

<p>Welcome to the SQSHBook. This resource is a collection of information for a variety of resources, currently mostly based near or around the St. Louis MO-IL Metropolitan area, though we hope to expand across the MO-IL bi-state area in the future.</p>	Last Updated: 12/30/2020	
WHO IS SQSH?		
<p>We are a community-based, grassroots organization focused on creating opportunities and spaces for LGBTQIA+ individuals in St. Louis and beyond to lead fulfilling lives. We have experienced firsthand the isolation, stigmatization, and fear that can arise from lack of understanding and acceptance by the people around us. Many of us would have led different lives or made different decisions if we had a supportive, empathetic LGBTQIA+ peer to talk to when we were going through a hard time. Our mission is to serve and strengthen the St. Louis LGBTQIA+ community—by providing an empathetic listening ear, by connecting folk safely and reliably to LGBTQIA-affirming resources, and by advocating for LGBTQIA+ needs in the St. Louis region and beyond.</p>		
WHAT DOES SQSH OFFER?		
<ol style="list-style-type: none"> 1. Peer Support Helpline Service - Request a Call 2. SQSHBook Resource Spreadsheet/Database 3. Training & Education (Peer Counseling, Protest Support, Facilitation) - Request a Training 4. Call Data & Advocacy - Request a Presentation 5. Volunteering & Community - Submit an Application 		
PLEASE NOTE:		
<p>THIS WORKBOOK IS STILL UNDER CONSTRUCTION Updates are being done in a separate "copy" and changes will be updated into this public facing workbook on a monthly or as needed basis. You can see when it was last updated in cell C1.</p>		
<p>BEST PRACTICE is to create a "NEW FILTER VIEW" You can find this option under the Data Menu near the top. This allows multiple people to sort and filter the same data without interrupting one another.</p>		
<p>Have any questions, feedback, or suggestions about our SQSHBook resource spreadsheet? Contact sqshbook@thesqsh.org and our SQSHBook Editor would be happy to chat with you!</p>		
COMPONENTS OF THE SQSHBOOK		
<p>The RESOURCE sheet is the main sheet. There, you will find an incomplete list of resource information we have gathered for the St. Louis Area. - Under Columns B-J, you will find category codes which can be referenced in the CATEGORY sheet. - Under Column K, you will find vetting codes which can be referenced in the VETTING sheet.</p>		
<p>The CATEGORY sheet is...</p>		
<p>The VETTING sheet is...</p>		
<p>The SOURCES sheet is...</p>		
HOW DO I USE THE SQSHBOOK?		
<p>Are you looking for relevant resources in or near the St. Louis MO-IL metro area? You've come to the right place! The SQSHBook is one of the most comprehensive, searchable resource spreadsheets in the area. Follow these steps and you can find information on organizations/services to meet your needs, as well as find out if they pass any LGBTQIA+ vetting done by local queer-led organizations. Note: We cannot guarantee that you will find a resource that fits your needs; we are only cataloguing existing resources that we have found and consolidated.</p>	Tips for FILTERING	Tips for SORTING
<p>STEP 1: Click on the CATEGORY tab. Scroll to find the category(ies) that your need/interest falls under. Note the ID# of those categories.</p>		
<p>STEP 2: Click on the RESOURCE tab. Select all of Row 2. In the top bar, select Data > Filter Views > Create New Filter View.</p>	<p><- Do we need to add something here about clear Hint 1: A shaded funnel icon shows you the color Hint 2: Try "Select all."</p>	
<p>STEP 3: Click on the inverted green triangle at the top right corner of Cell J2 "Category" and click "Clear".</p>	<p><- Keep the pop up open</p>	
<p>STEP 4: In the search bar (below "Clear"), enter the Category ID# you are looking for. Select all the entries that include the Category ID#. Click "OK" to submit your search.</p>		
<p>STEP 5: A list of resources that match your Category ID# will appear. Scroll down to review the list. Scroll right to review their description, contact info, hours, accessibility notes, and word on the street reputation (comments from personal experiences submitted by LGBTQIA+ community members).</p>		
<p>STEP 6: Look at Column K to see if the resources you're interested in have been vetted by any local LGBTQIA+ organizations. If Column K is not blank, click on the VETTING tab to find out which organization did the vetting and what their vetting guidelines were.</p>		
<p>STEP 7: Return to the RESOURCE tab and copy down the information you've found. If you'd like, we welcome you to call SQSH's Helpline to make a plan for accessing the resource(s) you're interested in, and chat with a friendly, LGBTQIA-affirming peer counselor!</p>		
<p>Confused? Call the SQSH Peer Support Helpline at 314-380-7774 between Fridays-Mondays, 1-7PM, to chat with a LGBTQIA-affirming peer counselor who can help you with navigating resources!</p>		
HOW DOES THE VETTING WORK?		
HOW CAN I CONTRIBUTE TO THE SQSHBOOK RESOURCE HUB?		
<p>Do you have data entry skills/experience? Help us complete the SQSHBook as a SQSHBook Editor! Join the SQSHBook Team by emailing sqshbook@thesqsh.org. We will set up a tutorial with you to teach you how to work with the SQSHBook spreadsheet on the back-end.</p>		
<p>To add a resource to this list, use this Submit a Resource Form.</p>		
<p>To suggest an edit/comment to a resource already in the list, use this Edit a Resource form.</p>		
HOW DO I GET TRAINED HOW TO USE THIS SPREADSHEET PROFESSIONALLY?		
<p>To request a personalized tutorial on how to use this spreadsheet, use this Request a Training form.</p>		

Category	ID#	Sub-Category
General Resources & Spaces	1	Local LGBTQIA+ Organizations
	2	National LGBTQIA+ Organizations
	3	Safe Spaces for QTPOC (Queer & Trans People of Color)
	4	Safe Spaces for LGBTQIA+ Immigrants
Basic Needs: Housing & Food	5	Basic Needs: Overview
	6	Transportation
	6.1	Transportation for Older & Disabled Adults
	6.2	Transportation for Veterans
	6.3	Medical Transportation
	6.4	Public Transportation
	6.5	Cabs
	7	Housing Options & Shelters
	7.1	Brokers & Real Estate Agents
	7.2	Longer-term Housing
	7.3	Emergency / Temporary Shelter
	7.3.1	Shelters for Youth
	7.3.2	Shelters for Men
	7.3.3	Shelters for Women
	7.4	Drop-in Centers
		Housing Discrimination
	8	Food Options & Pantries
	8.1	Emergency Food
	8.2	Meal Providers
	9	Clothing & Furniture
10	Utility Assistance	
10.1	Pest Control	
Healthcare	11	Medical Health & Wellbeing
	11.1	Information on LGBTQIA+ Health
	11.2	Medical Healthcare Providers
	11.3	Medication / Prescription Drugs / Medical Equipment
	11.4	Medical Doctors
	11.4.1	Adolescent Medicine
	11.4.2	Internal Medicine
	11.4.3	Pediatric Endocrinology
	11.4.4	Pediatrician
	11.5	Pharmacies
	11.6	Hospitals
	11.7	Dental Care
	11.8	Eye Care / Vision Resources
	11.9	Health Insurance
	12	Trans Healthcare
	12.1	Hormone Replacement Therapy
	12.2	Gender Clinics & Centers
	12.3	Surgeons
	12.3.1	OBGYN
	12.3.2	Plastic Surgeons
	12.4	Transition Services
	12.5	Binders, STPs, Packers, etc.
	13	Mental & Behavioral Health
	13.1	Advocacy Groups
	13.2	Provider Networks
	13.3	Health Care Providers [1]
	13.4	Co-Counseling
	13.5	Counselors & Therapists
	13.6	Online Resources
	13.7	Apps
13.8	Hotlines	
14	Sexual Health	
15	Reproductive Health	
15.1	Emergency Contraception	
15.2	Abortion Care	
Crime & Violence	16	Crime Victim Services
	17	Gender & Sexual Violence
	17.1	Intimate Partner Violence

Category	
General Resources & Spaces	1-4
Basic Needs: Housing & Food	5-10
Healthcare	11-15
Recovery from Violence & Harm	16-22
Economic & Legal	23-27
Specific Populations	28-38
Support & Well-being	39-43
Additional Resources	44-46

<- Under construction, recommend using Psychology Today instead

Recovery from Violence & Harm	17.1.1	Obtaining an Order of Protection			
	17.1.2	Evidence Collection Kit			
	17.1.3	Legal Resources for IPV			
	17.1.4	Educational Resources for IPV			
	17.2	Child & Elder Abuse			
	17.3	Human & Sex Trafficking			
	17.4	Shelters for Survivors			
	17.5	LGBTQIA+ Survivors			
	17.6	Other Population-Specific Survivors			
	17.7	Perpetrators			
	18	Addictive Behavior & Substance Use			
	19	Disordered Eating			
20	Self-Harm				
21	Suicide				
22	Natural Disasters				
Economic & Legal	23	Legal Resources			
	23.1	Transgender Custody			
	23.2	Name & Gender Marker Changes			
	23.3	Insurance Providers			
	24	Educational & Advocacy Resources			
	25	Schooling Resources			
	25.1	Anti-Bullying Support			
	25.2	Schools (St. Louis)			
	25.3	Going to College			
	25.4	Online Education			
	25.5	Scholarships			
	26	Financial Resources			
	26.1	Financial Planners			
	26.2	Tax Preparation			
	26.3	Insurance			
	26.4	Consulting Firms			
27	Employment Resources				
27.1	Job Postings				
27.2	Tips for Job Seekers				
27.3	LGBTQIA-Friendly Employers				
27.4	LGBTQIA-Hostile Employers				
Specific Populations	28	Resources for Immigrants & Refugees			
	29	Language & Translation Resources			
	30	Resources for Inmates			
	30.1	Child Molestation Treatment and Early Detection Sites	Doesn't seem like 30.1 belongs under 30, but 17.7?		
	30.2	Prisoner Services			
	30.3	Legal Service providers			
	30.4	One Stop Career Centers			
	30.5	Information on Missouri Sex Offender Registries	Doesn't seem like 30.5 belongs under 30, but 17.7?		
	31	Re-Entry Resources			
	31.1	Resources for ID Documents			
	32	Resources for Veterans			
	33	Resources for Parents			
	34	Resources for Dads			
	35	Resources for Women			
	36	Resources for Youth			
	36.1	Helplines for Youth			
	36.1.1	Youth-Staffed Helplines			
	36.1.2	Youth-Friendly Adult-Staffed Helplines			
36.2	For Youth Aging Out				
37	Resources for Older Adults				
38	Disability Resources				
	39	Religious & Spiritual Resources			
	39.1	Faith Organizations			
	39.2	Welcoming & Affirming Congregations in Illinois			
		UCC (United Church of Christ) Open And Affirming Congregations in STL Region			
	40	Funeral & Burial Assistance			
	40.1	Funeral & Cremation Services			
40.2	Cemeteries				
40.3	Body Donation Programs				

Support & Well-being	40.4	Additional Services				
	41	Support Groups				
	41.1	Conflict Resolution				
	42	Lifestyle & Interest				
	42.1	Social Groups & Events				
	42.2	Self-Care & Wellbeing				
	42.3	Salons and Barbershops				
	42.4	Chiropractors				
	42.5	LGBTQIA+ Friendly Restaurants & Food Providers				
	42.6	LGBTQIA+ Friendly Neighborhoods				
	42.7	LGBTQIA+ Friendly Nightlife				
	42.8	LGBTQIA+ DJs				
	42.9	LGBTQIA+ Friendly Wedding Spaces				
Additional Resources	42.10	LGBTQIA+ Friendly Attractions				
	42.11	Pets				
	43	LGBTQIA+ Art, Media & Publications				
	44	School-Specific Resources				
	44.1	Washington University in St. Louis				
	45	Resources for Friends, Family & Allies				
46	Resources Beyond St. Louis City and County					
	46	Quick Facts				

PLEASE READ INSTRUCTIONS AND USE A FILTER WHEN CHANGES WILL BE OVERRITTEN - USE ONLY FOR SORTING/FILTERING											
Business/ Organization Name	Address	City	State	Zip	Phone	Website	Hours	Address/Location	Email	Social Media	Notes
Band Together				42.7	42.7			4579 Larchdale Avenue, #250, Saint Louis, MO 63108			All concerts are on Saturdays at 8pm at 560 Trinity Avenue, University City, MO 63110
Bar FM				42.7	42.7			7009 South Broadway, St. Louis, MO 63111			Tuesday to Saturday: 6pm to 1:30 am
Basille				42.7	42.7	F		1027 Russell Blvd. St. Louis, MO 63104			
Better Family Life/ Gun De-Escalation Hotline				41.1	41.1			Private Conflict Resolution			
				41	41			314-923-3900			
Bisexual Alliance of St. Louis				42.5	42.5	A					Bisexual Alliance of St. Louis was formed by the members of the Bisexual Alliance of St. Louis to provide a safe place where the bisexual community of St. Louis meets area can exchange ideas and information. Social and support group working to develop a sense of community. Anyone is welcome who considers themselves bisexual, pansexual, omnisexual, don't-label-me, etc as well as those who love us.
Blueberry Hill				42.7	42.7	F		5504 Delmar Blvd St. Louis, MO 63130			
Bobby And Stacy's CAROL HOUSE QUICK FIX PET CLINIC				42.1	42.1			402 Bate Street, Alton, IL 62002			
Cathedral Basilica				42.0	42.0			1218 S. Jefferson 63104			Guided tours are during weekdays between 10:30 a.m. -1:00 p.m.
				42.5	42.5			4421 Lindell Blvd, St. Louis, MO 63108			Mon - Thur: 7 am - 11 pm Friday 7am - Sunday 9pm open 24 hours over the weekend
City Diner				42.0	42.0	F		2139 South Grand Ave. St. Louis, MO 63118			Open all Night Fridays & Saturdays Serving Cakes at 12 pm Wednesday: 11:00 am - 6:00 pm Thursday and Friday: 11:00 am - 8:00 pm Saturday and Sunday: 10:00 am - 9:00 pm
Contemporary Art Museum St. Louis				42.7	42.7	F		3750 Washington Boulevard St. Louis, MO 63108			Free Wednesday, Thursday, and Saturday after 5:00pm
Ermy's 32 Degrees				42.7	42.7	F		4200 Manchester Ave. St. Louis, MO 63110			
				42.8	42.8						A new hour from August (to go and delivery only) Monday: 3 pm to 8:30 pm Tuesday: CLOSED Wednesday: 5 pm to 8:30 pm Thursday: 5 pm to 8:30 pm Friday: 5 pm to 8:30 pm Saturday: 12 pm to 8:30 pm Sunday: 12 pm to 8:30 pm
Everest Cafe & Bar				42.0	42.0			4145 Manchester Avenue Between Vandeventer & Kingshighway			
Forest Park				42.0	42.0			5585 Grand Drive in Forest Park, St. Louis MO 63112			Locations include: Art at the MDC, CEL Center for Architecture, The International Photography Hall of Fame, Warburg Art Center, Public Media Commons, Theaters and Cafeterias, The Book Room.
Grand Center				42.0	42.0			10501 Grand Blvd St. Louis, MO 63113			Free admission after 9 pm to multiple art exhibits every first Friday of the month.
Grain's Farm				42.7	42.7	F		314-843-1700			Hours vary by season.
Grey Fox Pub				41	1.41	F		3503 South Spring Ave. St. Louis, MO 63178			
				41	1.41						
GROWING AMERICAN YOUTH				42.5	42.5	B		Trinity Church 800 N. Euclid 63108			During COVID-19: 58H operating digitally, Zoom Meeting Room Code: 205 522 1545. While operating digitally, open to meeting youth participants from out-of-state. Last updated 04/25/20
Harford Coffee				42.5	42.5	F		3914 Harford St., St. Louis, MO 63118			
Healy's Vintage 72				42.7	42.7	F		425 W Euclid Ave St. Louis, MO 63108			
Holiday 365				42.0	42.0			572-354-2939			
Independence Plaza				42.7	42.7	F		12 Midstone Campus Drive St. Louis, MO 63146			Pre-Pandemic: Monday - Saturday: 9:30am - 5:30 pm Sunday: 11:00 am - 5:30 pm
Historical Museum J & J Clubhouse and Bar				42.7	42.7	F		3858 Market St. St. Louis, MO 63110			
Just John				42.5	42.5	F		4172 Manchester Avenue, St. Louis, MO 63110			WEDNESDAY-SUNDAY 7AM-10PM Monday - Sunday: 8:00 am - 4:00 pm
Kitchen House (other location)				42.0	42.0			Shenandoah: (314) 723-0008			Offers indoor galleries: Currently Closed Tuesday - Friday: 10:00 am - 5:00 pm Saturday - Sunday: 12:00 pm - 5:00 pm
Laumier Sculpture Park				42.9	42.9			12540 Red Road St. Louis, MO 63127			Emerson Free Family Nights every third Friday of the month from 5:30 pm to 10:00 pm.
Legacy				42.7	42.7			5249 Delmar Blvd, St. Louis, MO 63108			Mon - Thur: 11AM - 10PM Fri - Sat: 11AM - 10PM Sunday 4PM - 9PM
Livory Company				42.0	42.0			6728 S Broadway, St. Louis, MO 63111, Carondelet			
Magik House				42.5	42.5			516 S Kirkwood Road St. Louis, MO 63122			
Mango				42.5	42.5	F		101 Lucas Ave St. Louis, MO 63101 (77)			
Maryann's Tea Room				42.5	42.5			4722 McPherson Ave, St. Louis, MO 63108			
Mauhouse Car Cafe				42.0	42.0			3101 Sotom Blvd, Maplewood, MO 63143			Pre-Pandemic: Free before noon on Wednesdays and Saturdays for St. Louis City and County residents. Children 12 and under are free. During summer, admission after 10:00 pm is free. Monday, Wednesday and Sunday: 10:00 am - 6:00 pm Tuesday: 9:00 am - 8:00 pm Pre-Pandemic: Monday - Saturday: 11:00 am - 1:00 pm
Missouri Botanical Garden				42.0	42.0	F		4344 Shaw Boulevard St. Louis, MO 63110			
Missouri History Museum				42.0	42.0	F		5700 Lincoln Blvd St. Louis, MO 63112			
Museum of Contemporary Religious Art				1.421	1.421			3700 West Pine St. Louis, MO 63101			
Pride STL				42.0	42.0	B		3738 Chouteau Ave, St. Louis, MO 63110			Pre-Pandemic: Wed: 10 am - 5 pm Thurs-Fri: 10 am - 9pm Currently Closed
Pulitzer Arts Foundation				42.7	42.7	F		3718 Washington Boulevard St. Louis, MO 63108			
Rebel Bar and Nightclub				42.5	42.5			4054 Chouteau Ave St. Louis, MO 63110			
RISE Coffee House				42.5	42.5			4178 MANCHESTER AVE. ST. LOUIS, MO 63110			
Rooster On Grand				42.0	42.0			South Grand: 3750 S Grand Blvd, St. Louis, MO 63118			Pre-Pandemic: Monday - Saturday: 9:30am - 5:30 pm Sunday: 11:00 am - 5:30 pm Cafe hours: Monday 8a - 5p Tuesday CLOSED Wednesday 8a - 5p Thursday 8a - 5p Friday 8a - 5p Saturday 9a - 5p Sunday 10a - 5p
Science Center				42.5	42.5	F		5050 Oakland Avenue St. Louis, MO 63110			Kitchen Hours: Daily 10a - 1hour before cafe close Wednesday - Sunday 11:00 am - 4:00 pm Currently Closed
Shelburne Grounds				42.0	42.0			1901 Winnet Ave. Saint Louis, MO 63113			18+ w/lo parent/guardian.
SLU Museum of Art				42.7	42.7			3663 Lindell Boulevard St. Louis, MO 63108			
Southern Basilica Bar And Cabaret				42.5	42.5	F		1027 Russell Boulevard, St. Louis, MO 63104			Mon - Sun: 11:00 AM - 1:30 AM Mon - Fri: 6:30 am - 2 pm
Southern Coffee Garden Cafe				42.0	42.0	F		910 Deyer Ave. St. Louis, MO 63104			Tuesday, Thursday, Saturday, Sunday: 10:00 am - 5:00 pm Friday: 10:00 am - 6:00 pm Closed: Thanksgiving and Christmas Day
St. Louis Art Museum				42.5	42.5	F		One Fine Arts Drive, Forest Park, St. Louis, MO 63110			New Pandemic Hours
St. Louis Art Supply				42.0	42.0			4532 Olive St, St. Louis, MO 63108			Word on the Street: Super friendly, much of the staff is queer
St. Louis Public Library				42.0	42.0	F		1301 Olive Street St. Louis, MO 63103			
St. Louis Walk of Fame				42.0	42.0	F		6504 Delmar Blvd St. Louis, MO 63130			Pre-Pandemic: Sun - Mon: Monday - Sunday Sun: Summer hours Monday - Thursday: 8 am - 5 pm Friday - Sunday: 8 am - 7pm
St. Louis Zoo				42.0	42.0	F		One Government Drive St. Louis, MO 63110			

ID CODE (used in column K)	ORG	Details
A	PrideSTL	
B	Metro Trans Umbrella Group (MTUG)	"This list contains resources, including medical practitioners, who have been recommended by community members and vetted and/or trained by MTUG with assistance from Trans Education Service, LLC. Individual experiences may vary. Please contact info@stlmetrotrans.com regarding any errors or omissions. MTUG assumes no liability for the use of any listed resource."
C	Trans Education Service, LLC (TES)	"This list represents resources, agencies, practitioners, professionals, and organizations that are Trans and LGBTQIA+ welcoming and affirming based upon community recommendations. While each has been recommended or referred by at least two community members, individual experiences may vary. If any mistakes, errors, or omissions have occurred, please reach out via info@transedservice.com for correction/addition. TES assumes no liability for the use of any listed resource. The presence of a provider on this site does not constitute a TES endorsement of that provider."
D	TransParent	<p>"TransParent resource list is a starting point in your search for medical providers who are experienced in working with gender independent children. TransParent does not endorse, certify, or guaranty the work or credentials of any of the individuals described in the list. In no event shall TransParent be liable for any decision made or action taken in reliance on such list."</p> <p>Peter Seay: "We have historically used parent experiences to vet our resources, but now use an interview process to include new ones. There is not yet a formal set of questions we ask. The few interviews I've done have mostly been to investigate motives and understanding. Especially when working with non-binary kids, we want to know they have a contemporary understanding of the community with some sense that they are continually educating themselves on the issues and challenges faced by our families."</p> <p>We also don't recommend any drug/alcohol treatment groups. We have found in our research that there are a lot of very predatory organizations out there and finding good ways to vet them is not something we have the bandwidth to take on."</p>
E	PROMO	<p>Old vetting system (pre-Aug. 2019): Meets following criteria: 1. Originally partnered with PROMO or had reached out to PROMO to be put on their Resource Directory 2. Included gender identity and sexual orientation in their non-discrimination policy New vetting system (post-Aug. 2019): Meets at least two of the following criteria (TBD):</p>
F	Trans Spectrum Conference's Resource List	Amy Cislo: "The affirming spaces list was provided to us by PROMO. I am not sure how they make the decision to add establishments, but I trust them and I was able to get feedback from people I know who confirmed that they found the places affirming. The other resources listed generally had one or more past TSC participants in their organization. In other words, they are vetted through conference participation."
G	Gateway Business Guild	Contact gatewaybusinessguild@gmail.com
H	Pride Pages	Contact tim@thepridepages.com , anthony@thepridepages.com
I	Uncle Joe's Peer Counseling at WashU (as of Spring 2019)	Vetted resources exist and are running as of Spring 2019 Vetted & Researched by Uncle Joe's Resource Manager (who visit / call / meet with the Resource to scope it out) to determine it to be an unbiased counseling / support resource; Edited & Fact Checked by Members of Uncle Joe's during their regular General Body Meetings)
J	WashU's Relationship & Sexual Violence Prevention (RSVP) Center	
K	LGBT-Affirming Counselors (compiled by WashU students)	
L	LGBTQIA-Affirming Counselors Specializing in Transgender Issues (compiled by WashU students)	
M	NA	The Center Project

The resources catalogued in the SQSHBook were sourced from the following lists/directories:

Metro Trans Umbrella Group website (vetted)			
Trans Education Service website (vetted)			
PrideSTL website (vetted) (taken down early June 2019)			
It Gets Better Project, Resource Directory (not vetted)			
TransParent, Resource Directory (vetted)			
Washington University in St. Louis, SafeZones, List of Resources (not vetted)			
STL Area Resource Directory website (not vetted)			
Gateway Business Guild Directory (vetted)			
Pride Pages Directory (vetted)			
Trans Spectrum Conference, Resources (semi-vetted)			
ACLU-MO, Resource Directory			
Youth In Need, Resources			

[1] Rename: Organizations?