Abortions

- Allegheny Reproductive Health Center (East Liberty)
  - 412-661-8811
  - https://alleghenyreproductive.com/
- Planned Parenthood (Downtown Pittsburgh)
  - 412-562-1900
  - https://www.plannedparenthood.org/health-center/pennsylvania/pittsburgh/15222/pittsburgh-abortion-services-3359-91470?utm_campaign=pittsburgh-abortion-services&utm_medium=organic&utm_source=local-listing

Accommodations

- Disability Resources and Services (On Campus)
  - 140 William Pitt Union
  - 3959 Fifth Avenue
  - 412-648-7890
  - https://www.diversity.pitt.edu/disability-access/disability-resources-and-services/accommodations
- Civil Rights and Title IX – Office of Equity, Diversity, and Inclusion (On Campus)
  - 18th Floor, Cathedral of Learning
  - 4200 Fifth Avenue
  - 412-648-7860
  - https://www.diversity.pitt.edu/civil-rights-title-ix-compliance

Allegheny County

- Department of Human Services (online)
  - https://www.alleghenycounty.us/Services/Human-Services-DHS/DHS-Resources/LGBTQ-Resources

Binders

- The Rainbow Project – Safe Binding Advice (online)
  - https://www.rainbow-project.org/safe-binding-and-packing/
- TransTape (online)
  - https://transtape.life
- Point of Pride (online)
  - https://www.pointofpride.org/free-chest-binders

Body Hair

- Inclusive Aesthetics (Brookline)

    - 2920 W Liberty Avenue
    - 412-472-7546
    - https://inclusiveaestheticsspa.com/

Body Image

- Meg Mayer – Registered Dietitian at The University of Pittsburgh
    - Email: Mmm41@pitt.edu
    - Student Health Services – Nordenberg Hall
    - 111 University Place
    - Zoom options available
- Queer Body Love (list of resources – most seem accessible online)
    - https://www.elizabethjcooper.com/resources
- Book: Belly of The Beast: The Politics of Anti-Fatness as Anti-Blackness
    - DaShaun Harrison
    - ISBN: 9781623175979

Campus Resources

- Counseling Center
    - 412-648-7930
    - Nordenberg Hall – Wellness Center
    - 119 University Place
    - https://www.studentaffairs.pitt.edu/counseling/services
- Office of Inclusion and Belonging
    - William Pitt Union 6th Floor
    - Rainbow Alliance Office: WPU 611
    - 3959 Fifth Avenue
    - LGBTQIA+ Coordinator: Maggie Calvert
        - WPU 609
        - mcc230@pitt.edu
        - 412-648-2590
- Pitt Queer Professionals (Faculty and Staff)
    - Email: PQP@pitt.edu
- Transgender Working Group
    - Contact: Carrie Benson
        - crb103@pitt.edu

Community Centers

- Pittsburgh Equality Center (Shadyside)
    - 412-422-0114
    - 5401 Centre Avenue, Suite 103

- SisTersPGH (Swissvale)
    - 412-297-0548
    - 2014 Monongahela Avenue

Civic Engagement

- Student Organizations
    - Search https://experience.pitt.edu/home_login for "LGBTQIA+" "LGBT" or "queer"
    - Rainbow Alliance
    - PRISM
    - SPEQTRM
    - OSTEM
    - Aquarius
- Pitt Serves (on campus)
    - 412-624-1065
    - 130 William Pitt Union
    - 3959 Fifth Avenue
    - https://www.studentaffairs.pitt.edu/pittserves

Discrimination

- Gender Discrimination and Title IX Response Manager
    - Contact: Zach Davis – zachdavis@pitt.edu
    - 412-648-7860
- Commission on Human Relations – City of Pittsburgh
    - Pittsburghpa.gov/chr
    - 412-436-9619
    - Pride Month Guide to Civil Rights Protections
        - https://apps.pittsburghpa.gov/redtail/images/14499_PRIDE_Month_Protections_Booklet_(3).pdf

Faith

- Community House Presbyterian Church
    - Community House Presbyterian Church is a progressive community full of intellect and passion that's been on Pittsburgh's Northside for nearly 200 years. At Community House, you find more than an intimate community rooted in hope, joy, imagination, and love, and dedicated to pursuing peace and social justice.
- Waverly Presbyterian Church
    - In our church community we seek to love intentionally, love extravagantly, and love unconditionally. We are committed to making this love real in the lives of

people inside and outside our community. We have found that by focusing on the world outside our church we have built a stronger church within.

- East Liberty Presbyterian Church
    - Presently, East Liberty Presbyterian Church has more than 900 members and friends, who attend up to three worship services offered each week and who reflect the racial, economic, age, gender, and sexual orientation diversity of Greater Pittsburgh. The four pillars of our ministry consist of worship, education, spiritual growth, and mission, and our goal is to provide resources in all these areas for people of all ages and singles or families of all types.
- Congregation Dor Hadash
    - Congregation Dor Hadash is Pittsburgh's only Reconstructionist Jewish Congregation. We are inclusive, egalitarian, and member-led. We are an active, socially engaged, community-oriented congregation, and we are passionate about repairing the world (tikkun olam). We are proud of our history of advocating for our vision of a shared society in which diversity is celebrated. Through community and social action, we strive to tear down the walls that divide us while seeking to build a more just, thriving, and inclusive world for all of us.
- Bet Tikvah
    - Bet Tikvah is a welcoming, queer-centric, independent minyan founded in 1988. Monthly Erev Shabbat services are led by members of the congregation.
- Jewish Federation of Greater Pittsburgh LGBTQIA+ Resources
    - Create a thriving, vibrant and engaged Jewish community by raising and allocating funds and building community locally, in Israel and around the world.
- TrUUe Colors
    - The Unitarian Universalist Church of the North Hills is an LGBTQIA+ welcoming and affirming community of faith. No matter who you love or how you identify, we welcome you! No matter your faith history, we welcome you! TrUUe Colors is UUCNH's LGBTQIA+ support/advocacy group. We educate our community and ourselves and serve as a support and advocacy group as well.
- Metropolitan Community Church of Pittsburgh
    - Metropolitan Community Church of Pittsburgh recognizes a state of need around the world in the areas of human rights and justice. As people of faith, we have a responsibility to act on behalf of those who cannot effect change on their own.
- Pittsburgh Friends Meeting
    - Quaker worship community and community space available to rent for meetings/events.
- Unity Center of Pittsburgh
    - Unity Center of Pittsburgh is a New Thought church in the East End of Pittsburgh. We hold services each Sunday beginning at 10:30 am and offer a

variety of opportunities for exploring the sacred within ourselves. (At this time we are offering virtual services only.)

- OutChristian
    - We are a community gathering to explore the interconnection of LGBTQ life and the Christian faith, share in the God-given diversity of our stories and callings, and grow in compassion for ourselves and for others.
- QChristian Fellowship
    - We are a diverse community with varied backgrounds, cultures, theologies and denominations, drawn together through our love of Christ and our belief that every person is a beloved child of God.
- Sixth Presbyterian Church
    - We were the first congregation in the area and one of the first in the nation to affirm that queer Christians belong in church at all levels of participation from pew to pulpit. In 1997 we became a More Light Church to fight for those morals and we are still a beacon for queer Christians seeking a safe place to worship today. We are an open and affirming community of faith in Jesus Christ. At home in an urban neighborhood of many faiths, we acknowledge that we are not alone on the path to understanding God. In worship, study, and fellowship, we celebrate our Presbyterian roots and find joy in our diversity. We strive for the grace to love one another as we seek deeper understanding of life in the Spirit, working for justice and serving as stewards of God's wondrous creation.
- The Open Door Presbyterian Church
    - The Open Door is a church in the east end of Pittsburgh. We are a church of mostly young families calling ourselves a "church for people recovering from church." We seek to follow Jesus through both contemplative practices and social activism in our community. We serve our community through the work of Garfield Community. We are an open and affirming church where all people are welcomed as they are into the family of God.
- Commonwealth of Oakland
    - Commonwealth is a new, progressive, Jesus-centered community of faith. People from the city, the universities, and the street are gathering to create a community of peace in Oakland by practicing radical inclusion, generosity, creativity, storytelling, justice and gratitude to God.

Food Insecurity

- Pitt Pantry (on campus)
    - Email: pantry@pitt.edu
    - O'Hara Student First Floor – Door near the elevators/side entrance of O'Hara
- Pitt Dining (on campus)
    - https://dineoncampus.com/pitt/food-insecurity

- City of Pittsburgh
    - https://pittsburghpa.gov/dcp/food-access-programs

- Supplemental Nutrition Assistance Program (SNAP) for Students (state resource)
    - https://www.dhs.pa.gov/Services/Assistance/Pages/SNAP-for-College-Students.aspx

Gender Affirming Care

- Allies for Health and Wellness (East Liberty)
    - 412-345-7456
    - Alliespgh.org
- Central Outreach (North Side)
    - 412-322-4151
    - 127 Anderson Street Suite 101
- Student Health Services (On Campus)
    - 412-383-1800
    - Nordenberg Hall – 119 University Place
- Point of Pride (online)
    - https://www.pointofpride.org/about

Grief

- Queer Death Collective (online)
    - https://pdxqdc.com/
- Motherwort and Rose (online)
    - https://www.motherwortandrose.com/
- Book: It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand
    - Megan Devine
    - ISBN: 9781622039074

Housing

- Gender Inclusive Housing at Pitt
    - https://www.pc.pitt.edu/housing-services/housing-process/gender-inclusive-housing
- Care and Resource Support Team
    - https://www.pc.pitt.edu/housing-services/housing-process/gender-inclusive-housing
    - 738 William Pitt Union

    - 959 Fifth Avenue
- Pittsburgh Equality Center
    - https://pghequalitycenter.org/safe-housing/
    - 5401 Centre Avenue
      Suite #103
      Pittsburgh, Pennsylvania 15232
    - info@pghequalitycenter.org
    - (412) 422-0114
- Proud Haven
    - 525 E Ohio St.
      Pittsburgh, Pennsylvania 15212
      United States
    - https://www.proudhaven.org/
    - For housing resources, please contact us admin@proudhaven.org
      Call (412) 346-1324 (office)

Haircuts

- QBurgh – A "Little Off the Top" Can be Too Much to Bear (article with resources at the bottom)
    - https://qburgh.com/a-little-off-the-top-can-be-too-much-to-bear/
- Dye By the Sword (dyebytheswordpgh) -Shadyside
    - 412-353-3241
    - 5241 Liberty Ave Suite 7A
    - https://dyebythesword.glossgenius.com/services

Legal Support/Name Change

- ACLU (online)
    - https://www.aclu.org/know-your-rights/lgbtq-rights
- Student Rights (online)
    - https://www.glsen.org/activity/lgbtq-student-rights
- Hugh Lane Wellness (Allegheny – West)
    - 952 Brighton Rd Suite
    - 412-626-3812
    - https://hughlane.org/wellness-services/lgbtq-legal-services/
- SisTers PGH (Swissvale)
    - https://www.sisterspgh.org/the-name-change-project

Mental Health/Physical Health

- Counseling Center

    - 412-648-7930
    - Nordenberg Hall – Wellness Center
    - 119 University Place
    - https://www.studentaffairs.pitt.edu/counseling/services
- Student Health Services
    - https://www.studentaffairs.pitt.edu/student-health-services
    - Student Health Services
      Nordenberg Hall - Wellness Center
      119 University Place
      Pittsburgh, PA 15260
- Central Outreach Wellness Center
    - Founded in 2015, Central Outreach Wellness Center practices culturally competent medical care specializing in HIV care, Hep C Cure, and Transgender health. Advocating for patient rights, Central Outreach gives access to high quality healthcare to those who need it most.
- Allies for Health + Wellbeing
    - Envisions a healthier community whereby all individuals access integrated medical care and supportive human services in a respectful setting, free of stigma and discrimination.
- Metro Community Health Center
    - We are an integrated medical, mental health, and dental clinic, located in Swissvale. We serve the greater Pittsburgh area, and all people who come to us. At Metro, our providers collaborate with each other to treat every aspect of a patient's health, all under one roof. We offer all of our services to everyone, regardless of identity, income, insurance status, or the ability to pay.
- Shepherd Wellness Community
    - The only HIV/AIDS Community Center in Western Pennsylvania – Helping people live with HIV/AIDS improve their wellness.
- The Pitt Men's Study
    - The Pitt Men's Study (PMS) is a confidential research study of the natural history of HIV/AIDS, funded by the National Institutes of Health that has been ongoing in Pittsburgh since 1984.
- The Pittsburgh VA
    - The Pittsburgh VA centers care for LGBTQIA+ veterans and make sure that their medical and mental needs are met.
- Center for Inclusion Health
    - If you are transgender or gender expansive, navigating the health care system may not always be easy or comfortable. You deserve a health care team that understands your needs and the unique challenges you face. Through the Allegheny Health Network (AHN) Center for Inclusion Health, we are expanding

our transgender medical and surgical services to better serve you. Our goal is for you to get the high quality care you need — no matter your gender identity or expression.

- Latterman Family Center Health
    - We are a primary care clinic in the Mon Valley offering buprenorphine/naloxone and naltrexone treatment for opioid use disorder and alcohol use disorder.
- East Liberty Family Health Care Center (ELFHCC)
    - East Liberty Family Health Care Center (ELFHCC) has been providing medical, dental, and behavioral health services to residents of Allegheny County and beyond since 1982. We are Christian-based and provide quality, whole-person health care to the uninsured, underinsured and underserved. We are a Federally Qualified Health Center (FQHC) which means we are a community-based nonprofit organization that provides comprehensive primary and preventive care, including health, dental and mental health/substance abuse service to persons of all ages, regardless of their ability to pay. We offer a sliding fee schedule based on federal guidelines based on income and family size.
- Allegheny Reproductive Health Center
    - ARHC is committed to delivering fearless healthcare that is imbued with empathy, respect and nonjudgment. As one of only two abortion clinics in Allegheny County, part of our mission is to destigmatize abortion and provide abortion care to all people seeking it, no matter their situation. Our services include specialized obstetric and gynecological care, in-office and in-hospital surgical procedures, services specialized to the LGBTQ community, and the option for sedation during gynecological exams.
- HIV Prevention and Care Project
    - The HIV Prevention and Care Project is a research/outreach initiative at the University of Pittsburgh Graduate School of Public Health. We create and provide assistance to on-going health initiatives in the LTBTQ+ community.
- The Inclusion Solution
    - Program for inclusion and Integration for young people with disabilities
- FamilyLinks
    - FamilyLinks is a community-based therapy organization. They do wrap around, family based, and individual therapy and psychiatry. Offices in Shadyside and Banksville with home visits as well.
    - Phone: 1-866-583-6003
- re:Solve Crisis
    - re:Solve Crisis: 24-hour hotline: Call us anytime to speak with a trained clinician at 1-888-796-8226 (7-YOU-CAN).
- Jennifer Rozell-Whitaker and Associates

    - Individual, couple, and family therapy. Art-based and talk therapy to provide a tailored, well-rounded treatment approach for each client. Family work, couples, co-parenting, trauma, LGBTQ+, gender, polyamorous/consensual non-monogamy, and kink/BDSM affirming work.
- Open Space Counseling, Consulting & Wellness
    - Open Space CCW is a LGBTQIA+ and relationship affirming mental health therapy practice located in Pennsylvania. Check out our website to read more about what we do and why we do it!
- Persad Center
    - Outpatient mental health and substance abuse treatment; older adult services; support groups; coffee and conversation for LGBTQIA+ seniors throught the SAGE group.
    - Intake Coordinator: 412-441-9786 ext. 226
- Awaken Pittsburgh
    - Presentation, Courses/Programs, Consulting, Meditation sessions. Bias awareness and trauma-sensitive mindfulness trainings.
- Becoming Through Sound
    - Individual and group music therapy Individual and group gender affirming voicework.
- The Trevor Project
    - A national 24-hour, toll free confidential suicide hotline for LGBTQ youth. Safe, Confidential Lifeline for LGBTQ Young People. Get Involved. Suicide Prevention. Volunteer & Save Lives. Crisis Intervention. Here For You 24/7.
    - TrevorLifeline – 1-866-488-7386
    - TrevorChat – Text “START” to 678 678
    - TrevorText – https://www.thetrevorproject.org/get-help-now/
- Heart of Gold, Pittsburgh Therapy Project
    - Heart of Gold OT is a small, independent occupational therapy practice that specializes in emotional-relational development, sensory integration, and trauma-sensitivity. I serve families and adults.
- Becoming Through Sound
    - Becoming Through Sound is a music therapy private practice owned by Maevon Gumble (they/them), a nonbinary trans board certified music therapist pursuing licensure as a professional counselor. Maevon provides music therapy mental health services focused on identity. They also offer gender affirming voicework to those seeking to access and embody affirming gender and vocal expressions through the use of music.
- Adagio Health
    - Adagio Health is a nonprofit organization that provides compassionate, inclusive health and wellness services in communities throughout Pennsylvania and

beyond. At Adagio Health, you're welcome to be exactly who you are. Our patients and clients come from all walks of life, and we're glad to see each and every one of you as you walk in our door. We care for you, not your ability to pay.

Support for Survivors of Interpersonal Violence

- Prevention at Pitt
  - Contact: Carrie Benson (carrie.benson@pitt.edu)
  - 412-848-7860
  - https://www.diversity.pitt.edu/engagement/sexual-misconduct-prevention
- Pittsburgh Action Against Rape
  - 81 South 19th Street
  - 412-431-5665
  - Paar.net
- Women's Center and Shelter of Greater Pittsburgh
  - 412-687-8005 (24 hour talkline)
  - https://wcspittsburgh.org/

Talklines

- National Helplines
  - National Crisis Text Line: Text HOME to 741741 or via Facebook Messenger to Crisis Text Line to connect with a Crisis Counselor
  - National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
  - Disaster Distress Helpline: 1-800-985-5990 or text "TalkWithUs" to 66746
  - Get Help Now Hotline (for substance use disorders): 1-800-662-4357
  - National Domestic Violence Helpline: 1-800-799-7233
  - State Helplines
  - PA DHS Support & Referral Line: 1-855-284-2494
  - Pennsylvania Sexual Assault Helpline: 1-888-772-7227
  - United Way Pittsburgh: Dial 2-1-1, text your zip code to 898-211, or go to http://pa211sw.org/
- Pittsburgh Action Against Rape
  - 1.866.363.7273
  - 24 hour confidential helpline – call/text
- Women's Center and Shelter of Greater Pittsburgh
  - 412-744-8445
  - Text line available 9a-5p M-F
- Crisis Text Line
  - Text START to 741-741
  - Free 24/7 Support, text with a trained Crisis Counselor

- The Gay, Lesbian, Bisexual, and Transgender National Hotline
    - 888-843-4564
- The GLBT National Youth Talkline
    - 800-246-7743
    - Youth serving youth through age 25
- Trans Lifeline
    - 877-565-8860
    - Trans-led organization that connects trans people to community, support, and resources needed to thrive
- The True Colors United
    - 212-461-4401
    - Working to end homelessness among lesbian, gay, bisexual, transgender, queer, and questioning youth. They run a database of service providers