

Today, it is estimated that one million of our nation's Veterans identify as Lesbian, Gay, Bisexual or Transgender (LGBT).



# Lesbian, Gay, Bisexual and Transgender Health Care Services

VA welcomes all LGBT Veterans to its facilities to receive high quality, respectful care. VHA personalizes health care to the unique needs of LGBT Veterans and develops and delivers training to VHA staff on LGBT health care.

For more  
information

please contact

**Katy McDermott**

LGBT Veteran Care Coordinator

206-277-3233



**VA**



U.S. Department of Veterans Affairs  
VA Puget Sound Health Care System

Veteran Health Education Committee  
**VHEC APPROVED**  
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## Services

- Hormone Replacement Therapy
- Individual and Group Mental Health Care
- Preoperative evaluation, medically necessary post-operative and long-term care following gender confirmation surgery
- Social Hours
- Support Groups
- Voice and Communication Feminization and Masculinization Therapy
- Walk in Rapid HIV Testing (results in 20 minutes, no blood needed)

## FAQs

***I have not “come out” as Lesbian, Gay, Bisexual, or Transgender yet. Am I still welcome to use these services?***

Yes! We welcome Veterans who are at any stage of the coming out process and those who are already out.

***If I “come out” to my provider, will my benefits be taken away?***

No, if you come out any VA provider, you will not risk losing any benefits.

***What if I need to upgrade my discharge record to receive benefits at the VA?***

Please visit your local VSO Office or Jackson Federal Building  
915 2nd Ave. Seattle, WA 98174,  
Monday-Friday, 8:00am-4pm  
to obtain help.

## FAQs *Continued*

***Am I able to use the bathroom that correlates to the gender that I identify with at the VA?***

Yes. Per national VHA Directive 2013-003 issued in 2013, transgender people can use any bathroom they feel fits their gender identity.

***I am interested in using these services, how do I get connected to them?***

Please contact  
Katy McDermott  
LGBT Veteran Care  
Coordinator at 206-277-3233

Or

Request a referral from your Primary Care Provider or Mental Health Provider if you already receive care at the VA.

