGBTQ+ veterans
va.gov/bay-pines-health-care/health-services/lgbtq-veteran-care | Lisa.Shoemaker@va.gov | 727-398-6661 ext. 17170

Come Out St. Pete

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

Pinellas County Office of Human Rights

Protects residents from discrimination in fair housing, employment, public accommodations, and government programs
pinellas.gov/department/office-of-human-rights | 727-464-4880

OUT Arts & Culture

Inclusive programs for art, literature, and dialogue on LGBTQ+ themes and scholarships for LGBTQ students
mygulfpport.us/lgbtq-resources | outartsculture@gmail.com

TransNetwork

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

BranchOUT

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

Balance Tampa Bay

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

Rainbow Family Wellness

LGBTQIA+ affirming therapy and support groups | rainbowfamilywellness.com
info@RainbowFamilyWellness.com | 727-228-2245

Institute for LGBT Health and Wellbeing

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

Curv Exchange

Welcoming and accepting, name-brand, & plus size clothing store | curvexchange.com | 727-289-4249

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

Unitarian Universalist Church of Tarpon Springs

Congregation welcoming of lesbian, gay, bisexual, transgender, and queer people that advocates for social justice

uuc.org | 727-937-4682

Unity of Gulfport

Diverse, inclusive, and welcoming spiritual community | unityofgulfport.org
unityofgulfport@gmail.com | 727-337-0117

LGBTQ+ Elder Initiative of Pinellas

Committee dedicated to building inclusive services for the LGBTQ+ community over age 55
lgbtelderinitiativepinellas.info

City of St. Petersburg

Eric Vaughan, LGBTQ+ Liaison | Fosters environment of acceptance and support across St. Petersburg
Eric.Vaughan@stpete.org

City of St. Petersburg Police Department

Markus Hughes, LGBTQ Liaison | Responds to hate crimes and assists LGBTQ community with criminal justice system
markus.hughes@stpete.org

Project No Labels

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

Unitarian Universalist Church of St. Petersburg

Congregation welcoming of lesbian, gay, bisexual, transgender, and queer individuals
uustpete.org | 727-898-3294

Allendale United Methodist Church

Welcoming and inclusive church of all people with a belief of unconditional love without exclusion
allendaleumc.org | 727-527-6694 | office@allendaleumc.org

King of Peace Metropolitan Community Church (Pinellas Park)

Inclusive church created in the LGBTQ+ community | churchstpetersburg.org | 727-323-5857

Circle of Faith

Welcoming and affirming spiritual community | circle.faith | 727-209-7239

LGBTQ+ Owned Businesses in Pinellas County

Food

Love Food Central | 2057 Central Ave., St. Petersburg, FL 33713

Plant-based, vegan, and gluten free food | 727-317-2034

Lingr Restaurant | 400 6th St. S, St. Petersburg, FL 33701

Upscale, innovative restaurant | 727-471-6120

Social Roost | 150 1st Ave N, St. Petersburg, FL 33701

Globally inspired food from a scratch kitchen | 727-202-6113

The Library | 600 5th St S, St. Petersburg, FL 33701

Brunch and American food | 727-369-9969

The Honu Restaurant and Tiki Bar | 516 Grant St., Dunedin, FL 34698

Hawaiian dishes with ingredients from local markets | 727-333-7777

CiderPress Vegan GastroPub | 3118 3rd Ave N, St. Petersburg, FL 33713

Asian-inspired vegan food | 727-914-7222

Salty Nun | 2501 Central Ave., St. Petersburg, FL 33713

Brunch, lunch, and dinner | 727-329-9994

Stella's | 2914 Beach Blvd. S, Gulfport, FL 33707

Southern-inspired breakfast and brunch | 727-498-8950

Uptown Eats | 689-D Dr M.L.K. Jr St N, St. Petersburg, FL 33701

Coffee, pastries, breakfast, and lunch | 727-810-3287

2D Cafe | 2105 Central Ave, St. Petersburg, FL 33713

Coffee, other beverages, pastries, and small bites | 727-329-9008

Valhalla Bakery | 2462 Central Ave., St. Petersburg, FL 33712

Vegan treats made from scratch | 727-954-4792

Valkyrie Doughnuts | 2444 Central Ave. St. Petersburg, FL 33712

Valhalla sister store with vegan doughnuts | 727-954-4792

Southside Coffee Brew Bar | 3922 6th St. S, St. Petersburg, FL 33705

Upscale coffee and espresso drinks | 727-201-9811

Remy's Cafe | 1565 South Highland Avenue, Clearwater, FL 33756

Coastal homestyle breakfast, lunch, and dinner | 727-400-4043

Let It Be Ice Cream | 3127 Beach Blvd S, Gulfport, FL 33707

Small-batch ice cream | 727-303-0975

Enigma Bar & Lounge | 1110 Central Ave. St. Petersburg, FL 33705

Gay-friendly bar & lounge, includes dance floor and featured drag shows | 727-235-0867

Dharma Kava Lounge | 13328 66th Street, Largo, FL, 33773

Tea, kombucha, kava, and more | 727-223-9954

Shopping

Atlas Body + Home | 919 Central Ave., St. Petersburg, FL 33705

Men's apparel, goods, and home furnishings | 727-873-3500

TomboLO Books | 2153 1st Ave S., St. Petersburg, FL 33712

Curated selection of books for all ages | 727-755-9456

Beach House 5317 | 5317 Gulfport Blvd, Gulfport, FL 33707

Furniture, home decor, jewelry, and other items from local artists

ZaZoo'd | 631 Central Ave., St. Petersburg, Florida 33701

Eccentric furnishings and home decor | 727-344-9663

Gulfport Beach Bazaar | 3115 Beach Blvd S, Gulfport, FL 33707

Antiques, vintage decor, repurposed and upcycled items, clothing, and jewelry | 727-381-8548

Nightshift | 3034 Dr M.L.K. Jr St N, St. Petersburg, FL 33704

Organic, natural candles | 727-954-6190

Paw Paw's of Gulfport | 3129 Beach Blvd. S, Gulfport, FL 33707

Pet boutique that gives back to shelters | 727-303-0966

Woodfield Fine Art | 2323 Central Ave., St. Petersburg, FL 33713

Curated collections from local artists | 727-254-6981

Graphi-ko Gallery, Crystals & Jewelry | 669 Central Ave, St. Petersburg, FL 33701

Unique art and accessories made by local artisans | 727-685-5566

Services

The Body Electric Yoga Company | 3015 7th St. N, St. Petersburg, FL 33704

Yoga and athletic classes | 727-490-9361

Tarpon Barbell Company | 301 E Lemon St, Tarpon Springs, FL 34689

Gym with trainer-led HIIT classes | 727-888-4335

Love the Golden Rule | 3600 Central Ave, St. Petersburg, FL 33711
Primary care specializing in HIV | 727-826-0700

Harmony Eco Spa | 400 4th St N, St. Petersburg, FL 33701
Sustainable beauty and wellness spa | 727-822-8701

St. Pete Massage Therapy, LLC | 1211 1st Ave N Suite 208, St. Petersburg, FL 33705
Medical, therapeutic, and restorative massages | 727-537-0204

Haus of Chantel Studio Salon | 7312 Central Ave, St. Petersburg, FL 33707
Hair salon | 727-463-7598

Tyler's Barbershop | 880 3rd Ave S, St. Petersburg, FL 33701
Traditional barber for haircuts and beard trimmings | 727-712-6596

Dark Mark Ink | 7955 66th St N Unit G, Pinellas Park, FL 33781
Safe, friendly tattoo studio | 727-231-1002

Tampa Bay Pride Band | tampabayprideband.com
LGBTQ+ music ensemble performing in concerts, marching band, and color guard | info@TampaBayPrideBand.com

Off Kilter Theatre | offkiltertheatre.com
Theatre performing plays that challenge the status quo and address current events | 727-371-5646

Accounting, Taxes, and More, Inc. | 1710 N Hercules Ave, Suite 104, Clearwater, FL 33765
Tax preparation, bookkeeping, business startup counseling, notary services | MyAccountant@ATMTaxPrep.com

Blenner Law Group | 146 Second Street North Suite 310-G, St. Petersburg, FL 33701
Personal injury attorney | 727-600-1600

Central Cycling | 2055 Central Ave, St. Petersburg, FL 33713
Indoor cycling studio | 727-895-7746