

LGBTQ+ RESOURCE GUIDE



UI Health |



DISCLAIMER

The LGBTQ+ Resource List does not represent or endorse any services or service providers listed herein. This List is provided for information only regarding available resources and is not intended to reflect affiliation with or support of these service providers. The details of resources are subject to change and could be outdated on this website. See the resources' contact information or their website for current details. ("The List for Us" resources document uses this disclaimer language.)

(The University may have its Disclaimer language.)

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The LGBTQ+ Resource List

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UI Health – Important Services and Phone Numbers		
UI Health Call Center	(866) 600-2273	Provide a general all-purpose number to call regarding scheduling medical appointments, contacting a department, etc.
Billing Department	(312) 996-1000 billinfo@uic.edu	Call or email the Billing Department with your billing questions or concerns.
Care Coordination Line	(312) 413-2701 carecoordination@uic.edu	The UI Health Care Coordination Line helps patients navigate their healthcare journey and ensure they receive the necessary support and resources.
Financial Case Management Unit (FCMU)	(312) 413-7621 fcmu@UIC365.onmicrosoft.com	Help assess patients' eligibility for the following: <ul style="list-style-type: none"> • Medicaid/Marketplace/Allkids/ABE • SSI/SSDI Enrollment Assistance • Crime Victims Compensation • Uninsured Patient Discount Program • The Charity Care Program
Immediate Care Clinic	(312) 355-0517 722 W. Maxwell St., second floor, open Monday through Friday, 5 pm to 10 pm; and closed major holidays on Saturday and Sunday, noon to 10 pm.	An after-hours Clinic staffed to treat patients who need non-emergency medical attention for minor injuries, illnesses, and immunizations. Adults and children ages 12 and older are welcome. No appointment needed.
LGBTQ+ Patient Navigator	Carl Johnson, LCSW (He/Him) (312) 355-9854 carlj2@uic.edu	Assists patients with navigating the healthcare system and the challenges that may arise.
Medical Records	(312) 996-6830 or (312) 996-6874 833 S Wood St Concourse Level	Allows patients to access and manage their health information, including medical history, test results, and more. UI Health

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Name Change in EPIC	<ul style="list-style-type: none"> • Call Medical Records at 312-996-6830 or 312-996-6874 • Ask the Medical Records staff what you need to do to make the name change • Have legal documentation per your current name 	also participates in the Care Everywhere health information exchange , securely sharing vital health data with other providers.
Patient & Guest Experience	(312) 355-0101	Report compliments and complaints regarding care and services received at UI Health.
Spectrum - UIH's Gender Affirming Surgery Program	(312) 355-6600 https://hospital.uillinois.edu/primary-and-specialty-care/surgical-services/gender-affirming-surgery	The Gender Affirming Surgery Program at UI Health has an all-inclusive team of experts providing surgical services and additional support to help you navigate gender affirming care.
UI Health Inclusive Care	Click the link in the left column to find a UI Health inclusive care provider	As healthcare equality leaders, we are committed to removing barriers to care for LGBTQ+ patients and providing the accessible, affirming healthcare services they need and deserve.
Urgent Care at Mile Square Health Center	(312) 996-2000 1220 S. Wood Street Chicago, IL Open weekends & holidays: 10:00 am - 5:30 pm.	Urgent Care at Mile Square is a walk-in clinic that delivers medical care for minor illnesses and injuries. No appointment needed.
Education		
Resources for Parents of Transgender Children	https://www.lgbtmap.org/policy-and-issue-analysis/advancing-acceptance-for-parents https://familyproject.sfsu.edu/ https://www.simonandschuster.com/books/The-Transgender-Child-Revised-Updated-Edition/Stephanie-Brill/9781627783248 Transgender Reading List for Adults - PFLAG	Books, reading lists, and resources for parents of transgender children, youth, and teens about supporting your child through their gender transition.
LGBTQ+ General	https://thesafezoneproject.com/	The Safe Zone Project is a free online resource for LGBTQ awareness and ally training

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Education Information	Gerber/Hart Library & Archives	<p>workshops. Safe Zone trainings are opportunities to learn about LGBTQ+ identities, gender, and sexuality, and examine prejudice, assumptions, and privilege.</p> <p>The Library seeks to collect, preserve, and make accessible the history and culture of LGBTQ+ communities in Chicago and the Midwest to advance the larger goal of achieving justice and equality.</p>
Employment		
Hire Trans Now	(773) 492-1118 www.transinclusivechicago.org/hire Hire Trans Now Info Packet	Hire Trans Now is a visibility campaign to advocate for hiring more transgender and gender-nonconforming individuals by corporations, small businesses, and nonprofits.
Center on Halsted	https://www.centeronhalsted.org/careers	Provides a vast array of programs and services designed to advance Chicago's Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ) and allied community.
Life is Work	https://www.linkedin.com/company/life-is-work Address: 600 N Cicero Ave, Chicago, IL 60644 Phone: (312) 796-6020	Life Is Work is a trans-led organization that educates, empowers, and organizes Transgender, Lesbian, Gay, Bisexual, and Queer+ (TLGBQ+) individuals.
Food Insecurity		
Chicago Food Pantries	https://www.chicagosfoodbank.org/find-food/#googtrans(en en)	Use the link to the left to see available food pantry hours and locations.
Greater Chicago Food Depository	https://www.chicagosfoodbank.org/	The Greater Chicago Food Depository is Chicago's food bank. They bring food to residents of Chicago and Cook County.

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The Pacific Garden Mission	https://www.pgm.org/what-we-do/food-and-clothing/	Pacific Garden Mission is a faith-based and Evangelical organization that provides meals free of charge every day of the year to those in need.
The Salvation Army	https://www.salvationarmyusa.org/hunger/	The Salvation Army is a faith-based and Protestant Christian organization that provides meals and groceries to those in need free of charge.
Gender Affirming Care		
Grants for Gender Affirming Surgery	<p>Point of Pride: https://www.pointofpride.org/annual-transgender-surgery-fund (annually, November 1st-November 30th) (a separate Electrolysis Support Fund is also available)</p> <p>Genderbands: https://www.genderbands.org/grants (annual October 1st-November 30th)</p>	Several grant applications for gender affirming surgery are available for individuals without insurance coverage.
Northwestern Memorial Hospital	<p>Northwestern Medicine Gender Pathways Program</p> <p>https://www.nm.org/conditions-and-care-areas/gender-pathways-program</p>	The Northwestern Medicine Gender Pathways Program is committed to providing gender-affirming care to transgender and gender nonbinary patients. Its multidisciplinary team of specialists offers a range of surgical, medical, and mental health services.
RUSH Center for Gender, Sexuality & Reproductive Health – Affirm	www.rush.edu/affirm	Rush's Affirm Center aims to provide safe, accessible, comprehensive care to those who identify as LGBTQ+.
University of Chicago Medicine	<p>Comprehensive Transgender Care and Services</p> <p>Call 1-888-824-0200 and ask for the Trans CARE clinic.</p>	They provide gender-affirming care to transgender and gender non-binary individuals in a safe, welcoming, and inclusive environment.
WPATH: World Professional	https://wpath.org/	WPATH is an international, interdisciplinary professional and educational organization dedicated to promoting high-

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Association for Transgender Health		quality care, education, research, advocacy, and respect for transgender health.
HIV/AIDS		
CALOR	https://calor.org	CALOR provides holistic planning and coordination of health services to Latinos at risk of or living with HIV/AIDS and/or other disabilities
AIDS Foundation of Chicago (AFC)	https://www.aidschicago.org/ 200 W Monroe St Suite 1150 Chicago, IL 60606 (312) 922-2322	AFC works to end the HIV epidemic and ensure that everyone has a home in Chicago and beyond.
Chicago House	https://www.chicagohouse.org/	Chicago House works with people living with or vulnerable to HIV/AIDS to lead healthy and dignified lives through housing, healthcare, employment, and translife care.
Community Outreach Intervention Projects (COIP)	https://coip.uic.edu/	COIP is a program at the University of Illinois Chicago. COIP provides a range of services, including HIV/AIDS and hepatitis C testing and case management, as well as overdose prevention education and syringe exchange programs.
HIV Resource Hub	https://hivhub.org (844) HUB-4040	The HIV Resource HUB, a partnership between Aids Foundation Chicago and Center on Halsted, provides comprehensive information and direct connections to HIV services.
UCCN: UI Health Community Clinic Network	https://hospital.uillinois.edu/primary-and-specialty-care/infectious-diseases/community-clinic-network-uccn/meet-the-uccn-team	UCCN provides outpatient services at six community-based sites throughout Chicago. Patients receive compassionate care regardless of age, sex, race, color, sexual orientation, gender identity or expression, religion, or marital status. As a Ryan White HIV/AIDS Program , UCCN can provide

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		services to individuals regardless of insurance.
Hotlines		
988 Crisis Line	Call 988 Text 988 https://chat.988lifeline.org/ https://988lifeline.org/	Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, our caring counselors are here for you.
Trans Lifeline	https://translifeline.org (877) 565-8860	Trans Lifeline offers direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.
Trevor Project	The Trevor Project https://www.thetrevorproject.org	The Trevor Project provides crisis intervention and suicide prevention services to LGBTQ young people aged 13-24. They offer free, confidential support through phone, chat, and text, with trained counselors available 24/7. The project also provides resources for parents and educators, and advocates for policies that promote the well-being of LGBTQ youth.
Housing		
Featherfist	https://featherfist.org/	We work to eliminate the cycle of homelessness by addressing the specific needs of each person or family.
Housing Authority of Cook County (HACC)	https://thehacc.org/ (312) 663-5447	HACC supports the residents of suburban Cook County with equitable care and resources to attain affordable housing and opportunities to thrive.
CEDA: Community & Economic Development Association of Cook County	https://www.cedaorg.net/find-services/housing-services/ (312) 288-8010 567 West Lake Street, Suite 1200 Chicago, Illinois 60661 Toll-Free Hotline: (800) 571-2332 https://www.cedaorg.net/ **Please note, this is NOT an intake site. Applications are NOT taken at this location**	CEDA agencies provide various services, including but not limited to assistance with Rental/Mortgage, Food, Water/Sewer Payment, Employment Training/Placement, Financial Management, and Temporary Shelter. Each agency delivers locally designed programs and services based on the needs of

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	To find an intake site near you, please visit www.cedaorg.net/sites .	its community. If your local Community Action Agency does not directly provide a particular service, you will be referred to a partner entity for further assistance.
All Chicago - Coordinated Entry System	https://allchicago.org/coordinated-entry-system/ Call 3-1-1	If you need immediate shelter, please call 3-1-1. The Coordinated Entry System (CES) connects people who are experiencing homelessness to housing opportunities in Chicago.
311	https://www.chicago.gov/city/en/depts/311.html Call 3-1-1	311 is the non-emergency number that residents can call to request city services, report issues, and get information about city programs and events. It's designed to handle a wide range of requests that are not life-threatening or emergencies, freeing up 911 for true emergencies. 311 is the primary number to call for issues like potholes, broken streetlights, graffiti, and other non-emergency situations.
The Chicago Housing Authority	https://www.thecha.org/residents/public-housing/apply-public-housing	The Chicago Housing Authority offers affordable rental housing opportunities. Waitlists are open. Apply at any time. For eligibility requirements and to place your name on a waitlist, click on the link to the left.
The PATH Program: Projects for Assistance in Transition from Homelessness	https://www.dhs.state.il.us/page.aspx?item=160123	PATH helps individuals with serious mental illness and/or co-occurring substance use disorders who are homeless or at risk of homelessness.
Trilogy	1400 W. Greenleaf in Rogers Park. Ask to speak to an Intake Specialist.	A social service agency that assists people who are homeless or at risk of becoming

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		homeless. Go to their agency as a walk-in. You will be assigned a Case Manager. They do not accept phone calls, nor can it be done online. The walk-in is open Monday through Friday, 10:00 am to 2:00 pm.
Community Counseling Centers of Chicago (C-4)	Community Counseling Centers of Chicago https://www.c4chicago.org (773) 365-7277	C-4 is a social service agency that manages a PATH program (Projects for Assistance in Transition from Homelessness). There is currently a waiting list, but please call to register for case management.
City of Chicago – Rental Assistance Program	https://chicago.cap-portal.com/ (312) 746-5400	The Rental Assistance Program (RAP) provides funding to Chicago residents at risk of homelessness. RAP helps Chicagoans who have housing right now, but who may become homeless soon because they lost income or had another eligible emergency, which prevents them from paying rent. Because the program assists only those currently in housing, it is not designed to relocate homeless families from shelter to housing.
Legal		
CARPLS	www.carpls.org Coordinated Advice & Referral Program for Legal Services (312) 738-9200	CARPLS offers free legal advice to Chicago area residents.
Center for Disability and Elder Law (CDEL)	https://www.cdela.org/	CDEL provides free legal services to low-income seniors and people with disabilities who reside in Chicago and suburban Cook County, Illinois.
Chicago Bar Association Lawyer	www.chicagobar.org (312) 554-2001	Our knowledgeable staff of referral counselors can help you find an experienced lawyer who is right for you. Our member lawyers have, on average, over

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Referral Service		20 years of experience, and we are continually evaluating our lawyers for customer satisfaction.
Illinois Legal Aid Online (ILAO)	www.illinoislegalaid.org	For more than 20 years, ILAO has opened opportunities to justice so that people can resolve their problems, especially those with the least access to the legal system.
Equality Illinois	Equality Illinois (773) 477-7173 General EI Email	Equality Illinois is the state's oldest and largest organization advocating for full equal rights for lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ+) people, with a membership of over 40,000 people and a full-time professional staff of policy experts, organizers, and lobbyists, and a statewide reach.
Illinois State Bar Association	https://www.isba.org/public/illinoislawyerfinder	Search our online directory for lawyers in your area who practice in the field of law you need. Call and receive a 30-minute consultation with a lawyer in your area for no more than \$25.
UIC Law School Pro Bono Clinic	https://law.uic.edu/experiential-education/clinics/pro-bono/contact/	The UIC Law School Pro Bono Clinic advocates for the rights of the underserved. This organization engages students, professors, and graduates in pro bono practice, providing legal services to the community.
USAGov	Find a lawyer for affordable legal aid USAGov	Find a lawyer for affordable legal aid. Learn about programs and organizations that give free legal advice and may help you find a free or low-cost attorney.
Lambda Legal of Illinois	Lambda Legal Illinois	Lambda Legal Illinois is the local branch of a national legal organization that advocates for the rights of LGBTQ people.

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Lighthouse Foundation of Chicagoland	Lighthouse Foundation of Chicagoland	Lighthouse Foundation of Chicagoland is a Black- and queer-led social justice group that seeks to empower LGBTQ people of color in the Chicagoland area.
Metropolitan Tenants Association (MTO)	https://www.tenants-rights.org/	MTO is a tenants' rights advocate group that educates, organizes, and empowers tenants to exercise their human right to affordable and safe housing.
Transgender Law Center (TLC)	Transgender Law Center: Home	TLC advocates for the rights and safety of transgender and gender nonconforming (TGNC) people through a variety of methods, including litigation, policy advocacy, education, and community-driven initiatives.
Mental Health		
Advocate Hospital Advocate Family Care Network Therapy & Counseling Services	https://www.advocatehealth.com/health-services/behavioral-health-care/ Phone #: (800) 216-1110 (Only Child and Adolescent Services); Call (800) 323-8622 or (800) 3-ADVOCATE: For Adult and Child Services	Offering: Adult Therapy, Adolescent & Child Therapy (Outpatient only), Family Therapy, Medication Management, Adult Individual Therapy, Group Therapy Specialized Services & Programs include: Substance Abuse Treatment, Outpatient Counseling, Inpatient Adult Treatment, Short-Term Intensive Day Treatment
Anixter Center	https://anixter.org	We focus our work on serving people with disabilities, mental health needs, and people who are Deaf, Deaf Blind, or Hard of Hearing
AUTISM CHICAGO AUTISM NETWORK	https://www.chicagoautismnetwork.org/ General Inquiries info@chicagoautismnetwork.org MAILING ADDRESS CHICAGO AUTISM NETWORK P.O. BOX 804914 CHICAGO, IL 60680, USA	Chicago Autism Network is a nonprofit organization dedicated to helping locals find and afford effective autism therapy & supports.

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AUTISM URBAN AUTISM SOLUTIONS (UAS)	1212 W Flourney St. Chicago, IL 60607 info@urbanautismsolutions.com https://www.urbanautismsolutions.com/	UAS is dedicated to changing outcomes for young adults with autism. This group is dedicated to transforming the lives of young adults with autism through community integration, vocational training, and social engagement.
Brave Space Alliance	Brave Space Alliance	Brave Space Alliance is a Black- and trans-led LGBTQ+ Center located on the South Side of Chicago, dedicated to creating and providing affirming, culturally competent, for-us by-us resources, programming, and services for LGBTQ+ individuals on the South and West sides of Chicago.
Catalysts Clinical Group	https://www.catalystclinicalgroup.com/ (773) 876-8763	Catalyst Clinical Group is a Chicago-based practice that seeks to create a culturally sensitive environment that empowers clients to change their lives. Our team specializes in providing mental health care to the LGBTQIA+ community, informed trauma care, substance abuse/dependency, and recovery, as well as general mood disorder treatment.
Center on Halsted	https://www.centeronhalsted.org	Center on Halsted provides a vast array of programs and services designed to advance Chicago's Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ) and allied community.
Chicago Therapy Collective	Chicago Therapy Collective 4433 N Ravenswood Ave, Suite 210, Chicago, IL 60640 Phone: (773) 876-8763	Chicago Therapy Collective promotes citywide action to alleviate LGBTQIA2S mental health disparities and advance queer liberation through healing, learning, and cultural change.

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Chicago Women's Health Center	https://www.chicagowomenshealthcenter.org/trans-health 773-935-6126	Offer gender-affirming hormone therapy for people 18 years and older. They offer psychotherapy and medication management services.
Healthcare Alternative Systems (HAS)	Phone: 773-745-7107 5005 West Fullerton Avenue Chicago, IL 60639	This program provides professional guidance to manage mental and emotional issues for families for ages 13 years old and up. Languages: English, Spanish Payment Options: Free, Insurance, Self-pay, Sliding Scale
Howard Brown	https://howardbrown.org/service/behavioral-health/ 773-388-1600	The client must be a medical patient at Howard Brown Health first if they want to be in psychotherapy and receive medication services. They do not accept external referrals.
Living in Empathy Therapy	https://livinginempathytherapy.com/meet-the-therapy-team . Contact the organization via: hello@livinginempathy.com	We utilize a strength-based approach to find solutions rather than problems. We coach with compassion to empower clients to open their minds to new possibilities.
Metropolitan Family Services - North Center	3249 N Central Avenue Chicago, IL 60634 Intake: 773-371-3745 Office Locations: In Chicago <ul style="list-style-type: none"> • <u>Calumet (South Side)</u> <ul style="list-style-type: none"> ◦ Intake + Referral Program: 773-371-3642 • <u>Midway (Southwest Side)</u> <ul style="list-style-type: none"> ◦ Intake + Referral Program: 773-884-2235 • <u>North (Northwest Side)</u> <ul style="list-style-type: none"> ◦ Intake + Referral Program: 773-371-3745 • <u>Southeast Chicago</u> <ul style="list-style-type: none"> ◦ Intake + Referral Program: 773-371-2992 	Chicago's Northwest Side Metropolitan North is part of Metropolitan Family Services, which has been empowering Chicago-area families to reach their greatest potential and positively impact their communities.

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	<p>In the Suburbs</p> <ul style="list-style-type: none"> • <u>DuPage (DuPage County)</u> <ul style="list-style-type: none"> ◦ Intake + Referral Program: 630-784-4802 • <u>Howard & Evanston</u> <ul style="list-style-type: none"> ◦ 773-262-6622 • <u>Southwest (Palos Hills/ Blue Island)</u> 	
National Alliance on Mental Illness (NAMI)	<p><u>https://www.namichicago.org/groups-and-classes</u> (Click on the link above to register for a group.)</p> <p>Helpline: 1-800-950-NAMI (6264) or Text "HelpLine" to 62640</p>	Free, virtual support groups offered through NAMI for adults experiencing mental health symptoms.
Portage Cragin Counseling Center	<p><u>https://www.lssi.org/locations/portage-cragin-counseling-center/</u></p> <p>4840 W Byron St, Chicago, IL 60641</p>	Community Mental Health Center offers a variety of behavioral health services to individuals, couples, and families across the lifespan.
Other Resources		
The List for Us	<u>https://www.thelistforus.com/</u>	The List is a Chicagoland-based collection of resources for Trans and Gender Nonconforming folx and those who support them.
Recreation		
LGBTQ+ Exercise Classes and Gyms	<p><u>Exercise classes for LGBTQ - Search (bing.com)</u></p> <p><u>lgbt gyms in chicago - Search (bing.com)</u></p>	
Rehabilitation		
Community Service Options	<p>Developmental Disability Services 6845 S Western Ave, Chicago (773) 471-4700 <u>https://www.cso1.org/</u></p>	Community Service Options, Inc. promotes access, "choice" of service, options, and independence to people with disabilities who reside in the City of Chicago by providing information, education, planning, and service coordination.

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IDHS and DRS	<p>Illinois Department of Human Services (IDHS)</p> <p>Division of Rehabilitation Services (DRS)</p> <p>Homemaker Service For 60+ go here: https://webapps.illinois.gov/AGE/ProviderProfileSearch</p> <p>For Under 60 Dept Rehab Services (DRS) https://www.dhs.state.il.us/page.aspx?item=29736</p>	<p>IDHS is a state agency in Illinois that provides various social services and programs to improve the quality of life for individuals, families, and communities. These services include support for those facing developmental disabilities, mental health, substance abuse issues, and employment challenges, among others.</p> <p>DRS provides vocational rehabilitation services and advocacy to help individuals with disabilities gain employment, live independently, and achieve equality. They offer various services to support job seekers, including career counseling, job search skills, and on-the-job training. DRS also provides support for independent living, assistive technology, and other services.</p>
Transportation		
Medicaid Insurance Healthcare	<p>Transportation to Medical Appointment Phone Numbers:</p> <p>Aetna Better Health of Illinois: 866-329-4701</p> <p>Blue Cross Community Health Plans: 877-831-3148</p> <p>CountyCare Health Plan: 312-864-8200/855-444-1661</p> <p>Medicare Advantage Plans:</p> <ul style="list-style-type: none"> • BCBS: 877-774-8592 • WellCare: 800-977-7522 • Zing: 888-949-3569 <p>Meridan Health Plan: 866-796-1165</p> <p>Molina Healthcare: 844-644-6354</p>	<p>If you need help getting to your doctor's appointments and are traveling from within Chicagoland, below are transportation options. If you are traveling from further or need more than three trips in a row, please contact your doctor's office and ask to speak with a social worker.</p> <p>The best address to arrange pick up/drop off is:</p> <ul style="list-style-type: none"> • Outpatient Care Center (OCC): 1801 W Taylor St, Chicago, IL 60612 • Specialty Care Building (SCB): 1009 S Wood St, Chicago, IL 60612 <p>Medicaid Managed Care plans, call the number on the back of</p>

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		<p>your card at least three working days in advance:</p> <p>What to Say When Making Travel Arrangements:</p> <ul style="list-style-type: none"> • Have an insurance card available. • Address of the location to which you are going. • Occasionally, they ask for the location's phone number. • The details of the appointment (arrival, departure).
Private Insurance Healthcare	If you have private insurance, the process for obtaining transportation to medical appointments is the same, but the phone numbers are different from the Medicaid Insurance phone numbers. Look on the back of your insurance card for the number you would dial.	
PACE Transit Assistance	https://rtachicago.org	ADA paratransit is a shared ride, advanced reservation, and origin-to-destination transportation service for individuals who, because of their disability, are unable to use CTA or Pace fixed route transit service for some or all of their trip. Pace operates ADA Paratransit service for the entire RTA region.

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