2021 LGBTQ+ WELLNESS RESOURCE GUIDE
FROM MADISON PUBLIC LIBRARY
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.
Outreach LGBTQ+ Community Center
608-255-8582 I 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.

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.

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 I artherapymadison.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.

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.
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.

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.
Mental Health

Golden Vibes Counseling Center
608-571-0558 I 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 I 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 I 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.

Westside Psychotherapy
608-236-4460 I westsidepsych.com
Employing 41 therapists, West Side Psychotherapy has many queer and queer-friendly therapists to choose from.

Dr. Sue Gill
608-250-2492 I 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.

Leora Mirkin LCSW
608-406-3860 I lmirkintherapy.com
A member of the LGBTQ+ community, Leora Mirkin LCSW is able to provide inclusive therapy as well as transition support.

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  
ollie.schaal@briarpatch.org  
emily.walden@briarpatch.org  
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 Ollie Schaal or Emily Walden for more information.

**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.
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.
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.

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.

National Resource Center On LGBT Aging
212-741-2247 | info@lgbtagcenter.org
lgbtagcenter.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.

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.
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.

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.

**National Hotlines**

**Trans Lifeline**  
877-565-8860 I 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 folx and family members can also receive coaching and resources from this service. Spanish language service is available.

**The Trevor Project**  
1-866-488-7386 I 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 I 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.
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 scarr@madisonpubliclibrary.org if you would like to be included in 2023’s guide.

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