

**LGBTQ+ Health**  
**Parent Resource Guide**

# Take pride in your family's healthcare.

We're here to connect parents and caregivers with the resources they need to support their LGBTQ+ children. We pair you with care coordinators from a queer- and trans-led care team, to find LGBTQ+ affirming doctors, community resources, and more.

**How our care team helps:**

Recently, Denne, one of our care coordinators, helped a trans teen access a necessary gender-affirming procedure and found their dad the resources he needed to be a supportive ally:

“

I see Denne as my ally in trying to figure all of this out. It's so impersonal, so hard to ever get the same person on the phone, so it's really great to feel like I have a teammate in this.”

—Included Health member

Included Health's LGBTQ+ Health services are available to Point32Health colleagues and their household dependents.

**Helpful resources for families and LGBTQ+ youth:**

**PFLAG** site, the first and largest organization for LGBTQ+ people, their parents and families, and allies.

[pflag.org](https://pflag.org)

**Supporting And Caring for Transgender Children** from the American Academy of Pediatrics, American College of Osteopathic Pediatricians, Human Rights Campaign Foundation.

[hrc.org/resources/supporting-caring-for-transgender-children](https://hrc.org/resources/supporting-caring-for-transgender-children)

**Resources for Families of Transgender and Gender Diverse Children** from the LGBTQ Movement Advancement Project.

[lgbtmap.org/policy-and-issue-analysis/advancing-acceptance-for-parents](https://lgbtmap.org/policy-and-issue-analysis/advancing-acceptance-for-parents)



## Get care

[includedhealth.com/point32health-employees](https://includedhealth.com/point32health-employees)  
1-855-887-7243