

MOSAIC-MATRIX COMPONENT-DOMAIN MODEL OF GENDER

Resources General & Specific

During the course of, or shortly after, taking the survey should you feel in need of support services to mitigate any negative psychological effects, including gender-related concerns, I have provided a list of national resources for a variety of mental health crises, services, including gender specialists. This list includes the names of licensed mental health professionals to which I will refer you to, as requested.

The following contact numbers are available to you:

General Global Resource LGBT Locator:

<https://www.lgbtcenters.org/>

Crisis Resources:

- National Alliance on Mental Illness: (800) 950-6264, or text “NAMI” to 741741 (24/7). <https://www.nami.org/Home>
- GLAAD. Transgender Resources
 - <https://www.glaad.org/transgender/resources>
- Trevor Project Helpline: (800) 931-2237, or text “NEDA” to 74174
 - <https://www.thetrevorproject.org/>
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
- National Sexual Assault Hotline: (800) 565-HOPE (4673)

Specific Resources for Therapy (Tele or In Person)

The following resource list can aid you in locating local licensed mental health professionals:

- Gaylesta, The Psychotherapist Association for Gender & Sexual Diversity
 - <https://www.gaylesta.org/>
- AASECT (American Association for Sexuality Counselors and Therapists): <https://www.aasect.org/referral-directory>
- Better Help: <http://www.regain.com>
- Psychology Today: <https://www.psychologytoday.com/us/therapists>

The following licensed mental health professionals have experience working with individuals who have experienced sex, sexuality, and gender issues, are aware of my study, and are willing to accept referrals for in-person or telehealth sessions:

- Felicia L. Ortiz, J.D., M. A., M.F.T (#)MFT 53531

www.feliciatherapy.com

Telehealth in California, physical locations in Santa Cruz, and Benicia, Ca.
5108593378

- Julie Lehman, MS, LMFT (#)109200

www.lehmantherapy.com

Telehealth in California, physical locations in San Rafael, Ca.
1717 Fifth Ave., Ste E San Rafael, Ca 94901 415-662-8022