



WHAT TO KNOW ABOUT

Transgender and Gender Diverse Support Groups

These groups bring together people whose gender identity differs from the sex they were assigned at birth: transgender women and men, nonbinary, genderqueer, and genderfluid people, and others outside the binary. They offer something often absent from mainstream settings, a space where gender identity is not the thing that requires explanation or defense. Access to gender-affirming care, family support, and community are among the most consistent protective factors, and these groups carry two of the three: peer community and lived knowledge about navigating healthcare and social systems. They're offered through LGBTQ+ centers, gender clinics, PFLAG, and online communities.

WHO IT'S FOR, AND WHO IT'S NOT

- A fit for any TGD person wanting community and support in an affirming space.
- Especially valuable for those newly exploring or lacking community day to day.
- Significant depression or trauma may call for individual affirmative therapy too.

What it's for

Transgender and gender diverse people across the lifespan, youth to elders.

For identity exploration, medical and legal affirmation, and disclosure.

Some are identity-specific (trans women, trans men, nonbinary); others inclusive.

WHAT TO EXPECT

1 Peer groups meet weekly or biweekly, 60 to 90 minutes, open discussion.

2 All pronouns respected; many open with introductions including pronouns.

3 Confidentiality is core; members may not be out in every setting.

Peer and affirmative group support shows real benefit.

- A review of 36 studies found peer support from other TGD people was tied to **mental wellbeing** and buffered stigma through resilience and empowerment.¹
- A review of 29 studies (2,789 people) found most affirmative interventions produced **significant improvements in depression** and other outcomes.²

MAKING THE MOST OF IT

Not the only one. For many, the first time being in TGD community at all.

Lived expertise is shared. Peers know the systems clinicians often don't.

Seeing people thrive. Proof that authentic, meaningful lives are possible.

QUESTIONS TO ASK BEFORE YOU JOIN

- 1** Is this peer-led or facilitated by a clinician trained in affirming care?
- 2** Is it identity-specific or open to all gender diverse people?
- 3** For youth: is there a group for my age, and how is family involved?

Ready to find a group?

Browse 2,000+ therapy and support groups in all 50 states.

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If you're in crisis, call or text 988.



Sources

Transgender and Gender Diverse Support Groups · references keyed to the numbers on page 1.

- 1 Lacombe-Duncan, A., Hughson, L., Kay, E. S., Duncan, S., & Willbrandt, C. Peer-based interventions to support transgender and gender diverse people's health and healthcare access: a scoping review. *International Journal of Transgender Health* (2024), 25(3), 321–351.
- 2 Shelemy, L., Cotton, S., Crane, C., & Knight, M. Systematic review of prospective adult mental health outcomes following affirmative interventions for gender dysphoria. *International Journal of Transgender Health* (2024), 26(3), 480–500.

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The Group Guide is a directory, not a clinic. This handout is general education, not medical or mental health advice. Listings are written by group leaders and are not endorsements. Confirm details, cost, and fit with any group you contact.