



2021 **LGBTQ+** WELLNESS RESOURCE GUIDE

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**The Madison Public Library proudly presents
the 2021 LGBTQ+ Wellness Resource Guide.**

Madison Public Library welcomes and supports the LGBTQ+ community of Dane County and understands that the fight for LGBTQ+ equity in America is far from over, especially for transgender people and queer folx of color. We also understand that support goes well beyond rainbows, flags or even books. We hope this guide informs and empowers users to access the services they need. You are loved, supported, and seen by Madison Public Library during Pride and throughout the year.



General Resources

Outreach LGBTQ+ Community Center

608-255-8582 | info@lgbtoutreach.org

Serving the LGBTQ+ community of Dane County for over 47 years, Outreach offers support groups and resources for families, seniors, transgender folx, parents, and more. Outreach also offers sobriety and recovery services, plans the annual Magic Pride Festival, and hosts the Earl Greely Library, one of the biggest collections of LGBTQ+ books in the Midwest.

Queer-Run or Queer-Owned Resource



OutHealth Inc.

608-238-0100

info@outhealth.org

Founded by Dr. Kathy Oriel and Nurse Melisa Arndt, this practice provides affordable, accessible and inclusive care to the LGBTQ+ community. Specialties include addiction and substance abuse as well as family medicine and primary care.

Queer-Run or Queer-Owned Resource

General Resources

Sarah Simon

608-252-8254

A passionate ally to the transgender community, Sarah Simon is a speech and language therapist who offers gender-affirming speech therapies.

Center for Community Healing

608-520-0461 | arttherapymadison.com

This Madison-based organization has two therapists who facilitate a variety of support groups as well as individual therapy sessions. Both therapists are able to provide letters of support for gender affirming medical procedures. Affordability (especially for patients of color) is prioritized.

Queer-Run or Queer-Owned Resource

SAGE-Advocacy and Services for LGBT Elders

sageusa.org

Operating since 1978, SAGE is a national advocacy and support organization that provides resources, information, and services for aging LGBTQ+ folks and advocates for inclusive policies.

General Resources

Orgullo Latinx

608-469-5448

Facebook page: @orgullolatinxlgbt

Orgullo Latinx hosts a monthly virtual support group for LGBTQ+ Latinx folks in Madison and their allies. They also host a radio program on La Movida once a month. Call the number or check out their Facebook page to get more information.

Diverse and Resilient

414-390-0444 diverseandresilient.org

Located in Milwaukee and Appleton, Diverse and Resilient centers their leadership and services around LGBTQ+ people of color. Their services include youth and adult support groups, healthcare access, consulting, and domestic violence crisis response.

Queer-Run or Queer-Owned Regional Resource



Mental Health

Golden Vibes Counseling Center

608-571-0558 | goldenvibescounseling.com

contactus@goldenvibescounseling.com

Providing services to youth and adults, this counseling center has many LGBTQ+ affirming therapists as well as queer-identified therapists.

Journey Mental Health Center

608-280-2720 | journeymhc.org

Family services, couples therapy, and individual therapy as well as Spanish-language services are available at this practice. JMHC also runs a 24/7 mental health line for Dane County.

Counseling Psychology Training Clinic

608-265-8779 | counselingpsych.education.wisc.edu

University of Wisconsin's Counseling Psychology Training Clinic focuses on community building, health and human services, and economic, social, and racial justice advocacy. Counselors are trained in treating LGBTQ+ people and affordability is prioritized.



Mental Health

Westside Psychotherapy

608-236-4460 | westsidepsych.com

Employing 41 therapists, West Side Psychotherapy has many queer and queer-friendly therapists to choose from.

Dr. Sue Gill

608-250-2492 | madisontherapy.com

Experienced in working with the LGBTQ+ community and providing gender affirming care and transition support, Dr. Sue Gill offers therapy services for college students and adults, including meditation and EDMR.

Queer-Run or Queer-Owned Resource

Leora Mirkin LCSW

608-406-3860 | lmirkintherapy.com

A member of the LGBTQ+ community, Leora Mirkin LCSW is able to provide inclusive therapy as well as transition support.

Queer-Run or Queer-Owned Resource

Alex Little CAPSW 608-422-4413

Another member of the LGBTQ+ community, Alex focuses on mindfulness and trauma-informed care.

Queer-Run or Queer-Owned Resource

Youth Resources

Teens Like Us LGBTQIA2s+

608-245-2550

youthsos.org/programs/at-risk-youth-and-families/teens-like-us

Briarpatch Youth Services has been hosting their Teens Like Us youth support group for over 20 years. Queer or questioning youth ages 13-18 can join peers once a week to talk about their experiences in an affirming, inclusive space. Check out their website or email contact@briarpatch.org or more information.

Queer-Run or Queer-Owned Resource



Youth Resources

Welcoming Schools by Madison Metropolitan School District

shohs@madison.k12.wi.us

sites.google.com/madison.k12.wi.us/lgbtqia

Welcoming Schools works with Dane County schools, educators, students, and families to advocate for inclusive, equitable learning environments. Welcoming Schools also sponsors many support groups and leadership initiatives for transgender and nonbinary students. Caregivers and family members can learn how to better support their LGBTQ+ students using resources provided on their website.

The PRISM Program by Mental Health America of Wisconsin

Erica Steib | 414-336-7984 | erica@mhawisconsin.org

mhawisconsin.org/prism

This program pairs questioning or queer youth and young adults (ranging from ages 16-26) with a trained peer mentor who is also a member of the community who can talk about coming out, relationships, mental health, and substance abuse. Individual counseling and support groups are available virtually.

Youth Resources

The Pediatric and Adolescent Transgender (PATH) Clinic

608-263-6420

uwhealth.org/treatments/PATH-clinic-for-pediatric-gender-identity

The PATH Clinic strives to provide gender-affirming care and resources to trans-identified minors and their families. Transition goals, wellness, and identity are prioritized by the clinic. Referrals and letters of support are also available.



Outreach LGBTQ+ Community Center

markh@lgbtoutreach.org

outreachmadisonlgbt.org

Outreach offers a support group for heterosexual caregivers of queer-identified youth, as well as a support group for queer caregivers. Email markh@lgbtoutreach.org for more information about these support groups.

Queer-Run or Queer-Owned
Resource



Senior Resources

The Care Plan

630-479-0083 | the-care-plan.com

Based in Chicago, The Care Plan provides expert advice and support for LGBTQ+ seniors. Services are available on a sliding scale.

Queer-Run or Queer-Owned Resource

Outreach LGBTQ+ Community Center

608-255-8582 | info@lgbt

outreachmadisonlgbt.org

Outreach offers many different support groups, social clubs and services for gay and trans seniors.

Queer-Run or Queer-Owned Resource

National Resource Center On LGBT Aging

212-741-2247 | info@lgbtagingcenter.org

lgbtagingcenter.org

Established in 2010, this national organization is a technical resource assistance center for aging LGBTQ+ adults. The website has a resource guide for seniors specific to all 50 states.

National Resource

Senior Resources

SAGE Connect

connect@sageusa.org

sageusa.org/sageconnect

Need a new friend? Consider signing up for the SAGE Connect program. For six weeks, you will receive a once-a-week 30 minute call with a SAGE volunteer. Enjoy a casual chat with a new and interesting person. Learn more about signing up for the SAGE program by visiting the website or email connect@sageusa.org.

National Resource



Sexual Health

Sexual Health Clinic

608-243-0411

publichealthmdc.com/health-services/sexual-health

The Sexual Health Clinic of Public Health Madison in Dane County offers virtual appointments on Mondays, Wednesdays, and Fridays. Depending on your situation, they will recommend further testing or a prescription at your local pharmacy. Staff members are trained in inclusive health practices.



Planned Parenthood

608-251-6546

plannedparenthood.org/health-center/wisconsin/madison/53713

Providing inclusive and low-cost services in both Spanish and English, Planned Parenthood South Madison also offers Hormone Replacement Therapy for those with BadgerCare or who are low-income.

Sexual Health

Vivent Health

608-252-6540

viventhealth.org/locations/madison

STI testing, pharmacy services, counseling, and more are all available at Vivent Health.



Diverse and Resilient

414-390-0444

diverseandresilient.org

Based in Milwaukee and Appleton, Diverse and Resilient provides inclusive HIV and STI testing, as well as a PrEP clinic.

Queer-Run or
Queer-Owned
Regional Resource

Local Hotlines

Journey Mental Health

608-280-2600

journeymhc.org/emergency-services/

24/7 mental health support for residents of Dane County experiencing a mental health crisis.

Rape Crisis Center

English: 608-258-2567 Spanish: 608-251-7273

thercc.org/es/

24/7 mental health counseling for Madison residents. Spanish language services are also available.

Briarpatch Youth Services

youthsos.org/resources

608-251-1126

24/7 hotline for youth struggling with mental health crisis or housing instability. Call for crisis support or schedule an intake for services.

608-285-2776

Text service for struggling youth. Texts are checked from 9am-9pm Monday-Friday.

Queer-Run or Queer-Owned Resource

National Hotlines

Trans Lifeline

877-565-8860 | translifeline.org

Run by trans people for trans people, callers either in crisis or not can reach out 24/7 to receive support from someone from the trans community. Questioning folks and family members can also receive coaching and resources from this service. Spanish language service is available.

Queer-Run or Queer-Owned Resource

The Trevor Project

1-866-488-7386 | thetrevorproject.org

The Trevor Project is an excellent and well-established 24/7 hotline for queer and questioning youth in crisis. Chat, phone, and text services are provided.

SAGE National LGBT Elder Hotline

877-360-5428 | sageusa.org/sageconnect

A 24/7 hotline for gay and trans seniors facing isolation or emotional distress with trained volunteer responders. Volunteer responders offer nonjudgmental support, answer questions confidentially, and are trained in crisis response. Spanish language service is offered and translations into over 180 languages are available.



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Thank you to Dane County Clinics

To view this resource guide online alongside other LGBTQ+ resources from Madison Public Library, visit madpl.org/LGBTQwellness

Email community@madisonpubliclibrary.org if you would like to be included in 2024's guide.

Thank you to Briarpatch Youth Services for their contributions to this wellness guide.