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FAQs for Parents Seeking Gender-Affirming Care for Their Children

If you're reading this, it's likely because your family is facing uncertainty, fear, or heartbreak. In recent weeks, many hospitals and clinics across the country have been forced to shut down gender-affirming care services for youth due to political pressure and dangerous executive orders. These closures have left families scrambling and young people in limbo, uncertain of how or where to continue receiving the care they need and deserve.

This guide is for you. It's written by people who understand what you're going through, who know what it's like to fight for your child's health and happiness in a world that too often treats their identity as a threat. Inside, you'll find concrete steps, trusted resources, and hopeful reminders that you're not alone. Your love, your advocacy, and your persistence can still move mountains.

1. What should I do first if my child's provider has stopped offering gender-affirming care?

- Ask your current provider for a copy of your child's full medical records, including diagnosis letters, hormone prescriptions, and prior bloodwork.
- Request a letter of medical necessity for continuation of care.
- Inquire whether they can refer you to a new provider (even if out-of-state)

2. Are there any providers still offering care to trans youth?

- Yes, although access is limited. Some private practices and telehealth providers are continuing to prescribe puberty blockers and hormone therapy.
- Check LGBTQ+ affirming care directories such as:
 - [TransHealthCare.org](https://www.transhealthcare.org)
 - [Plume](#) (for teens 16+ in some states)
 - [QueerDoc](#)
 - [QueerMed](#)
 - [LGBTQ+ Healthcare Directory](#)

3. Can I access care from another state?

- Some states have passed "safe state" laws that allow youth from other states to receive care without fear of legal retaliation. Examples include California, New York, Minnesota, and Washington.
- Telehealth options may allow you to access providers in these states even if you don't live there, depending on provider licensing.



4. Can I legally order medications from another country?

- In some cases, U.S. residents are allowed to import a 90-day supply of prescription medication for personal use. However, this is a gray legal area and should be done cautiously.
- Consult with an attorney or advocacy group like [Lambda Legal](#) for state-specific advice.
- Use only reputable international pharmacies verified by sites like [PharmacyChecker.com](#).

5. What can we do if there is a care gap and my child must pause treatment?

- Work with a provider to safely taper medications rather than stopping abruptly.
- Talk with a mental health provider to support your child through possible dysphoria or distress.
- Explore affirming alternatives such as:
 - Menstrual suppression using birth control.
 - Use of binders, gaffs, voice training apps, and affirming clothes.

6. What documentation should we have on hand at all times?

- A copy of:
 - Your child's diagnosis and treatment history.
 - Any letters of medical necessity.
 - Prescriptions and lab results.
 - Provider contact information.
- A list of medications, dosages, and refill schedules.

7. What organizations can help us?

- Legal & Policy:
 - [Lambda Legal](#)
 - [ACLU LGBTQ+ Rights Project](#)
 - [Transgender Law Center](#)
- Healthcare Navigation:
 - [GLMA](#) (healthcare directory)
 - The [GenderGP](#) (international resource)
 - [OutCare Health](#)
- Emergency Support:
 - [Campaign for Southern Equality](#) — [Trans Youth Emergency Project](#)
- Community & Emotional Support:
 - [PFLAG](#)
 - [Gender Spectrum](#)
 - [Trans Families](#)
 - [TrevorSpace](#) (for youth peer support)



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8. How can I stay informed and advocate for my child?

- Sign up for alerts from:
 - [Human Rights Campaign \(HRC\)](#)
 - HRC's [Parents for Transgender Equality Network \(PTEN\)](#)
 - [Advocates for Trans Equality \(A4TE\)](#)
 - Your state's LGBTQ+ advocacy organizations
- Attend virtual town halls and webinars to connect with other families.
- Share your story with local or national media when safe and appropriate. HRC's PTEN offers storytelling and media training — be sure to join the Network for support and guidance, especially in today's politically hostile environment.

9. What should I do if my insurance won't cover out-of-state or telehealth care?

- Ask your provider to write a detailed letter of medical necessity.
- File an appeal with your insurance company.
- Seek help from legal advocacy groups or patient advocate services to navigate denials. [TransFamilies Support Services](#) is one such organization.

10. Is there a way to support other families or get help ourselves?

- Join local or national parent groups through [PFLAG](#) or Facebook communities.
- Participate in mutual aid groups offering travel funds, medication assistance, or appointment help.
- Share resources and provider recommendations confidentially within trusted networks.

REMINDER

You are not alone. This crisis is manufactured by political agendas, not because your child is wrong or broken. Your love and advocacy are powerful forces for protection and resilience.