We’ve partnered with local trans folks to create this resource list. Email us at info@TransHealthcareMD.org to add a resource or provide feedback on these resources. Join our screened, community-only Facebook group for peer-to-peer connection at www.facebook.com/groups/transhealthcaremd

The Frederick Center
- Multiple support groups, including one for trans folks and one for parents or guardians
- Find out more at www.thefrederickcenter.org/

Planned Parenthood of Frederick
- Offers low or no-cost sexual and reproductive care for trans folks
- Contact them at 410-576-1414

Julie El-Taheer
- Nurse Practitioner offering informed-consent Hormone Replacement Therapy (no mental health letter needed to start HRT)
- Contact Julie’s office at 301-696-1000 and ask for office managers Trish or Val; Julie is only taking new patients for trans-care

Frederick Electrolysis
- https://www.electrolysisfrederick.com/

Syringe Services Program at the Frederick County Health Department
- Syringe exchange and sexual health items

Heartyly House
- Emergency shelter, free legal & counseling services and more for domestic violence, sexual violence and child abuse survivors
- 24-Hour Crisis Hotline: 301-662-8800