



YOUR VOICE! YOUR HEALTH!

*A study of how to engage and empower LGBTQ
people of color within healthcare settings*

Resource Guide for Patients

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Your Health! Your Voice! Community Partners

Esperanza Health Centers

The Esperanza Health Centers' mission is to promote healthy lifestyle and improve our patients' health through the provision of high quality health care and wellness services in the communities of Chicago's southwest side. All of their full-time providers and all of our clinical staff are bilingual and bicultural. Their services and programs are carefully tailored to the needs and culture of the communities they serve.

- P: 773-584-6200
- W: <http://www.esperanzachicago.org/>

Howard Brown Health

Howard Brown Health exists to eliminate the disparities in health care experienced by lesbian, gay, bisexual and transgender people through research, education and the provision of services that promote health and wellness. *See the "HIV/PrEP," "Hepatitis C: HCV Screening Sites," "Intimate Partner Violence," "Mental Health," "Older Adults," and "Transgender Care" sections for more information.*

- P: 773-388-1600
- W: <http://howardbrown.org/>

South Side Help Center

The South Side Help Center's purpose is in serving people of the community. They provide people with positive and healthy alternatives through community outreach and youth programs, as well as capacity building initiatives and a variety of direct services, including case management and mental health services. *See "Hepatitis C: HCV Screening Sites," and "Mental Health: Other Services" for more information.*

- P: 773-445-5445
- W: <http://www.southsidehelp.org/index.html>

TaskForce Prevention & Community Services

TaskForce is committed to addressing the environmentally systemic needs of disenfranchised adolescents living in communities with limited resources that provide HIV/AIDS prevention education, testing, treatment, and care services. *See "HIV/PrEP: Other HIV Resources" for more information.*

- P: (773) 473-4100
- W: <https://www.facebook.com/TaskforcePreventionCommunityServices/>

Additional Your Voice! Your Health! Outreach Collaborators

Asian Human Services

Asian Human Services' purpose is to "positively transform lives among Chicago's immigrants, refugees, and other underserved communities. They exist to provide client-centered, quality and compassionate services to Asian immigrants and other underserved communities so that they can fully participate in society, prosper and thrive. *See the "Hepatitis C: HCV Screening Sites" and "HIV/PrEP: Other HIV Resources" for more information.*

- P: (773) 728-2235
- W: <http://ahschicago.org/index.html>

Center on Halsted

Center on Halsted is dedicated to advancing community and securing the health and well-being of the Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) people of Chicagoland. Center on Halsted works hard to provide a safe and welcoming environment with programs and services for the entire community. Our programs range from volleyball, dance performances and cooking classes to rapid HIV testing, group therapy and vocational training. We partner regularly with other organizations and groups from across Chicago and the nation to provide additional programming for the community. *See the “HIV/PrEP,” “Intimate Partner Violence,” “Mental Health,” and “Older Adults” sections for more information.*

- P: 773.472.6469
- W: <http://www.centeronhalsted.org/>

Chicago Center for HIV Elimination (CCHE)

We utilize social, sexual and other risk networks to identify 1) Pathways of HIV transmission; 2) How behavior and influence are transmitted through these same networks; and 3) how these networks can be leveraged for integrated prevention interventions that utilize existing strategies fitted to context, network and community. *See the “HIV/PrEP,” “Mental Health: Support Groups” and “Transgender Care” sections for more information.*

- E: hivelimination@uchicago.edu
- W: <http://hivelimination.uchicago.edu/>

CORE Center

The Ruth M. Rothstein CORE Center is a clinic for the prevention, care, and research of HIV/AIDS and other infectious diseases located in Chicago, Illinois. Services include primary and specialty medical care, dental care, social and support services, prevention and education programs, and opportunities to participate in research. The Center also has an onsite screening clinic that offers confidential testing and treatment for sexually transmitted diseases (STDs), confidential counseling and testing for HIV, and tuberculosis (TB) screening. *See the “Hepatitis C: HCV Screening Sites” and “HIV/PrEP” sections for more information.*

- P: 312-572-4500
- W: <http://www.cookcountyhhs.org/locations/ruth-m-rothstein-core-center/about-us/>

Marshall Square Resource Network

The Marshall Square Resource Network (MSRN) represents a broad spectrum of agencies working on the east side of Chicago’s Little Village community, known as Marshall Square. There are number of organizations that are members of MSRN that provide community resources, comprehensive community development, domestic abuse services, family and child development, health/mental health services, legal services, and social services.

- For more information on MSRN’s members visit:
<https://msresourcenetwork.wordpress.com/contacts/>

Proviso-Leyden Council for Community Action, Inc.

PLCCA enriches the lives of our residents from the cradle to the grave. Our services fall under the umbrella of Children & Family Services, Youth & Family Services and Supportive Services. *See “Mental Health: Other Services” for more information.*

- P: 708-450-3500
- W: <http://plcca.org/>

Resource Guide

ANAL CANCER SCREENING

Information

- Anal Cancer (Overview)
 - <http://www.cancer.org/acs/groups/cid/documents/webcontent/003083-pdf.pdf>
- Anal Cancer Screening in HIV Infected Individuals
 - https://www.pamaaetc.org/files/attachment/attachment/609/89256_AnalDysplasia%20Brochure.pdf

Support Services/Groups

- Anal Dysplasia Clinic (Midwest)
 - <http://www.analdysplasiaclinic.com/>

DIABETES & OTHER CHRONIC CONDITIONS

Information

- What is Diabetes? (Overview)
 - https://www.novomedlink.com/content/dam/novonordisk/novomedlink/resources/general/documents/WhatIsDiabetes_EG.pdf
- Diabetes and You: Your Guide to Better Living With Diabetes
 - https://www.novomedlink.com/content/dam/novonordisk/novomedlink/resources/general/documents/DiabetesandYou_EG.pdf
- Foot Care for People With Diabetes
 - https://www.novomedlink.com/content/dam/novonordisk/novomedlink/resources/general/documents/FootCare_EG.pdf
- Carb Counting and Meal Planning: Tools to Help You Manage Your Blood Sugar
 - https://www.novomedlink.com/content/dam/novonordisk/novomedlink/resources/general/documents/CountingCarbandMeal_EG.pdf
- Women at High Risk for Diabetes: Physical Activity, Healthy Eating, and Weight Loss
 - <http://www.cdc.gov/diabetes/pubs/pdf/womenHighRiskDiabetes.pdf>

For more information about diabetes (and information in Spanish) visit <https://www.novomedlink.com/diabetes-patient-support/educational-materials.html>

- Talk with Your Health Care Provider about High Blood Pressure
 - <http://www.ahrq.gov/sites/default/files/wysiwyg/patients-consumers/prevention/disease/hbpatient.pdf>

- African Americans Heart Disease and Stroke Fact Sheet
 - http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/docs/fs_aa.pdf
- Your Guide to Living Well with Heart Disease
 - https://www.nhlbi.nih.gov/files/docs/public/heart/living_well.pdf

HEPATITIS C

Information

- Hepatitis C (Overview)
 - http://www.liverfoundation.org/downloads/alf_download_24.pdf
 - http://hepc.liverfoundation.org/wp-content/uploads/2015/11/Hepatitis_C_Brochure.pdf
- Increasing Public Awareness of Liver Health: An Introduction to Liver Care
 - http://www.liverfoundation.org/downloads/alf_download_29.pdf
- Increasing Public Awareness of Liver Health: Diet and Your Liver
 - http://www.liverfoundation.org/downloads/alf_download_729.pdf
- Increasing Public Awareness of Liver Health: Managing Your Medications
 - http://www.liverfoundation.org/downloads/alf_download_614.pdf

For more information and resources in Spanish visit <http://hepc.liverfoundation.org/resources/hepatitis-c-materials/>

Hepatitis C Screening Sites

- *Illinois Department of Public Health: 217-524-5983 for assistance in locating rapid testing sites*
- **Brothers Health Collective** (<https://www.facebook.com/Brothers-Health-Collective-HOME--136214513153288/>)
Community Based Organization. No requirements.
 - Locations:
 - 2517 S Archer Ave, Chicago, IL, 60608
 - 1642 W 59th St, Chicago, IL, 60636
 - 915 E 63rd St, Chicago, IL, 60637
 - 3301 Wireton Rd, Blue Island, IL, 60406
 - For more information call: 312-808-1044
- **Gift House Incorporated** (<http://www.thegifthouse.org/>)
Community Based Organization. No restrictions.
 - Address: 1309 S Kedzie Ave, Chicago, IL, 60623
 - P: 773-522-2420
- **Cook County Health and Hospitals System** (<http://www.cookcountyhhs.org/>)
 - *The CORE Center*
Clinic. Services are available to persons 12 years of age or older. Services provided regardless of ability to pay.
 - Address: 2020 W Harrison St, Chicago, IL, 60612
 - P: 312-572-4700
 - *Austin Health Center*
Clinic. General Public.
 - Address: 4800 W Chicago Ave, Chicago, IL, 60651
 - P: 773-826-9600
 - *West District Office*

- Clinic
 - Address: 1701 S 1st Ave, Maywood, IL, 60153
 - P: 708-786-4000
- **Chicago Recovery Alliance** (<http://www.anypositivechange.org/menu.html>)
Community Based Organization
 - Address: 3110 W Taylor, Chicago, IL, 60612
 - P: 773-471-0999
- **Erie Family Health Center Incorporated** (<http://www.eriefamilyhealth.org/>)
 - *Erie West Town Health Center*
 - Address: 1701 W Superior St, Chicago, IL, 60622
 - P: 312-666-3494
 - *Erie Division Street Health Center*
 - Address: 2418 W Division, Chicago, IL, 60622
 - P: 312-666-3494
 - *Erie Humbolt Park Health Center*
 - Address: 2750 W North Ave, Chicago, IL, 60647
 - P: 312-666-3494
 - *Erie Helping Hands Health Center*
 - Address: 4747 N Kedzie Ave, Chicago, IL, 60625
 - P: 312-666-3494
 - *Erie Evanston/ Skokie Health Center*
 - Address: 1285 Hartrey Ave, Evanston, IL, 60202
 - P: 847-666-3494
- **Provident Hospital of Cook County Provident Hektoen HIV Program**
(<http://www.hektoen.org/programs/cook-county-health-hospitals-system-cchhs/provident-hospital-of-cook-county-phcc/>)
Clinic. Residents of Cook County, sliding scale, no insurance necessary, all insurance accepted. Free HIV rapid testing. Comprehensive HIV care with integrated mental health and substance abuse services
 - Address: 500 E 51st St, Chicago, IL, 60615
 - P: 312-572-2728
- **Puerto Rican Cultural Center VIDA SIDA Prevention Project**
Community Based Organization. Primarily targeted towards Latino men who have sex with men (MSM) between the ages of 18 and 24 years. Everyone welcome for services plus Walk-Ins Welcome.
 - Address: 2739 W Division St, Chicago, IL, 60622
 - P: 773-342-8023
- **Heartland Alliance Heartland Human Care Services** (<http://www.heartlandalliance.org/>)
Social Service Organization. General public.
 - Address: 400 W 76th St, Chicago, IL, 60620
 - P: 773-358-3838
- **Howard Brown Health**
 - *Aris Health*
Clinic. Need to register as a patient.

- Address: 3245 N Halstead St, Chicago, IL, 60657
 - P: 773-296-8400
- *Sheridan Clinic*
 - Address: 4025 N Sheridan Rd, Chicago, IL, 60613
 - P: 773-388-1600
- **Asian Human Services Incorporated** (<http://www.ahschicago.org/>)
Community Based Organization.
 - Address: 4753 N Broadway, Chicago, IL, 60640
 - P: 773-293-8460
- **Test Positive Aware Network** (<http://www.tpan.com/>)
Community Based Organization
 - Address: 5050 N Broadway St Ste 300, Chicago, IL, 60640
 - P: 773-989-9400
- **South Side Help Center** (<http://www.southsidehelp.org/>)
Community Based Organization
 - Address: 10420 S Halsted St, Chicago, IL, 60628
 - P: 773-445-5445

Find a Specialty Doctor in Illinois near you

<http://www.hepchope.com/hepatitis-c-treatment/find-a-doctor>

<http://health.usnews.com/doctors/city-index/illinois#S>

Find a Drug Treatment Program

<http://drugabuse.com/usa/drug-abuse/illinois/>

Use the Substance Abuse Treatment Facility Locator to locate alcohol and substance abuse treatment programs

Support Services

- American Liver Foundation
 - <http://www.liverfoundation.org/chapters/illinois/resources/>
- Free Hepatitis C Helpline 800-GO-LIVER (800-465-4837)
 - Monday through Friday 9a.m.- 7p.m. EST. It is manned by trained professionals in liver diseases.
- Caring Ambassadors
 - The Caring Ambassadors Program mission is to help improve the lives of those affected by long-term diseases through advocacy, information and support.
<http://caringambassadors.org/>

RxAssist Directory of Patient Assistance Programs:

- RxAssist offers a comprehensive database of these patient assistance programs, as well as practical tools, news and articles so that health care professionals and patients can find the information they need.
 - W: www.rxassist.org

To receive a copy of Directory of Prescription Drug Patient Assistance Programs call 1- 800-762-4636

HIV PREVENTION/PrEP

HIV Testing Sites

North side

- Center on Halsted (<http://www.centeronhalsted.org/>)
3656 N Halsted St.
Chicago, IL 60613
Wednesdays from 4-8 p.m.; Thursdays and Fridays from 10:30 p.m.-2 a.m.
For an appointment, please call 773-661-0910 to schedule a test.
- Howard Brown Health (<http://howardbrown.org/>)
4025 N. Sheridan Rd.
Chicago, IL 60613
773-388-1600

South side

- Christian Community Health Center (<http://www.cchc-online.org/>)
9718 S. Halsted St.
Chicago, IL 60628
773-233-4100

West side

- The CORE Center (<http://www.cookcountyhhs.org/locations/ruth-m-rothstein-core-center/>)
2020 W. Harrison St.
Chicago, IL 60612
312-572-4500

Other HIV testing sites in Chicago

The **Chicago Department of Public Health (CDPH)** offers free and confidential HIV testing at the following locations:

- *Englewood STI Specialty Clinic*
641 W. 63rd St.
Chicago, IL 60621
312-747-8900
- *Lakeview STI Specialty Clinic (anonymous testing also available)*
2861 N. Clark
Chicago, IL 60657
312-744-5507
- *Roseland STI Specialty Clinic*
200 E. 115th St.
Chicago, IL 60628
312-747-2831
- *Austin STI Specialty Clinic*
4909 W. Division, Suite 411
Chicago, IL 60651
312-746-4871
- *West Town STI Specialty Clinic*
2418 W. Division
Chicago, IL 60622
312-744-5516

(Information from the AIDS Foundation of Chicago website)

Other HIV Resources

- The AIDS Foundation of Chicago (AFC)
 - AFC provides a number of services including connecting people who test positive for HIV with related HIV services, and providing resources for HIV medications, housing, and health insurance. AFC also provides case management in order to help facilitate more specific needs of individual clients.
 - Contact (312) 922-2322 or info@aidschicago.org
 - For more information visit <http://www.aidschicago.org/>
- Asian Human Services
 - Asian Human Services offers many avenues to health and well-being. We provide primary care to children and adults, and services to clients in their mental health program and HIV program. Their Community Health services include: HIV/AIDS prevention and care programs; disability and vocational services; school-based violence prevention; smoking cessation; obesity prevention and health living; Hepatitis B Awareness education; immunization campaigns; breast and cervical cancer prevention; and much more.
 - P: (773) 293-8430
 - W: <http://ahschicago.org/index.html>
- The Chicago Center for HIV Elimination (CCHE)
 - The CCHE provides active referrals for HIV treatment, gender-affirming hormone therapy, sexual health and PEP & PrEP.
 - Call Michelle Taylor at 773-834-6819 mtaylor@medicine.bsd.uchicago.edu or Katie Berringer at 773.702.9977 kberringer@medicine.bsd.uchicago.edu
 - The CCHE also provides:
 - The Village
 - Community space with service programs and groups offered. The Village specifically offers advocacy and social services for the Southside LGBT community. For more details on programs please contact Ricky Hill at rhill3@medicine.bsd.uchicago.edu
 - Address: 1525 E. 55th St. Chicago IL, St. 205:
 - Network Testing
 - Our network testing program at The Village offers free, drop-in HIV testing and incentivizes referrals by compensating individuals for bringing in friends, partners, and others in their social networks for testing (unlimited \$20 per person referred). For more information, contact Andrew Richardson at arichardson25@medicine.bsd.uchicago.edu
 - PrEPLine:
 - CCHE linkage-to-care staff work with individuals interested in PrEP to provide information, discuss options, and connect individuals to providers on the South Side and throughout the city. For more information, please call our confidential PrEP Line at (872) 215-1905
- Chicago House
 - HIV Prevention and Health
 - Chicago House provides evidence-based, sex-positive, community- and client-centered HIV prevention, testing, linkage-to-care, and PrEP awareness & navigation services. Our services encourage practices to reduce HIV risk and

sexual harm by affirming sexual desire and promoting care for the whole person. From providing risk reduction techniques to fostering relationships with medical providers, our staff are knowledgeable about the numerous ways to stay healthy and can help identify the plan that works best for you.

- W: <http://www.chicagohouse.org/causes/prevention-and-health/>
- P: 773-248-5200
- Other Services
 - In addition to HIV Prevention services, Chicago House also provides general housing, employment, and case management services as well as housing, health, employment and legal services for transgender individuals as a part of their TransLife Center (see Transgender Care section on page 16).
- CORE Center
 - The CORE Center provides a comprehensive range of outpatient care to individuals and families affected by HIV/AIDS and other infectious diseases. Programs range from screening and primary care, to legal and social services
 - Call (312) 572-4500
 - W: <http://www.cookcountyhhs.org/locations/ruth-m-rothstein-core-center/about-us/>
- TaskForce Prevention & Community Services
 - TaskForce is committed to addressing the environmentally systemic needs of disenfranchised adolescents living in communities with limited resources that provide HIV/AIDS prevention education, testing, treatment, and care services.
 - P: (773) 473-4100
 - W: <https://www.facebook.com/TaskforcePreventionCommunityServices/>
- University of Chicago's Care2Prevent (C2P)
 - Services for people 24 and younger, including: holistic medical care, case management, behavioral health counseling, and HIV/STI Prevention.
 - Call (773) 702-5872 or get more information at <http://care2prevent.org/>

INTIMATE PARTNER VIOLENCE (IPV)

Information

- Lesbian, Gay, Bisexual, Transgender, Queer, and HIV-Affected: Intimate Partner Violence in 2014 – A report from the National Coalition of Anti-Violence Programs
 - http://avp.org/storage/documents/2014_IPV_Report_Final_w-Bookmarks_10_28.pdf
- Community Action Toolkit For Addressing Intimate Partner Violence Against People Of Color
 - http://www.avp.org/storage/documents/ncavp_poc_ipvtoolkit.pdf
- Community Action Toolkit for Addressing Intimate Partner Violence Against Transgender People
 - http://www.avp.org/storage/documents/ncavp_trans_ipvtoolkit.pdf
- West, Carolyn M., "Partner Abuse in Ethnic Minority and Gay, Lesbian, Bisexual, and Transgender Populations" (2012). Interdisciplinary Arts and Sciences Publications. Paper 271.
 - <http://www.ingentaconnect.com/content/springer/pa/2012/00000003/00000003/art00003?crawler=true>

Support Services/Groups

- Center on Halsted LGBTQ Violence Resource Line

- Center on Halsted LGBTQ Violence Resource Line is answered during regular business hours, Monday through Friday, and callers can expect a response within one business day. The line can provide callers with safety planning, information and referrals, personal, legal and media advocacy, public outreach and education, and crisis counseling. There are no fees for Violence Resource Line services.
 - Contact the LGBTQ Violence Resource Line at (773) 871-2273 or at violence-resource@centeronhalsted.org
- Center on Halsted – Healing from Sexual Violence Group
 - A 16-week therapy group for adults of all genders and sexual orientations who desire a safe space to connect and heal with others who have experienced sexual violence and/or sexual abuse in their lives.
 - Restrictions: \$15 per session; concurrent individual therapy; admission not guaranteed
 - Contact Christine Shaw at (773) 472-6469 ext. 426 or cshaw@centeronhalsted.org
- Howard Brown Health: Violence Recovery Groups
 - Howard Brown now offers a gender-inclusive group for all members of the LGBTQ community who have experienced unfairness in their relationships. The group will address issues related to planning for emotional, physical and financial safety and ways to develop and maintain healthy relationships.
 - For more information please contact the Program Coordinator at 773 388-8882 or vrp@howardbrown.org
- Mujeres Latinas en Acción – Domestic Violence and Sexual Assault Programs
 - Domestic Violence Program - It provides comprehensive services to survivors and victims of domestic violence, from information and referrals to crisis intervention, legal advocacy, individual and group counseling to access to a 24 hour crisis hotline at (312) 738-5358.
 - For more information about the Domestic Violence Program, please contact Estela Melgoza at 773-890-7671 or estela@mujereslat.org
 - Sexual Assault Program - It offers counseling, both individual and group, as well as medical advocacy, legal advocacy, community education, professional training and therapy.
 - For more information about the Sexual Assault Program please contact Maritza Reyes at 773-890-7656 or maritza@mujereslat.org
- State of Illinois Domestic Violence Hotline
 - A 24-hour domestic violence hotline run by the Battered Women's Network
 - P: 877-863-6338 (877-TO END DV)
 - W: <http://batteredwomensnetwork.org/>

See also: Gay, Lesbian, Bisexual and Transgender National Hotline

MENTAL HEALTH

Hotlines

- Gay, Lesbian, Bisexual and Transgender National Hotline
 - The Gay, Lesbian, Bisexual and Transgender (GLBT) National Hotline provides telephone, online private one-to-one chat and email peer-support, as well as factual information and local resources for cities and towns across the United States.
 - Call 1-888-843-4564
 - Hours: M-F (3 am – 11 pm C.T.) / Saturday (11 am – 4 pm C.T.)
 - E: help@GLBThotline.org

- The Trevor Project
 - The Trevor Project offers accredited life-saving life-affirming programs and services to LGBTQ youth (13-24) that create safe, accepting and inclusive environments over the phone, online and through text.
 - Call 1-866-488-7836
 - Hours: 24/7
 - Text 202-304-1200
 - Hours: Fridays, 3:00 pm – 7:00 pm CT
 - More information at <http://www.thetrevorproject.org/>

Inpatient Mental Health/Addiction Services

- Chicago Lakeshore Hospital – The Valeo Pride Program
 - The Valeo Pride Program provides quality inpatient treatment for patients with depression, anxiety, alcohol, and/or drug abuse. Our team works with patients to create a plan of care designed to meet individual needs with sensitivity to issues of the LGBTQ community, and a place to openly address feelings without stigma of prejudice. Diverse therapeutic programs are a unique feature of the Valeo Pride Inpatient Program. (Takes private insurance and Medicaid).
 - For more information call (773) 878-9700 or visit <http://www.chicagolakeshorehospital.com/programs/chicago-valeo>
 - For an intake call: (800) 888-0560
- Chicago Recovery Alliance
 - Conducts harm reduction outreach with syringe exchange throughout Chicagoland. All contacts are free, anonymous, and legal. They issue cards allowing an individual to legally carry syringes in Illinois, and offer opiate overdose prevention help. Hepatitis testing and vaccination also available.
 - P: (773) 471-0999
 - W: <http://www.anypositivechange.org/menu.html>
- TPAN
 - HOTTER (Healthy Outcomes Through Treatment, Empowerment, And Recovery)
 - HOTTER aims to reduce the impact of behavioral health problems, reduce HIV risk and incidence, and increase access to treatment for individuals with co-existing behavioral health, HIV, and hepatitis conditions. HOTTER ensures that individuals who have or are at high risk for a substance use and/or a co-occurring mental health disorder and who are living with or most at risk for HIV/AIDS have access to appropriate behavioral health services. The target population is African-American men who have sex with men (MSM) between the ages of 18-29.
 - W: <http://www.tpan.com/node/679>
 - P: 773-989-9400
 - OVAH! (Our Voices Advocating Health)
 - OVAH! is a comprehensive program that integrates HIV and substance abuse prevention education. Programs goals are to reduce substance use, decrease risky sexual behavior, increase HIV testing and increase the quality of life of participants. The target population is African-American men who have sex with men (MSM) between the ages of 18-24.
 - W: <http://www.tpan.com/node/678>
 - P: 773-989-9400
 - Needle Exchange

- TPAN's Needle Exchange Program offers: safe and legal needle exchange and distribution of sterile injection equipment (cotton, alcohol pads and cookers) during TPAN's regularly scheduled hours on an as-needed, walk-in basis. We provide harm reduction counseling and peer support, including one-to-one and group sessions specific to vein health, safer injection procedures, reduction of HIV and hepatitis transmission through safer sex, narcotics addiction and crystal meth addiction. We also provide access to the range of TPAN's services and an inter agency referral network providing links to detox and rehab programs, physical and mental health care, and legal services.
 - Hours: Mon – Thu (9AM – 9PM), and Fri. (9AM – 5PM)
 - W: <http://www.tpan.com/service/needle-exchange>
 - P: 773-989-9400

Support Services/Groups

- Center on Halsted
 - Center on Halsted currently offers on-going therapy groups and time-limited therapy groups for individuals working on making changes in their lives. Additionally, they offer time limited support groups in both the Behavioral Health and HIV Testing and Prevention departments for individuals seeking general support. For a list of current groups, please visit <http://www.centeronhalsted.org/neweventsall.cfm>
 - For more information contact (773) 472-6469 x460 or behavioralhealth@centeronhalsted.org
- The Chicago Center for HIV Elimination (CCHE)
 - PAC (People Advocating Change)
 - PAC is a young men's discussion group providing social support to African American men ages 17 and older. Over a meal, our stimulating conversations center around stewardship, self-worth, life-skill development, leadership, prosperity, and sexual health.
 - Contact Mario Pierce at mpierce3@medicine.bsd.uchicago.edu
 - PAC meetings are on the 1st and 3rd Wednesdays of every month, from 5:30 to 7:30, at The Village
 - Resource Counseling
 - CCHE and The Village staff offer individualized resource counseling in order to connect young people to resources in the community. Resource counselors meet with individuals one-on-one to advocate for and support young people in the process of accessing housing, healthcare, education & job training, mental health services, and any other services to meet participants' self-defined goals.
 - Contact Carlos Robles at 773.702.4097 or crobles5@medicine.bsd.uchicago.edu

Other Services

- Affinity
 - Affinity Community Services is a social justice organization that works with and on behalf of Black LGBTQ communities queer youth, and allies to identify emergent needs, create safe spaces, develop leaders, and bridge communities through collective analysis and action for social justice, freedom, and human rights
 - For more information contact (773) 324-0377 or executivedirector@affinity95.org
- Asian Human Services
 - Asian Human Services offers many avenues to health and well-being. We provide primary care to children and adults, and services to clients in their mental health program

and HIV program. They provide Adult Mental Health Counseling Services, Case Management, Psychiatric Services, Child and Adolescent Mental Health Counseling Services, Group Services and Substance Abuse Counseling.

- P: (773) 293-8443
- W: <http://ahschicago.org/index.html>
- Esperanza Health Centers
 - The Esperanza Health Centers' provides primary care services to Chicago's southwest side. They also provide psychiatric and behavioral health services.
 - P: 773-584-6200
 - W: <http://www.esperanzachicago.org/>
- Howard Brown Health
 - Howard Brown Health provides mental health services are tailored for your needs. Their team of counselors, social workers, and psychologists offer individual, couples, family, and group therapies.
 - For counseling call: (773) 388-1600
 - For domestic violence call: (773) 388-8882
 - For substance abuse services call: (773) 388-8891
 - W: <http://howardbrown.org/>
- Proviso-Leyden Council for Community Action, Inc.
 - PLCCA enriches the lives of our residents from the cradle to the grave. Our services fall under the umbrella of Children & Family Services, Youth & Family Services and Supportive Services. They provide mental and behavioral services for victims of violent crimes.
 - P: 708-450-3500
 - W: <http://plcca.org/>
- South Side Help Center – The Young MSM Project
 - The Young MSM Project offers a variety of programs including Comprehensive Risk Counseling and Services (CRCS): intensive, individualized client-centered counseling for adopting and maintaining HIV risk-reduction behaviors. For HIV negative individuals who are at high risk for acquiring or transmitting HIV and STDs and struggle with issues such as social and cultural factors that affect HIV risk.
 - Call (773) 701-4246
 - W: <http://www.southsidehelp.org/2msm.html>

OBESITY AND BODY IMAGE

Information

- 10 Steps to Positive Body Image
 - <http://www.nationaleatingdisorders.org/sites/default/files/ResourceHandouts/10StepsToPositiveBodyImage.pdf>
- 12 Ideas to Help People with Eating Disorders Negotiate the Holidays
 - <http://www.nationaleatingdisorders.org/sites/default/files/ResourceHandouts/12IdeasforNegotiatingtheHolidays.pdf>
- 20 Ways to Love Your Body
 - <http://www.nationaleatingdisorders.org/sites/default/files/ResourceHandouts/20WaysToLoveYourBody.pdf>
- Can You Tell Anything at All by a Person's Weight?
 - <http://www.nationaleatingdisorders.org/sites/default/files/ResourceHandouts/CanYouTellAnythingatAllbyaPersonsWeight.pdf>

- Eating Disorders in LGBT (Gay/Lesbian/Bisexual/Transgender) Populations
 - <http://www.nationaleatingdisorders.org/sites/default/files/ResourceHandouts/LGBTQ.pdf>
- Eating Disorders in Women of Color: Explanations and Implications
 - <http://www.nationaleatingdisorders.org/sites/default/files/ResourceHandouts/EatingDisordersinWomenofColor.pdf>
- Every Body is Different
 - <http://www.nationaleatingdisorders.org/sites/default/files/ResourceHandouts/EveryBodyIsDifferent.pdf>
- Understanding Obesity
 - <http://www.obesityaction.org/wp-content/uploads/Understanding-Obesity-3-15.pdf>
- Understanding Obesity Stigma
 - <http://www.obesityaction.org/wp-content/uploads/Understanding-Obesity-Stigma.pdf>
- What is an Eating Disorder?
 - http://www.dhhs.tas.gov.au/data/assets/pdf_file/0008/38438/what_is_an_eating_disorder.pdf
- What is Body Image?
 - <http://www.nationaleatingdisorders.org/sites/default/files/ResourceHandouts/BodyImage.pdf>

For more information on eating disorders and body image visit
<http://www.nationaleatingdisorders.org/index-handouts>

Support Services/Groups

- Body Image: Taking Away Judgement (event takes place on the 1st Wednesday of every month)
 - <http://www.nikkinigl.com/events/2016/1/6/body-image-taking-away-judgment>

OLDER ADULTS

Information

- The National Resource Center on LGBT Aging
 - Creating End-of-Life Documents for Trans Individuals: An Advocate's Guide - <http://www.lgbtagingcenter.org/resources/resource.cfm?r=694#sthash.2vnDUDX1.dpuf>
 - Planning with Purpose: Legal Basics for LGBT Elders - <http://www.lgbtagingcenter.org/resources/resource.cfm?r=33#sthash.1Fp14kb9.dpuf>
 - Providing Quality Care to LGBT Clients with Dementia in Suffolk: A Guide for Practitioners from the UK - <http://www.lgbtagingcenter.org/resources/resource.cfm?r=574#sthash.5ynSW9tQ.dpuf>
 - “Out and Visible: The experiences and Attitudes of LGBT Older Adults” - http://www.lgbtagingcenter.org/resources/pdfs/MarketResearch_ExecSmry-Web.pdf
 - Health equity and LGBT elders of color (brief) - http://www.lgbtagingcenter.org/resources/pdfs/Sage_PolicyBrief_HealthEquity.pdf
 - Guide to LGBT caregiving- http://issuu.com/lgbtagingcenter/docs/lgbt_guide
 - The Legal Documents Every LGBT Older Adult Needs - <http://www.lgbtagingcenter.org/resources/resource.cfm?r=3>
 - End of Life Decisions - <http://www.lgbtagingcenter.org/resources/resources.cfm?s=7>
- The Joint Commission
 - Advancing Effective Communication, Cultural Competence, and Patient- and Family-Centered Care for the Lesbian, Gay, Bisexual, and Transgender (LGBT) Community: A Field Guide

[http://www.jointcommission.org/assets/1/18/LGBTFieldGuide WEB LINKED VER.pdf](http://www.jointcommission.org/assets/1/18/LGBTFieldGuide_WEB_LINKED_VER.pdf)

- GLMA
 - Healthy people 2010: Companion Document for Lesbian, Gay, Bisexual and Transgender Health - www.cyfc.umn.edu/diversity/gay/gayaging.html
- Metlife
 - Still Out, Still Aging: The MetLife Study of Lesbian, Gay, Bisexual and Transgender Baby Boomers - <https://www.metlife.com/assets/cao/mmi/publications/studies/2010/mmi-still-out-still-aging.pdf>
- Transgender Law Center
 - LGBT Advocates Celebrate Ruling Upholding Healthcare Reform Law - <http://transgenderlawcenter.org/archives/1022>
- National Senior Citizens Law Center
 - LGBT Older Adults in Long-term Care Facilities: Stories from the Field. 2011 - <http://www.nslc.org/wp-content/uploads/2011/07/LGBT-Stories-from-the-Field.pdf>
- Lambda Legal
 - Tools for protecting your health care wishes - http://www.lambdalegal.org/sites/default/files/final_pp_ttp-2014-02_protecting-your-health-care-wishes.pdf
- Journal of Palliative Medicine
 - Attitudes on end-of-life care and advance care planning in the lesbian and gay community - <http://online.liebertpub.com/doi/pdfplus/10.1089/109662101750290218>

Support Services/Groups

- The Heartland Alliance
 - LGBT Senior Residence in Lakeview (Town Hall Apartments) - <http://www.heartlandhousing.org/property/town-hall-apartments>
- Howard Brown Health
 - Aging As We Are: LGBTQ Seniors Lunch Series - http://www.howardbrown.org/hb_services.asp?id=456
 - Transgender Health Resources - http://www.howardbrown.org/hb_services.asp?id=37
- SAGE – Services and Advocacy for gay, Lesbian, Bisexual, and Transgender Elders
 - <http://sageusa.org/>
- Center on Halsted
 - LGBT Senior Programs and Services - <http://www.centeronhalsted.org/senior.html>

TRANSGENDER CARE

Support Services/Groups

- The Chicago Center for HIV Elimination (CCHE)
 - Transfeminine Group
 - The Village's transfeminine group meets to discuss issues impacting transgender women, gender non-conforming, and gender variant people who identify on the feminine side of the gender spectrum. The group provides a safer space for participants to decompress, socialize, and strategize
 - Contact Ricky Hill at rhill3@medicine.bsd.uchicago.edu.
 - Meetings are on the 1st and 3rd Mondays of every month, from 5:00 to

7:30pm, at The Village.

- Chicago House
 - TransLife Center (TLC)
 - The TLC provides comprehensive programming and support to transgender individuals. Services of the TransLife Center include:
 - TransHealth: providing a variety of resources and health information to transgender people impacted by HIV/AIDS, poverty, homelessness, chronic illness, and/or mental health issues.
 - TransHousing: providing both on-site and scattered-site housing options for transgender individuals.
 - TransLegal: providing holistic and affirming legal services, self-help legal assistance, and legal education to transgender people.
 - TransWorks: The mission of TransWorks is to advance employment and work opportunities for transgender individuals. TransWorks consists of a 3-week skill-building workshop, career coaching, mentorship, and internship opportunities.
 - W: <http://www.chicagohouse.org/causes/translife-center/>
 - P: 773-248-5200
 - Other Services
 - In addition to the TransLife services, Chicago House also provides general housing, employment, and case management services as well as HIV prevention services (see HIV/PrEP section on page 8).
 - W: <http://www.chicagohouse.org/>
 - P: 773-248-5200
- Chicago Women's Health Center (CWHC)
 - In 2009, CWHC started the Trans Greater Access Project (TGAP), an agency-wide initiative focused on increasing access to affirming health services for trans-identified individuals at CWHC. Through collaboration with community partners and our clients, we strive to provide services that are trans-positive and informed by trans people. Services include: Primary Care, Hormone Therapy, Integrative Health Services, Counseling and Therapy, Alternative Insemination, and Gynecological Services.
 - P: (773) 935-6126
 - W: <http://www.chicagowomenshealthcenter.org/services-page/trans-health-services>
- Howard Brown Health
 - Howard Brown Health is committed to improving the health of the transgender community. They offer programs that address the unique barriers faced by transgender and gender nonconforming clients as well as medical, behavioral health, and case management staff who are sensitive to your needs. Services include: hormone administration and monitoring, HIV & STI testing and counseling, specialized HIV medical care, gynecological screenings and care, breast cancer screening, and pharmacy services.
 - P: 773-388-1600
 - W: <http://howardbrown.org/>
- Live Oak
 - Trans Support
 - Trans Support is a weekly ongoing adult psychotherapy group where members have a safe space to discuss the social, emotional, and cognitive impact of their trans or gender nonconforming identity (sliding scale payment available)
 - Hours: Saturdays 12:00-1:30, 3:00-4:30

- For more information contact Kelly George at (773) 880-1310 x7622 or kgeorge@liveoakchicago.com (for the 3:00-4:30 time); or Daniel Lopez at (773) 880-1310 x7627 or dlopez@liveoakchicago.com
- Trans Lifeline
 - Trans Lifeline is a 501(c)3 non-profit dedicated to the well being of transgender people. They run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have.
 - Call (877) 565-8860
 - Hours: see a full schedule at <http://hotline.translifeline.org/>
 - W: <http://www.translifeline.org/>
- Queer and Trans resource site: <https://www.radremedy.org/>