



LGBTQIA+ Resource Guide Serving Southern Illinois

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&

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****The authors of this guide have made every attempt to ensure the accuracy and reliability of the information provided. However, there are no guarantees of the information, and authors will not accept any liability for the information within. ****

Local Medical Resources

Dr. Matin Nekzad (he/him)– Shawnee Health Care

CartervilleAddress: 1006 S. Division St. Carterville, IL

62918 Phone: 618-519-9200 Fax: 618-687-4053

Website: www.shawneehealth.com

Will prescribe HRT with letter

Dr. Kurt Martin (he/him) – Carbondale Center for Medical Arts

Address: 2601 W. Main Carbondale, IL 62901

Phone: 618-549-5361

Will prescribe HRT with letter

Dr. Alex Garrido (he/him)– Carbondale Center for Medical Arts

Address: 2601 W. Main Carbondale, IL 62901

Phone: 618-549-5361

Will continue HRT if already prescribed.

Natasha Youngblood (she/her), MSN, FNP-BC – Johnston City Community Health Center

Address: 14410 Highway 37 Johnston City, IL 62951

Phone: 618-983-6911

Dr. Kathryn Waldyke (she/her) – SIU Student Health Services

374 East Grand Avenue Carbondale, IL 62901

Phone: 618-453-3311

Emily Hawkins (she/her), APRN, FNP-C – Rural Health, Inc.

1003 East 5th Street

Metropolis, IL62960

618-524-7499

Jackson County Health Department

PrEP Services/ HIV Services/ Sexual Health Clinic

415 Health Department Road Murphysboro, IL 62966

Phone: 618-684-3143 Ext.155

Physical Therapy/ Massage

Bridget Rose (she/her), Physical Therapy Assistant

Pelvic Floor Rehab—ALL pelvic floors welcome

Athletico Physical Therapy

900 E. Walnut Street #1 Carbondale. IL62901

Phone: 618-319-7540

Dustin Allard (he/him), Licensed Massage Therapist

121 N. 13th Street Suite 9

Herrin, IL 62948

618-944-5683

Behavioral Health

Elaine Ketring (she/her), MS, LCPC – Ketring

and AssociatesAddress: 112 W. Madison St.

Herrin, IL 62948 618-936-9573

Yvonne Daniels (she/her), LCSW – Shawnee Health Care Carterville

Address: 1006 S. Division St. Carterville, IL 62918

Phone: 618-519-9200 Fax: 618-687-4053

Website: www.shawneehealth.com

Poorva Talapatra (she/her), LCPC – Shawnee Health Care Carbondale

Address: 404 S. Lewis Lane Carbondale, IL 62901

Phone: 618-519-9200 Fax: 618-687-4053

Website: www.shawneehealth.com

Elana Floyd-Kennett (she/her), LCSW

Address: 3412 South Illinois Avenue Carbondale, IL 62901

Phone: 618-457-4488

Matt Denis (he/him), PhD

Address: 3412 South Illinois Avenue Carbondale, IL 62901

Phone: 618-457-4488

Margaret Howard (they/them), MFA, LCSW

www.thewildtherapist.com

618-221-5255

Spiritual Needs

Carbondale Unitarian Fellowship – Carbondale, IL

Welcoming Congregation

www.carbondaleuf.org

Church of the Good Shepherd – Carbondale, IL

Welcoming Congregation

www.goodshepherd-ucc.org

First Christian Church – Carbondale, IL

Welcoming Congregation

www.cdalefcc.org

First Presbyterian Church of Carbondale

More Light Congregation

www.firstprescdale.org

Zion United Church of Christ – Marion, IL

Welcoming Congregation

www.zucc.org

Gaia House Interfaith Center

Variety of Spiritual Meetings

<http://www.ourgaiahouse.org>

Southern Illinois Pagan Alliance

Celebrating the Greater Sabbats

www.sipagan.com

Other Resources

Jackson County Health Department

HIV Case Management, HIV Testing, and PrEP Services

415 Health Department Road Murphysboro, IL 62966

Phone: 618-684-3143 Ext. 155

www.jchdonline.org

OUTlaw Legal Help – SIU School of Law

Legal gender marker change and legal name change assistance

outlawtranslegal@gmail.com

Rainbow Café LGBTQ Resource Center

Groups and events for all ages.

www.rainbowcafe.org

815-408-6963

Transgender Voice Therapy – SIU Clinical Center

Voice therapy to help with pitch, resonance, and reflections.

www.clinicalcenter.siu.edu

618-453-2361

The Community Action Place

Harm reduction supplies, HIV Testing, and Condom Distribution.

www.tcapinc.org

618-364-8053

Center for Empowerment and Justice

Harm reduction Supplies, legal Assistance, and other basic needs.

213 N. Washington St. Carbondale, IL 62901

www.cej213.org

618-457-2777

Getting to Zero – IL

Campaign for No New HIV Transmissions

<https://gtzillinois.hiv/>

AIDS Foundation of Chicago

Advocacy for People living with HIV

www.aidschicago.org

Equality Illinois

LGBTQ Advocacy for Illinois

www.equalityillinois.us

Hotlines

- Fenway Health LGBT Helplines <https://fenwayhealth.org/care/wellness-resources/help-lines/>
 - 617-267-9001 [toll free 888-340-4528] (adults 25+)
 - Monday - Saturday 5-10pm CST
 - 617-267-2535 [toll free 800-399-PEER] (Peer line, 25 and younger)
 - Monday - Saturday 4:30pm-9pm CST
- Gay and Lesbian National Hotline:
 - 1-888-843-4564 <http://www.glbtnationalhelpcenter.org/>
- LGBT National Help Center: <https://www.glbthotline.org/>
 - 888-843-4564 (all ages)
 - Monday – Friday 3 p.m. to 11 p.m. CST
 - Saturday 11 a.m. to 4 p.m. CST
 - 800-246-7743 (For teens and young adults up to age 25)
 - Monday – Friday 3 p.m. to 11 p.m. CST
 - Saturday 11 a.m. to 4 p.m. CST
 - 888-234-7243 (older adult 65+)
- Non-LGBTQ Specific Crisis: National Runaway Switchboard, 24/7 Hotline for runaway/homeless youth and their families <https://www.1800runaway.org/>
 - 1-800-786-2929
- Non-LGBTQ Crisis Text Line: 24/7 for anyone in any type of crisis for free
 - Text HOME to 741741
- Pride Institute Addition Resource Hotline available 24/7 <https://pride-institute.com/>
 - 888-616-5031 (Ages 18+)
- SAGE LGBTQ Elder Hotline <https://www.sageusa.org/what-we-do/sage-national-lgbt-elder-hotline/>
 - 877-360-LGBT (5428)
- St. Louis Queer Support Helpline (SQSH) <https://www.thesqsh.org/>
 - Friday to Monday, 1:00 to 7:00 PM
 - Local: 314-380-7774
 - Toll-Free: 844-785-7774
- Trans Lifeline <https://www.translifeline.org/>
 - Guaranteed Hours: 9am-4am: (877) 565-8860
- The Trevor Project (LGBTQ) young people ages 13-24, 24/7 and free: <https://www.thetrevorproject.org/get-help-now/>
 - TrevorLifeline: (866) 488-7386 24/7
 - TrevorChat: [Chat Here](#) using a laptop/computer
 - TrevorText: Text START to 678-678

Transition Paperwork:

National

The Gender Affirming Letter Access Project: <https://thegalap.org/>

National Center for Transgender Equality (Know Your Rights):

<https://transequality.org/know-your-rights>

National Center for Transgender Equality Documents:

<https://transequality.org/Documents>

OR

<https://transequality.org/documents/state/illinois#:~:text=To%20obtain%20a%20legal%20name,six%20weeks%20before%20the%20hearing>

Trans Equality ID Documents Overview:

<https://transequality.org/sites/default/files/docs/resources/ID-Documents-Overview.pdf>

Transgender Map Legal Overview for ID Documents and Medical Assistance:

<https://www.transgendermap.com/legal/>

Transgender Legal Defense & Education Fund (TLDEF) Trans Health Project for clients on medicaid:

<https://transhealthproject.org/resources/health-insurance-medical-policies/views/medicaid/>

Illinois

Gender Transition/Intersex Condition Application Instructions:

<http://dph.illinois.gov/sites/default/files/forms/gender-reassignment-2017.pdf>

Illinois Affidavit and Certificate of Correction Request Instructions

<http://dph.illinois.gov/sites/default/files/forms/formsoppsaffidavitcertificatecorrectionre.pdf>

Office of the Illinois Secretary of State (Driver's License Assistance)

https://www.cyberdriveillinois.com/departments/drivers/drivers_license/drlicid.html

Transformative Justice: Law Project of Illinois:

<http://tjlp.org/>

(They do work outside of Cook County according to Morgan at the Light Foundation)

Email namechange@tjlp.org for assistance with legal name change in Illinois)

Web Resources

Advocates for Youth: <https://www.advocatesforyouth.org/>

Advocate: LGBTQ News <https://www.advocate.com/>

American Civil Liberties Union (ACLU): <https://www.aclu.org/>

Campus Pride: <https://www.campuspride.org/>

The Center: <https://gaycenter.org/recovery-health/health/tgnc/>

Fenway Health: <https://fenwayhealth.org/>

Fenway Health Education Center: <https://www.lgbtqiahealtheducation.org/>

Freedom for All Americans: Tracking LGBT-Related Legislation Nationwide
<https://freedomforallamericans.org/legislative-tracker/>

Funders for LGBTQ Issues <https://lgbtfunders.org/covid-19-response/#emergency-funds>

Gay, Lesbian and Straight Education Network (GLSEN): <http://www.glsen.org>

The Gender Affirming Letter Access Project: <https://thegalap.org/>

Gender Spectrum: <https://www.genderspectrum.org/>

Gay & Lesbian Alliance Against Defamation (GLAAD): <https://www.glaad.org/>

GLMA (Health Professionals Advancing LGBTQ Equality): <http://www.glma.org/>

The Gay, Lesbian & Straight Education Network (GLSEN): <https://www.glsen.org/>

Human Rights Campaign (HRC): <https://www.hrc.org/>

Intersex Justice Project: <https://www.intersexjusticeproject.org/>

It Gets Better Project (LGBTQ+ Youth): <https://itgetsbetter.org/>

Lambda Legal: <https://www.lambdalegal.org/>

LGBT National Help Center: <https://www.glbthotline.org/>

LGBTQ Nation: News <https://www.lgbtqnation.com/>

Lighthouse Foundation (LGBTQ+ People of Color, Chicago): <https://www.lightfoundchi.org/>

Modern Military Association of America (formerly OutServe): <https://modernmilitary.org/>

Movement Advancement Project (MAP): <https://www.lgbtmap.org/>

National Association of Social Workers (NASW): <https://www.socialworkers.org/Practice/LGBT>

National Center for Transgender Equality: <https://transequality.org/>

National LGNT Chamber of Commerce (NGLCC): <https://www.nglcc.org/>

National Resource Center on LGBT Aging: <https://www.lgbtagingcenter.org/>

Outcare (List of Affirming Professionals) <https://www.outcarehealth.org/outlist/>

Out to Innovate (NOGLSTP): <https://www.noglstp.org/>