



LGBTQ+ MONTHLY NEWSLETTER

May
2025



Mental Health Awareness Month

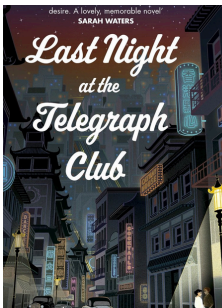
May is a vital time to recognize and address the mental health challenges faced within the LGBTQ+ community. Discrimination, family rejection, and social stigma that can lead to increased rates of depression, anxiety, and suicidal ideation. This month we focus on bringing light to the stigma of mental health, inclusive care, and safer spaces to talk about emotional well-being.

May Holidays

- May 17th: International Day against Homophobia.
- May 22nd: Harvey Milk Day
- May 24th-31st: Pansexual & Panromantic Awareness Week

Literature and Film

“Last Night at the Telegraph Club”



Good Reads Review

Set in the 1950s in San Francisco, a historical fiction novel follows Lily Hu, a Chinese American teenager navigating her identity, cultural expectations, and first love with another girl. This is a coming-of-age story that captures the queer complexities of the time.

“Framing Agnes”



[Click here to watch trailer.](#)

A documentary about a group of trans actors who turn a 1950s UCLA gender health study into a platform for reclaiming trans stories. This film dives into the fight for trans voices and celebrating resilience and community.

This Month in LGBTQ+ History

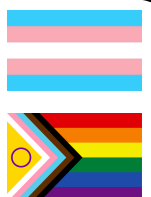
Harvey Milk



Born May 22nd, 1930, one of the first openly elected officials in the United States. Elected to the San Francisco Board of Supervisors in 1977. Milk was a passionate advocate for LGBTQ+ rights and equality. His leadership, authenticity, and activism paved the way for generations to come. His legacy continues to inspire political engagement and pride across the LGBTQ+ community.



LGBTQ+ Ventura County Resources





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Protecting Gender-Affirming Care

Entering May 2025, gender-affirming healthcare remains a battleground across the United States. Many states continue to propose or pass bans- some even criminalizing care for adults. California continues to push back with protective legislation. California's Senate Bill 107 (SB 107): A Trans Refuge Law. This was originally passed in 2022 and critical in today's political climate to protect families and individuals who travel to California for gender-affirming care. This bill prevents law enforcement in California from cooperating with out-of-state subpoenas, warrants, or investigations that seek to criminalize this type of care. This bill ensures that California remains a safe haven. There are new proposals being introduced to further support our community, like AB 1955 reinforcing access to mental health and gender-affirming services in public schools. Along with SB 1443 which expands Medi-Cal coverage for gender-affirming procedures and mental health care. The link will provide you with California's bill proposals, use key words to look into different bills.

[Click here to continue reading.](#)

Equality California



Equality California is the nation's largest statewide LGBTQ+ civil rights organization. It is based in California, EQCA works to create a world that is healthy, just, and fully equal for all LGBTQ+ people. Founded in 1988, EQCA has led the charge on legislation and statewide policy changes- advocating for transgender healthcare access, anti-bullying protections in schools, and inclusive curriculum. EQCA is especially active during May for Mental Health Awareness Month and Harvey Milk Day.

[Click here to visit their website](#)

Coalition for Family Harmony
24-hr Bilingual Crisis Hotline

1.800.300.2181

Trevor Project
24-hr LGBTQ+ Crisis Support

866.488.7386

Trans Lifeline
Bilingual Crisis Hotline

877.565.8860