



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, or
access it digitally at tinyurl.com/queerhealthguide.*

LIVE. GROW. THRIVE.



MENTAL HEALTHCARE

On Campus

University Counseling Center (UCC)

UCC provides a range of different services for students seeking gender-related mental health care, and for gender-expansive students wanting an affirming therapy experience (which may or may not be related to gender). Students seeking individual therapy can be paired with gender affirming counselors; they have staff who specialize in transgender health and accompaniment for physical, emotional and social transition. These staff members can write letters for hormone therapy and surgery. There is also an LGBTQ+ therapy group held weekly during the academic year.

UCC is committed to trans affirming and gender inclusive care at every step of their process, and they are working to remain attuned to individual, campus and community needs. If you think you would like to receive services or hear more about UCC, you can schedule an Initial Assessment (their first step) or receive information at (585) 275-3113.

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](#).
 - 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](#)
- Rochester LGBTQ+ Together
 - Find this group on Instagram and Facebook for updates on their support groups, social events, and more!
- [Equal Grounds Coffee House](#) - Located in the South Wedge neighborhood, Equal Grounds is a cozy and welcoming space for members of the LGBTQ+ community to get together.

National Resources

- [Trans Lifeline](#) - 877-565-8860
- [TrevorLifeline](#) - 1-866-488-7386 (ages 13-24)
- [TrevorText](#) - Text START to 678-678 (ages 13-24)
- [GLBT National Hotline](#) - 1-888-843-4564

WHERE CAN I SEE A MEDICAL PROVIDER THAT CARES?

On Campus

University Health Service (UHS) Primary Care

- “At UHS, patients are treated with respect, dignity, and privacy in a caring and considerate manner. The staff members of UHS appreciate the value of human differences. UHS vigorously opposes all intolerance and discrimination concerning differences including, but not limited to, the following: gender identity and/or presentation (including transgender); marital status; sex; sexual orientation. Our staff members are dedicated to providing a safe and confidential environment for patients to voice and discuss their health concerns and issues.”
- UHS Primary Care offers the following services: Gender affirming hormone therapy, Trans friendly sexual health & contraceptive care (including testing and treatment of STI's, contraception, menstrual suppression, and PrEP), Trans friendly primary & preventative care, and providing referrals for electrolysis, voice therapy, and surgery. To make an appointment 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.

SEXUAL HEALTH

Sexually Transmitted Infections (STIs) & Testing

It is recommended that anyone who is sexually active be tested for STIs at least once per year. For those at an increased risk for STIs (i.e., those on PrEP, with HIV infection, or if they or their sex partners have multiple partners), it is recommended to be tested every 3 to 6 months.

On campus, you can get tested at one of our [STI testing clinics](#) or at UHS Primary Care. To make an appointment at UHS, call (585) 275-2662.

Off campus, Trillium Health and Planned Parenthood are both great options for STI testing at a low cost for those with financial concerns.

Contraception and Safer Sex Supplies

UHS Primary Care offers a comprehensive variety of contraception options, including birth control pills, implants, and shots, as well as IUD insertion. You may call UHS at (585) 275-2662 to make an appointment.

If you are in need of internal or external condoms, dental dams, lube, or finger cots, you can order these to be delivered to your on campus mailbox through the Health Promotion Office's [Safe Sex Express](#) service. If you do not have an on campus mailbox, these supplies are also available in Wilson Commons 201 (Common Connection), the Paul J. Burgett Intercultural Center, the UHS Primary Care waiting room, the Health Promotion Office, and likely in your residence hall from your RA or GHA.

Pregnancy

If you think you may be pregnant and would like to take a test, at-home and laboratory tests are both available at UHS Primary Care. At-home tests are available on a walk in basis, and laboratory testing is available by appointment by calling (585) 275-2662.

Finding out that you might be pregnant can be a very scary and overwhelming experience for some. Please reach out to UCC at (585) 275-3113 if you are in need of mental health support. For more pregnancy resources, visit our [pregnancy webpage](#).

Ask the Sexpert

Do you have a burning question about sexual health or relationships that you would like answered by our Sexpert? [Submit your question](#) and check out [our blog](#) for questions and answers submitted by your peers.

Safer Sex for Trans Bodies

Check out the Human Rights Campaign guide to [Safer Sex for Trans Bodies](#) for information on safer sex for transgender and gender expansive folks, as well as their partners.

STUDENT HEALTH INSURANCE

The University of Rochester's Student Health Insurance Plan (Aetna) covers care related to medical transition. This care includes hormone therapy, medical and psychological counseling, surgery, tracheal shave, nipple reconstruction, electrolysis of face and neck, voice and communication therapy and chest binders.

A few important documents outline those services:

- The Summary of Coverage and Benefits gives an overview of the costs and coverage for general categories of treatment, including prescription medications and inpatient and outpatient surgery.
- The Certificate of Coverage and Schedule of Benefits, provides addition level of detail to define coverage detail, referral requirements, and any limitations or exclusions that might apply.

All of these documents can be found by visiting the Aetna Student Health website, aetnastudenthealth.com, and searching for the University of Rochester. For assistance with navigating student health insurance, contact Kristi Brock, the University Health Service, Business Operations Manager at kbrock@ur.rochester.edu.

SPIRITUAL CARE

Protestant Chapel Community

The Protestant Chapel Community offers a variety of opportunities for LGBTQ+ students to engage with their faith. They are a contemplative group of faith seekers who want to know what Christian tradition looks like on campus. Is God queer? Does the work of seeking justice align with Christian tradition? This group meets regularly for different activities, including Sunday Worship at 5:00pm at the Interfaith Chapel. Follow them on Instagram @rochpcc for more information about upcoming events.

Hillel

Hillel is an inclusive Jewish community - of all Jews, and all kinds of Jewish practice and identity. Recently, they have held GAYme nights for queer-identified members and allies, as well as a class on Judaism and relationships of all kind. Follow them on Instagram @URHillel to keep up with future events.

Students' Association Interfaith Cooperation (SAIC)

SAIC offers an inclusive and welcoming environment for students of all faiths. They mainly focus on events that either seek to bring folks of different faith together in dialogue or events that focus on serving the community in some manner. One aspect of the community they hope to serve are their queer religious and non-religious folks on campus. Follow them on Instagram @uofrsaic.

You can also keep up with the Interfaith Chapel in general on Instagram @interfaithchapelur.

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, and they have a [variety of helpful handouts](#).

[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 Paul J. Burgett Intercultural Center can help! Email Col Raimond, Director of LGBTQ Life, at col.raimond@rochester.edu to learn more about the process. The Intercultural Center can cover the costs for any LGBTQ+ students who need to update their student ID cards for this purpose.

To change your name in your records at UHS, you can call the front desk at (585) 275-2662 and let them know that you would like to make the change, and they will gladly make this update to your records.

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
- Wilmot, room 111

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

- Bausch & Lomb, room 396W
- Dewey, rooms 1141, 1143, & 4203
- Harkness, rooms 105A & 105C
- Lattimore, room 535A
- LeChase, room 146
- Meliora, rooms 365/365A & 364/364A
- Sage Hall, rooms B6 & B8
- Spurrier Hall, room 108
- Todd Union, room 33
- All restrooms in the UHS building

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.

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