Gender Clinic Provider Referral Guide
(updated 5/2017)

Mental health counseling to support gender-affirming medical care

Seattle Children's Hospital
Department of Outpatient Psychiatry
Seattle, WA

To request a brief evaluation of readiness for gender-affirming care with a therapist at Seattle Children’s Hospital, please contact the Gender Clinic at 206-987-8154.

Help finding a therapist in the community

We want to make sure you connect with a therapist who

• Is near you
• Has expertise working with transgender and gender-diverse youth
• Accepts your insurance

We’ve listed below several resources for finding providers. Please remember that if you need additional assistance locating a provider, you can contact the Gender Clinic at 206-987-8154.

Ingersoll Gender Center’s Provider Referral Database:
ingersollgendercenter.org/providers

Search for provider type “Mental Health,” Specialties “Children” or “Teen” and your insurance plan.

Gay City’s Youth Resource Page:
www.gaycity.org/youth/

Explore the “Emotional Support for LGBT Youth and Families” section to find agencies that offer counseling services.

Psychology Today Therapist Search:
therapists.psychologytoday.com/rms/

Enter your location. Under “Insurance” select your plan. Under “Issue” select “Transgender,” “Child or Adolescent” and anything else that applies. We recommend reading the provider’s “About” section as well as going to their website to get a better sense of their depth of focus on serving transgender youth.
### Provider Referral List for Transgender Adolescents

#### Adult primary care providers who can prescribe hormone therapy
- **Ingersoll Gender Center's Provider Search**
  - For provider type “Medical Provider” and your insurance plan.
  - Referral Database: [ingersollgendercenter.org/providers](ingersollgendercenter.org/providers)
- **Swedish Family Medicine Residency Network**
  - [www.swedish.org/services/swedish-family-medicine-network](www.swedish.org/services/swedish-family-medicine-network)

#### Reproductive care providers for transgender patients
- **Reproductive Care at University of Washington Medical Center Roosevelt**
  - 4245 Roosevelt Way NE
  - Seattle, WA 98105
  - 206-598-4225
- **Planned Parenthood of the Great Northwest**
  - [www.plannedparenthood.org/health-center/WA](www.plannedparenthood.org/health-center/WA)

#### Sperm banking facilities
- **UW Male Fertility Lab**
  - 206-543-4671
- **Seattle Reproductive Medicine**
  - Contact: Sarah Sullivan
  - 206-301-5029

#### Gender-affirming surgery providers
- **Alexandra Schmidek, DEGREE**
  - Virginia Mason Medical Center
  - 1100 9th Ave
  - Seattle, WA 98101
  - 206-223-6600
- **Christine Nygaard, MD**
  - Renaissance Center for Facial and Body Sculpting
  - 1414 116th Ave NE, Suite C
  - Bellevue, WA 98004
  - 425-646-7472
  - info@christinenygaard.com
  - [www.christinenygaard.com](www.christinenygaard.com)
- **E. Antonio Mangubat, MD**
  - (2 locations)
  - Bellegrove Professional Building
  - 1515 116th Ave NE, Suite 203
  - Bellevue, WA 98004
  - 206-575-0300
  - [www.labelleviecosmetic.com](www.labelleviecosmetic.com)
- **La Belle Vie Cosmetic Surgery Centers**
  - 16400 Southcenter Pkwy, Suite 101
  - Tukwila, WA 98188
  - 206-575-0300
  - [www.labelleviecosmetic.com](www.labelleviecosmetic.com)
- **Arthur Foley**
  - Foley Plastic Surgery Center
  - 3425 Ensign Rd NE
  - Olympia, WA 98506
  - 360-459-8000
  - 800-224-3775
  - beth@drfoley.com
  - [www.drfoley.com](www.drfoley.com)
Provider Referral List for Transgender Adolescents

Other care providers

Seattle

Teri Mayo, LMT
Mayo Therapy Associates
Medical Massage Clinic
3302 Fuhrman Ave E., Suite 110
Seattle, WA 98102
206-402-4012
www.mayotherapy.com

The Well on Beacon
Culturally Relevant Care of and for
People of Color and Queer and Trans
People (Psychotherapy, Massage,
Acupuncture, and more)
www.thewellonbeacon.com