



Queer Health Resource Guide

Brought to you by the UHS Health Promotion Office. For a printed copy, stop by our office on the 4th floor of UHS.

LIVE. GROW. THRIVE.



WHERE CAN I SEE A MEDICAL PROVIDER THAT CARES?

On Campus

[University Health Service \(UHS\)](#)

- Provides variety of primary care services including treatment for illnesses and injuries, management of ongoing medical problems, and care and advice for health concerns
- To make an appointment with a provider at UHS, call (585) 275-2662

In the community

[Gender Health Services--University of Rochester Medical Center \(URMC\)](#): Services for young adults who identify as transgender, gender fluid, or have other questions or concerns about their gender.

- Dr. Kate Greenberg is a well-regarded physician for her work with transgender young adults. She is the director of the Gender Health Services at URMC. GHS pairs a hormone-prescribing physician with a mental health therapist for comprehensive care

[Trillium Health](#): Local LGBTQ+ organization

- Trillium Health is a community of mental health and social services, providing compassionate care for all lesbian, gay, bisexual, transgender, and queer people.
- Trillium offers sexual health maintenance services, hormone therapy, sensitive primary care, and legal consultation. Trillium also offers STD screening and treatment, rapid HIV testing, and HIV prevention programs. There is a pharmacy located on-site, staffed by LGBTQ-affirming and knowledgeable staff.

[Planned Parenthood](#): Sexual and Reproductive Health Organization

- Planned Parenthood provides high-quality health services to all patients regardless of sexual orientation or gender identity. The Planned Parenthood Rochester Health Center offers low cost HIV testing, education, and counseling. It also offers STI testing and treatment.
- They also offer LGBTQ+-specific services, including education, resources, and services referral.

MENTAL HEALTHCARE

On Campus

[University Counseling Center \(UCC\)](#)

- All University of Rochester students are eligible for free, short-term counseling. You can ask to see a counselor that identifies as LGBTQ+ or specializes in LGBTQ+ issues.
- Queer and Trans Process Group at UCC - check the [website](#) for times each semester.

Support Groups on campus

- Pride Network
- Transgender, Intersex, Non-Binary, and Two Spirit (TINT)
- Anything But Cis (ABC)
- Queer Students of Color (QSOC)
- Check out the Paul J. Burgett Intercultural Instagram (@ur_bic) for upcoming programs and support groups, or stop in on the 3rd floor of Douglass Commons!

In the local community

- Find a therapist in the community using [ThrivingCampus](#)
 - UCC has partnered with ThrivingCampus to make it easier for students to learn more about community mental health providers and access treatment off-campus and in many other states. ThrivingCampus is an online directory that allows University of Rochester students to access a list of off-campus, licensed mental health clinicians.
 - On ThrivingCampus, you can filter by providers that focus on gender identity, sexual orientation, and many other topic areas. You can also filter providers by their own sexual orientation and gender if this is something that you are interested in.
- [Trillium Health Support Groups](#)

National Resources

- [Trans Lifeline](#) - 877-565-8860
- [LGBT National Youth Talkline](#) - 1-800-246-7743 (ages 25 and younger)
- [TrevorLifeline](#) - 1-866-488-7386 (ages 13-24)
- [TrevorText](#) - Text START to 678-678 (ages 13-24)
- [GLBT National Hotline](#) - 1-888-843-4564

RESOURCES FOR FRIENDS AND FAMILY

[URMC Gender Health fact sheets and resources for family and friends](#)

- Resources to help family members and friends be a successful part of your support system

[Parents, Families, & Friends of Lesbian and Gays \(PFLAG\)](#)

- PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgender persons, their families and friends. View their handouts [here](#).

[Gender Equity Resource Center - UC Berkeley](#)

- Ways to be an active ally

COMING OUT

It is your choice when, if, and how you would like to come out to someone. Your safety is always #1 priority.

[Human Rights Campaign Coming Out Resources](#)

- Here you will find information about living authentically and some tips and information about coming out in different areas of your life, such as:
 - in the workplace
 - in your religion / faith
 - at a doctor's appointment
 - to your grandparent's or other adult family members

NEED A NAME CHANGE?

If you are an LGBTQ+ student who needs a name change to be printed on your student ID, the Burgett Intercultural Center can help! Email Col Raimond, LGBTQ+ Coordinator, at col.raimond@rochester.edu to learn more about the process. The Burgett Intercultural Center can cover the costs for any LGBTQ+ students who need to update their student ID cards for this purpose.

Words of support from your peers...



“ Love yourself and do whatever feels right for you! You got this! ”



“ _____ ”

Every time someone finds the strength to be honest about who they are, the world gets a little brighter. We stand with you.

_____ ”



“ Your truth will be heard. You will be loved! You will love. You will be you. ”

ON CAMPUS

ALL-GENDER RESTROOMS



LIBRARY + WILSON COMMONS

- Douglass, rooms 211, 301A, 416, & 417
- Rush Rhees, 1st floor, room 125
- Rush Rhees, 2nd floor, rooms 208C, 208D, & 208E
- Wilson Commons, rooms 306 & 306A

SCIENCE + ENGINEERING QUAD

- Carlson Library, rooms 106 & 107
- Computer Science Building, rooms 209A & 209B
- Hopeman Building, room 402
- Hutchison Hall, room 321A
- Taylor Hall, room 33
- Wegmans Hall, next to room 2512 (not labeled) & 4516

RESIDENCE HALLS

- Anderson, rooms 11, 12, & 115
- Burton, rooms 107 & 311
- Crosby, rooms 125 & 126
- Drama House, all bathrooms
- Genesee, rooms 102, 221, 306, 324, & all residential floors
- Gilbert, room 104
- Hoeing, rooms 138 & 139
- O'Brien, room 144
- Wilder, rooms 11 & 12

OTHER LOCATIONS

- Dewey, room 4203
- Harkness, rooms 105A & 105C
- LeChase, room 146
- Sage Hall, rooms B6 & B8
- Spurrier Hall, room 108
- Todd Union, room 33
- All restrooms in the UHS building