



# PRACTICAL AUDACITY

The resources on this list are mostly local to Chicago, as this is the community that we are plugged into. Efforts were made to mention only free or low-cost resources. This list is ever-evolving. Feel free to recommend we add/remove/edit any information by going to our comment box: <https://practicalaudacity.typeform.com/to/cg3rrbfg>

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## Existing Resource Lists

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For Chicagoland area:

[Resource Directory](#) curated by [Center on Halsted](#)

[Resource Directory](#) curated by [Chicago Women's Health Center](#) (includes transition-related services, both medical and non-medical)

Both resource directories include information about local support groups.

For NYC area:

[Resource Directory](#) curated by [Asian American Peer Counseling](#) (very comprehensive list for resources of all kinds, geared towards people of marginalized identities and in need of funds - many resources are NYC-specific)

[Resource Directory](#) curated by Trans Lifeline

[Airtable created by community member](#)

[Handbook for Families and Friends of People Who Are Transgender and Gender Expansive](#)  
(created by PFLAG)

## Local Organizations (Chicago)

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[Brave Space Alliance](#): mutual aid, crisis food pantry, mental health, housing insecurity, support groups, clothing drive, make up drive, etc

[Broadway Youth Center](#): comprehensive services for youth experiencing homelessness

[Center on Halsted](#): community support services for LGBTQ+ people

[Chicago House](#): housing, health, and employment services for individuals impacted by HIV and/or those who identify as transgender, non-binary, or gender-expansive

[Chicago Women's Health Center](#): low-cost trans health services (and other healthcare needs)

[Howard Brown Health](#): comprehensive health services for LGBTQ+ people

[Youth Empowerment Performance Project](#): performance arts brave space for LGBTQI+ youth experiencing homelessness

## Online Communities

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### Facebook Groups

[Gender Magic](#) (offered by Practical Audacity)

[Transgender Education & Discussion](#)

[FEDUP Support Group](#) (FEDUP stands for Fighting Eating Disorders in Underrepresented Populations: A Trans and Intersex Collective)

## Media: Books, Blogs, and Podcasts

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[Media library](#) curated by [Asian American Peer Counseling Collective](#) (super extensive and includes a variety of topics, not just trans- and queer-related)

### Books

[The Gender Book](#) by Hunter Rook, Jay Mays, and Robin Mack (free ebook)

*Queer, A Graphic History* by Meg-John Barker and Julia Scheele

*How to They/Them* by Stuart Getty

### Blogs

[Them.us](#) - News for the LGBTQ+ community

[Let's Queer Things Up](#) - Blog dedicated to spreading queer joy and discussing mental health

[Gender Spectrum: Resources for COVID-19](#)

### Podcasts

Lists of trans and non-binary podcasts: [here](#) and [here](#)

# Legal Services

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## [Transgender Law Center Helpdesk](#)

Chicago/Midwest:

[Lambda Legal](#)

[Transformative Justice Law Project: Name Change Mobilization](#)

[Chicago House: TransLegal](#) (free and sliding-scale access to legal counsel)

New York and New Jersey (and for Americans living in Europe):

[Chosen Family Law Center](#)

[Diana Adams Law & Mediation](#)

[Trans Lifeline](#) offers Microgrants for name changes, as well as commissary deposits and post-release support for trans people who are incarcerated.

# Low Cost Mental Health

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Hotlines:

[The Trevor Project](#)'s 24/7 Lifeline at 866-4-U-TREVOR (866-488-7386)

[Trevor Chat](#), the Trevor Project's online messaging service

[The National Suicide Prevention Lifeline](#) at 800-273-TALK (8255)

[Trans Lifeline](#) at 877-565-8860

Community Mental Health Agencies:

[Howard Brown Health](#)

[Center on Halsted](#)

Sliding Scale Providers:

[List of mental health professionals in Illinois that offer sliding scale services](#)

[Open Path Collective](#) (Find a therapist for \$30-\$60/session)

[Open Counseling](#) (Directory of therapists through BetterHelp or local community agencies providing low-cost therapy)

## Local Therapy Practice Recommendations/Referrals

[Practical Magic Healing](#)

[Amanda Atkins Counseling](#)

## Relational Work

[Center for Relational Empowerment](#)

[Chicago Center for Relationship Counseling](#)

[Grace Therapy and Wellness](#)

## ADHD

[Center for Cognitive Wellness](#)

## Medicaid

[Humboldt Park Counseling](#)

## EMDR

[Mezamá](#)

Sara Witte, LCSW, EMDR, LGBTQ+ <https://www.chicagoiipc.com/sara-witte-lcsw>

Audrey Habermann, LCSW, DBT, EMDR Trained, LGBTQ+

<https://liveoakchicago.com/team/audrey-habermann/>

Joanna Zakhem, LCPC, Art Therapist, EMDR Trained, LGBTQ+

<https://liveoakchicago.com/team/joanna-zakhem/>

Paula P. Merucci- LCSW, EMDR Trainer

<https://www.healthcare4ppl.com/physician/illinois/wilmette/paula-p-merucci-1932542131.html>

Andrea Freerksen- DBT, EMDR Trained, LGBTQ+

<https://liveoakchicago.com/team/andrea-freerksen/>

Cherie Lusky- <https://www.createcounselingcenter.com/>

## Psych Testing/Eval

[Adapt Psychological Services](#)- specialize in ADHD, ASD across the lifespan

## Psychiatrists

[Able Psych](#)

## Physical Health

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## Trans-Affirming Medical Care

[Gilleon Health](#)

[Chicago Women's Health Center](#)

[Planned Parenthood of Illinois](#)

## Healthcare Advocacy

[Transgender Healthcare Advocacy Checklist](#)

[The Care Plan](#) can provide a Navigation Manager to help support and advocate for you during any medical appointment. Sliding scale rates available upon request.

## Nutritionists

[Peacemeal](#)

[No Stress Nutrition](#)

### [Allow Wellness](#)

Recommendation of Staff: Hannah Gruenewald, MS  
 (312) 285-0231  
[hgruenewald@allow-wellness.com](mailto:hgruenewald@allow-wellness.com)

Karlee Pinto R.D  
[karlee@navnourishment.com](mailto:karlee@navnourishment.com)

## Exercise-Related Services

The costs of these trainers and classes vary and may not be considered low cost.

[Lifty Boi Training](#) (no one turned away for lack of funds)

[Queer Kickboxing Club](#) (sliding scale available)

[The Queer Gym](#)

[Curvy Yoga](#)

[Chicago Queer Fitness](#)

## Transition-Related Products and Services

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### Basic Information on Binding and Tucking

[Binding 101](#)

[Self-Care Resources for Chest Binding](#)

[Tucking 101](#)

### Clothing/Cosmetics

[Rebirth Garments](#) offers “gender non-conforming wearables and accessories centering Non-binary, Trans, Disabled, and Mad Queers of all sizes and ages.” In addition to custom-made clothing and accessible face masks, Rebirth Garments also offers free/reduced price clothing for queer, trans, and disabled youth and people in need.

[Uncommon Closet](#) is a custom clothing and tailoring service that primarily serves the LGBTQ+ community and those whose body types are commonly overlooked by mainstream clothing industries. Their prices are not advertised but they do say that they will work with you if you are tight on funds.

[Brave Space Alliance](#) has a Makeup Room (for cosmetics) and The Den (for trans-masculine gender-affirming items) that are open to BIPOC trans and queer folks and sex workers.

[DapperQ](#) is a digital magazine that leverages queer fashion as a form of visual activism. Many of the clothing sites they link to *are* expensive, but they do provide a lot of helpful free information on gender-affirming clothing and suiting.

## Gender Affirmation Products

[Point of Pride](#) offers an annual transgender surgery fund, a free chest binder donation program, a free trans femme shapewear program, an electrolysis financial support program, a HRT access fund, and other community-building support initiatives for trans youth and adults.

[GenderCat](#) has a Trans/Non-Binary Affirmation Fund for those who are financially struggling and cannot access their products.

## Voice Therapy/Training

Free information on transgender vocal training from [Prismatic Speech Services](#)

Other local vocal training providers included in CWHC's directory [above](#).

## Medical Transition

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### General Information

A ton of medical info. Geared mostly to doctors, but good info:

<https://transcare.ucsf.edu/guidelines>

Largest free trans wellness conference: <https://www.mazzonicenter.org/trans-wellness>

### HRT (Gender-Affirming Hormone Therapy)

[Howard Brown Health](#)

[Chicago Women's Health Center](#)

[Gender Development Program at Lurie Children's Hospital](#) (for children)



[Folx Health](#) and [Plume](#) are online healthcare services that provide HRT for those without insurance coverage, though these may not be the cheapest services available in your area. Please reach out to local resources for more information.

[Queer Med](#) is an online healthcare service that *does* accept most major insurance plans. Queer Med services the Southeast region of the US and accepts patients of all ages.

[Point of Pride](#) offers an annual transgender surgery fund, a free chest binder donation program, a free trans femme shapewear program, an electrolysis financial support program, a HRT access fund, and other community-building support initiatives for trans youth and adults.

Information on Microdosing:

[Microdosing Estrogen](#)

[Microdosing Testosterone](#)

## Insurance Info

Insurance 101: <https://www.healthytrans.com/insurance-101>

[Health insurance coverage issues for transgender people in the United States](#)

Legal help to get insurance coverage: <https://transcendlegal.org/>

FFS Through Insurance: <https://www.healthytrans.com/ffs-through-insurance>

## Directories for Affirming Healthcare Providers

[RAD Remedy](#)

[WPATH Provider Search](#)

Sex worker friendly providers: <https://swopusa.org/about-us/>

[Trans Wellness Information Network](#)

[General External Resource Guide](#) by HealthyTrans

[Bottom Surgeons Listing](#)

[Top Surgeons Community Report](#) by Upswing Advocates

[NYC/NJ Area Top Surgeons Listing](#)

## Shortlist of Affirming Providers

Dr. Marci Bowers: Surgeon and Gyno (Burlingame, CA)

<https://marcibowers.com/>

Dr. Scott Mosser: A top surgeon with LOTS of great resources (and PHOTOS!) Info on non-binary top surgery (SF): <https://www.genderconfirmation.com/>

Center for Sexual Medicine and Menopause (Very well known gyno who has done trans surgery and health care for years. Gendered name, but very trans affirming group), (Chicago):

<https://sexmedmenopause.nm.org/>

Crane Center (SF and Austin): <https://cranects.com/>

Center for Transgender Medicine and Surgery (NYC):

<https://www.mountsinai.org/locations/center-transgender-medicine-surgery>

## Pre and Post Surgery Resources

[Gender Confirmation Center](#): Information on pre- and post-surgery care (and more!) for top surgeries, FFS, and body contouring

Consult Questions: <https://www.healthytrans.com/surgery-consult-questions>

[Steps to Consider for Planning Gender-Affirming Surgeries](#)

Traveling trans caregivers for post-op care: <https://www.t4tcaregiving.org/>

NYC Homehealth services for trans post-op care:

<https://www.vnsny.org/stories-of-care/vnsny-provides-specialized-care-gender-affirmation-patients/>

## Sex-Related Resources

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## Books and Zines

*S.E.X.: the all-you-need-to-know sexuality guide to get you through your teens and twenties* by Heather Corinna

*Girl Sex 101* by Allison Moon

[Fucking Trans Women](#) by Mira Bellwether (zine)

[Trans Sex Zine](#)

## Products

[Early2Bed](#): Chicago-based sex shop that also sells gender-affirmation products and hosts workshops

[The Pleasure Chest](#): Sex shop based in NYC and Chicago that sells gender-affirmation products and hosts free workshops

## Other

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[Transgender Language Primer](#): a guide to the language of gender, sexuality, accessibility, and acceptance

Transition Tracking App: <https://transcapsule.com/>

[Information on Transgender Fertility](#)