



2024 **LGBTQ+** WELLNESS RESOURCE GUIDE

FROM MADISON PUBLIC LIBRARY



MADISON
PUBLIC
LIBRARY

Live Well @
Your Library



Madison Public Library welcomes and supports the LGBTQ+ community and understands that the fight for LGBTQ+ equity in America is far from over, especially for transgender people and queer people of color.

Included in this guide are mental health providers, transition and sexual health resources, support groups, hotlines, and more. We hope this guide informs and empowers you to find the community and support that you need. Remember, you are not alone.



General Resources

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.

Regional Resource



Freedom, Inc.

608-716-7324

freedom-inc.org

Freedom, Inc. is a Black and Southeast Asian non-profit that works with low-income communities. Their advocates help low-income LGBTQ+ Black and Southeast Asian survivors of domestic and sexual violence get the help they need, entirely for free. They also offer a variety of culturally-relevant programs and support groups related to leadership, anti-violence, culture, and more.



General Resources

Madison Area Transgender Association

madisonareatrans@lgbtoutreach.org

transgenderservices.org/mata

A subset of Outreach LGBTQ+ Community Center, this group has been bringing together trans and gender non-conforming Madisonians since 1998. They currently host weekly socials and support groups over Zoom.

Orgullo Latinx

608-469-5448 | Facebook: [orgullolatinx](https://www.facebook.com/orgullolatinx/)

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.

Outreach LGBTQ+ Community Center

608-255-8582

outreachmadisonlgbt.org

Serving the LGBTQ+ community of Dane County for over 47 years, Outreach offers support groups and resources for families, seniors, transgender people, 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

General Resources

People Like Us (PLUS)

608-716-3884 | kher@freedom-inc.org

People Like Us is a support group for LGBTQ+ Black and Southeast Asian people hosted by Freedom, Inc. It meets once or twice a week. For more info, contact Kaleb Her at the email address above.

Trans Law Help Wisconsin

translawhelp.com

Trans Law Help Wisconsin is a pro bono legal project dedicated to providing legal information and resources to trans and nonbinary people in Wisconsin. Currently they maintain a guide and host quarterly clinics on changing name and gender markers on state and federal documents.

UW-Madison Gender and Sexuality Campus Center

608-265-3344 | lgbt.wisc.edu

The GSCC is an invaluable resource for LGBTQ+ UW-Madison students, providing education, outreach, advocacy, and resources to improve their daily intersectional experiences. They host a wide variety of discussion groups, student organizations, and events, including those for queer and trans BIPOC students.



Mental Health and Healthcare

Center for Community Healing

608-520-0461 | arttherapymadison.com

This organization is run by queer and trans clinicians who offer counseling, support groups, and transition support for LGBTQ+ individuals. They also offer letters of support for gender affirming care, including a limited number of FREE assessments for those who are Black, Indigenous, or people of color.

Golden Vibes Counseling Center

contactus@goldenvibescounseling.com
goldenvibescounseling.com

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

UW Counseling Psychology Training Clinic

608-265-8779
counselingpsych.education.wisc.edu/clinic-and-outreach/cptc

This 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 and Healthcare

UW Health Gender Services Program

uwhealth.org/services/gender-services

This program centralizes transgender-related health services into one space that is inclusive, welcoming, and affirming. You can request a consultation on their website for a wide variety of services, including behavioral health, hormone treatments, HIV care, laser hair removal, legal consultation, gender-affirming surgeries, and voice therapy.

VA Madison (LGBTQ+ veteran care)

608-256-1901 ext. 10762

va.gov/madison-health-care/health-services/lgbtq-veteran-care

VA Madison health care employees receive training to support the health, welfare and dignity of LGBTQ+ veterans and their families. Contact Madison's LGBTQ+ Veterans Care Coordinator at the above phone number for help navigating any health care services.



Youth Resources

The Pediatric and Adolescent Transgender Health (PATH) Clinic

608-263-6420

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

The PATH Clinic provides gender-affirming care and resources to trans minors and their families, ranging from observation, advocacy, and guidance to puberty suppression and gender-affirming hormone therapy. Referrals and letters of support are also available.



Youth Resources

The PRISM Program

414-336-7974

erica@mhawisconsin.org, maddison@mhawisconsin.org
mhawisconsin.org/prism

The PRISM (Peer Recovery in Supportive Mutuality) team is made up of queer and/or trans Certified Peer Specialists, who are trained to use their lived experiences with mental health and substance use struggles to support LGBTQ+ youth in their recovery journey. The program currently offers free one-on-one support through a warmline, staffed every day from 10am-10pm, as well as an online support group. You can call or text the warmline at 414-336-7974.

Proud Theater-Madison

608-222-9086

proutheater.org

As Wisconsin's queer youth theater, Proud Theater helps LGBTQ+ youth explore their identities, share their stories, find community, and become leaders. It is open to queer and allied youth ages 13-18 and doesn't require any auditions, fees, or prior experience.



Youth Resources

Teens Like Us LGBTQIA2s+

608-245-2550 | TLU@briarpatch.org

briarpatch.org/programs/youth-and-family-services/teens-like-us-lgbtqia2s

The Teens Like Us (TLU) program provides support, resources, and education for queer youth ages 13 through the end of high school. Founded over 20 years ago, the TLU peer support group provides a safe, brave place for queer and questioning youth from across the state of Wisconsin to meet with their peers. Youth do NOT need parent/guardian permission to join this group.

Queer-Run or Queer-Owned Resource

Transparent Wisconsin

jcpeschl@madison.k12.wi.us

Facebook: [TransparentWisconsin](https://www.facebook.com/TransparentWisconsin)

madison.k12.wi.us/student-staff-support/lgbtqia-plus

Transparent Wisconsin is a local support group in Madison for parents and caregivers of transgender, non-binary, and gender expansive youth that reside in the state of Wisconsin. Contact the email above to join their monthly in-person meetings for caregivers and youth.



Senior Resources

The Care Plan

877-693-7526 | the-care-plan.com

Based in Chicago, the Care Plan helps LGBTQ+ seniors with care navigation related to health and aging. Some services are available for free and on a sliding scale.

LGBTQ 50+ Alliance

608-255-8582 | lgbtq50plusalliance.org

The LGBTQ 50+ Alliance develops and promotes events for LGBTQ+ seniors in Madison and their community, providing advocacy and reducing isolation. Check their website for discussion groups and upcoming events.

SAGEConnect

connect@sageusa.org

sageusa.org/sageconnect

SAGEConnect is a free phone-buddy program that matches LGBTQ+ elders with volunteers for weekly phone calls. Whether you are feeling isolated, living in an area without a large LGBTQ+ community, or simply looking for a new friend, SAGEConnect is a safe and easy way to stay connected.

National Resource



Sexual Health

Diverse and Resilient

414-390-0444 | diverseandresilient.org

Diverse and Resilient provides FREE HIV and STD testing, consultation, treatment, and referral at its Milwaukee location. They also provide anti-violence resources and programming.

Regional Resource



Planned Parenthood

844-493-1052

plannedparenthood.org/health-center/wisconsin

Planned Parenthood has two locations in Madison, both of which offer birth control services, STD and pregnancy testing, HIV services, and hormone replacement therapy. Both offer financial assistance to receive care.

Sexual Health

Public Health Madison & Dane County - Sexual Health Clinic

English: 608-243-0411 | Español: 608-243-0380

publichealthmdc.com/health-services/sexual-health

The Sexual Health Clinic offers FREE birth control services and STD and pregnancy testing in Madison, with no insurance, proof of income, or ID needed. Staff members are trained in inclusive health practices.



Vivent Health 608-252-6540 [viventhealth.org/ locations/madison](http://viventhealth.org/locations/madison)

Vivent Health provides some of the most comprehensive HIV services in the area, including testing, treatment, PrEP, and counseling. They also offer other STD testing and financial support.

Recreation

Madison Gay Hockey Association madisongayhockey.org

The Madison Gay Hockey Association is a safe and supportive all-gender hockey league for the LGBTQ+ community that has been going strong since 2006. Skaters of all skill levels are welcome, and all games are free to the public.

Our Lives Magazine ourliveswisconsin.com

Our Lives is Wisconsin's source for LGBTQ+ news, people, community, and culture. Besides publishing a print issue every other month, they maintain an online list of LGBTQ+ related events submitted by the community.

Perfect Harmony Chorus info@perfectharmonychorus.org perfectharmonychorus.org

With more than 25 years under its belt, Perfect Harmony Chorus is Madison's LGBTQ+ and ally chorus for tenor, baritone, and bass singers. This nonprofit provides a supportive and affirming environment for singers of all genders and expressions.



Local Hotlines

Briarpatch Youth Services

Phone: 608-251-1126 / Text: 608-285-2776

briarpatch.org/contact-us

24/7 hotline for assistance regarding a youth in crisis or experiencing housing instability. You can also schedule an intake for youth shelter services.

Queer-Run or Queer-Owned Resource

Journey Mental Health

608-280-2600

journeymhc.org/emergency-services

24/7 phone assistance to individuals in Dane County that are experiencing emotional distress or psychiatric crisis.

RCC Sexual Violence Resource Center

English: 608-251-7273

Español: 608-258-2567

thercc.org/helpline

24/7 helpline for sexual violence survivors staffed by local advocates to discuss your feelings, situation, and options confidentially.



National Hotlines

SAGE National LGBT Elder Hotline

877-360-5428

sageusa.org/what-we-do/sage-national-lgbt-elder-hotline

24/7 hotline for LGBTQ+ seniors facing isolation or emotional distress with trained volunteer responders. Spanish language service is offered and translations into over 180 languages are available.

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 people 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

866-488-7386

thetrevorproject.org

A well-established 24/7 hotline for queer and questioning youth who are thinking about suicide, feeling lonely, or needing support. Chat, phone, and text services are provided.



MADISON PUBLIC LIBRARY



To view the most recent version of this resource guide, visit madpl.org/LGBTQwellness.

If you would like a resource to be considered for inclusion in this guide, email community@madisonpubliclibrary.org. Please note that this is not a comprehensive guide, and not every resource will be included.

We do our best to evaluate resources based on factors like scope, reputation, longevity, and relevance to the local community. However, we cannot offer medical advice or guarantee all information is up to date.