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About this Guide

For many transgender, gender non-conforming, and non-binary individuals (TGNCNB), access to gender affirming health care is a crucial and life-saving resource that can improve mental health and overall well-being. Despite the importance of these services, it can be incredibly challenging to find information and access to gender affirming health care.

To help address some of the challenges that TGNCNB communities experience in accessing affirming health care, NYC Health + Hospitals has created this Transgender Health Care Resource Guide to assist TGNCNB New Yorkers and their allies in finding the necessary services to live their healthiest lives possible.

While NYC Health + Hospitals offers various gender affirming care, we also understand the importance of referrals in order for patients to have comprehensive information about services like hormones, top surgery, and bottom surgery. We also include other affirming resources in this guide because we know that transitioning can involve more than just medical care and not all TGNCNB people pursue gender affirming health care.

This guide is for informational purposes only and should not be considered a recommendation or endorsement of any particular service provider or treatment. Patients should do their own research and make individualized decisions about what providers and treatments are best for them.

Finally, some of the information listed may change over time. If you know of a resource for TGNCNB people that is not listed on this guide or you have a suggestion, please email LGBTQ@nychhc.org.

About NYC Health + Hospitals

NYC Health + Hospitals is the largest public health care system in the United States. We provide essential services to more than one million New Yorkers every year in more than 70 locations across the city’s five boroughs. We are an integrated health care system of hospitals, neighborhood health centers, long-term care facilities, nursing homes, and home care, and we provide services in many areas such as behavioral health, substance use treatment, rehabilitation services, OB/GYN, primary care, and more. NYC Health + Hospitals is committed to the health and well-being of all New Yorkers and we offer a wide range of high quality and affordable health care services to keep our patients healthy and to address the needs of New York City’s diverse populations. Our mission is to deliver high quality health services with compassion, dignity, and respect to all, regardless of income, gender identity, or immigration status.

About NYC Health + Hospitals’ Office of Diversity and Inclusion

The NYC Health + Hospitals’ Office of Diversity and Inclusion provides system-wide support for diversity and inclusion initiatives that embed effective diversity and inclusion practices into day-to-day operations, processes, and employee development. The Office of Diversity and Inclusion also provides support to direct care providers and front-line staff in the provision of culturally and linguistically appropriate services. Our services support system-wide efforts that increase patient experience and satisfaction, enhance patient and family engagement, and improve patient safety. New York City continues to be home to one of the largest communities of LGBTQ people in the country, and NYC Health + Hospitals is committed to working to increase access to equitable care for LGBTQ people. We have created this guide in the hope of making it easier for TGNCNB New Yorkers to access gender affirming care.
HORMONES

NYC Health + Hospitals
Multiple locations across NYC. To find a location near you or to schedule an appointment, call 1-844-NYC-4NYC. Medicaid, Medicare, private insurances accepted, financial assistance available.

Pride Health Center at NYC Health + Hospitals / Bellevue
Manhattan
212-562-8416 / 1-844-NYC-4NYC
www.nychealthandhospitals.org/bellevue/the-pride-health-center-at-nyc-health-hospitals-bellevue

Pride Health Center at NYC Health + Hospitals / Gotham Health, Gouverneur
Manhattan
212-441-5469 / 1-844-NYC-4NYC
www.nychealthandhospitals.org/gouverneur/the-pride-health-center-at-nyc-health-hospitals-gotham-health-gouverneur

Pride Health Center at NYC Health + Hospitals / Gotham Health, Judson
Manhattan
Ages 11-29
212-925-5000 (ext. 2 or 3) / 1-844-NYC-4NYC
www.nychealthandhospitals.org/judson/pride-health-center

Pride Health Center at NYC Health + Hospitals / Metropolitan
Manhattan
212-423-7292 / 1-844-NYC-4NYC
www.nychealthandhospitals.org/metropolitan/our-services/lgbtq-health-center

Pride Health Center at NYC Health + Hospitals / Woodhull
Brooklyn
718-963-8068 / 1-844-NYC-4NYC
www.nychealthandhospitals.org/woodhull/the-pride-health-center-at-nyc-health-hospitalswoodhull

Pride Health Center at NYC Health + Hospitals / Jacobi
Bronx
718-918-7787 / 1-844-NYC-4NYC
www.nychealthandhospitals.org/jacobi/the-pride-health-center-at-nyc-health-hospitals-jacobi

NYC Health + Hospitals / Lincoln - Gender Affirming Integrated Services Practice
Bronx
718-579-5264 / 1-844-NYC-4NYC
www.nychealthandhospitals.org/lincoln

For more information: www.nychealthandhospitals.org/services/lgbtq-health-care-services
Ali Forney Center  
Manhattan  
Medicaid, private insurances accepted, financial services available  
212-222-3427  
www.aliforneycenter.org

APICHA  
Manhattan  
Medicaid, Medicare, private insurances accepted  
866-274-2429  
www.apicha.org/en/home

Betances Health Center  
Multiple locations  
Medicaid, Medicare, private insurances accepted  
Manhattan: 212-227-8401  
Brooklyn: 347-390-8701  
www.betances.org

Callen-Lorde  
Multiple locations  
Medicaid, Medicare, private insurances accepted  
Manhattan: 212-271-7200  
Brooklyn: 718-215-1818  
Bronx: 718-215-1800  
callen-lorde.org

Community Healthcare Network  
Multiple locations  
Medicaid, Medicare, private insurances  
866-246-8259  
www.chnnyc.org/for-patients/communities/lgbt

Endocrine Associates of West Village PC  
Multiple locations  
Medicare, private insurances accepted  
Queens: 347-946-6939  
Manhattan: 332-529-1029  
www.endocrineny.com

Interfaith Medical Center  
Brooklyn  
Medicaid, Medicare, private insurances accepted  
718-613-7555  
interfaithmedical.com/index.html
**Mount Sinai**  
Multiple locations  
Medicaid, Medicare, private insurances accepted  

Mount Sinai Center for Transgender Medicine and Surgery  
Manhattan  
212-604-1730

Mount Sinai Beth Israel Medical Center  
Manhattan  
212-420-2000

Mount Sinai Peter Krueger Clinic  
Manhattan  
212-420-2620

[www.mountsinai.org/locations/center-transgender-medicine-surgery?utm_source=google&utm_medium=sem&utm_campaign=mshsctms&utm_content=trans_medicine_and_surgery&vsrefdom=mchxtmscpc&gclid=EAIaIQobChMI2rbcrLHb8gIV04ZbCh2fUAiREAYASAAEgIeO_D_BwE&gclsrc=aw.ds](www.mountsinai.org/locations/center-transgender-medicine-surgery?utm_source=google&utm_medium=sem&utm_campaign=mshsctms&utm_content=trans_medicine_and_surgery&vsrefdom=mchxtmscpc&gclid=EAIaIQobChMI2rbcrLHb8gIV04ZbCh2fUAiREAYASAAEgIeO_D_BwE&gclsrc=aw.ds)

**Northwell Health**  
Gerald J. Friedman Transgender Program for Health & Wellness  
Manhattan  
Medicaid, Medicare, private insurances accepted  
212-434-3556

[www.friedmantransgenderprogram.org](www.friedmantransgenderprogram.org)

**NYU Langone**  
Diabetes & Endocrine Associates – Transgender Endocrinology  
Manhattan  
Medicaid, Medicare, private insurances accepted  
212-481-1350

[nyulangone.org/locations/transgender-health](nyulangone.org/locations/transgender-health)

**Planned Parenthood**  
Multiple locations  
Medicaid, Medicare, private insurances accepted  
800-230-7526

[www.plannedparenthood.org](www.plannedparenthood.org)
PUBERTY BLOCKERS

NYC Health + Hospitals
Multiple locations across NYC. To find a location near you or to schedule an appointment, call 1-844-NYC-4NYC. Medicaid, Medicare, private insurances accepted, financial services available.

Pride Health Center at NYC Health + Hospitals / Gotham Health, Judson
Manhattan
212-925-5000 (ext. 2 or 3) / 1-844-NYC-4NYC
www.nychealthandhospitals.org/judson/pride-health-center

Pride Health Center at NYC Health + Hospitals / Jacobi
Bronx
718-918-7787 / 1-844-NYC-4NYC
www.nychealthandhospitals.org/jacobi/the-pride-health-center-at-nyc-health-hospitals-jacobi

Ali Forney Center
Manhattan
Medicaid, private insurances accepted, financial services available
212-222-3427
www.aliforneycenter.org

Callen-Lorde
HOTT Program
Manhattan
Medicaid, Medicare, private insurances accepted
212-271-7200
callen-lorde.org/hott

Mount Sinai
Adolescent Health Center
Manhattan
Medicaid, Medicare, private insurances accepted
212-423-3000
www.mountsinai.org/locations/adolescent-health-center/services/lgbtq-support-services

Northwell Health
Gerald J. Friedman Transgender Program for Health & Wellness
Manhattan
Medicaid, Medicare, private insurances accepted
212-434-3556
www.friedmantransgenderprogram.org

NYU Langone
Transgender Youth Health Program
Manhattan
Medicaid, Medicare, private insurances accepted
212-263-5940 x 5
nyulangone.org/locations/hassenfeld-childrens-hospital?cid=sem_google&googadcamp=Hassenfeld_HCH_Brand&googadgroup=HCH&googkeyword=%2Bhassenfeld%20%2Bchildren&googmatchtype=b&insitesid=1318&gclid=EALalQobChMI6vXet7Lb8glIVY_rjBx21_QU4EAAYASAAEglpD_D_BwE
SUNY Heat Program
Brooklyn
Medicaid, private insurances accepted
718-613-8543
heatprogram.org

TOP SURGERY (MASTECTOMY AND AUGMENTATION)

NYC Health + Hospitals
Multiple locations across NYC. To find a location near you or to schedule an appointment, call 1-844-NYC-4NYC. Medicaid, Medicare, private insurances accepted, financial assistance available.

Pride Health Center at NYC Health + Hospitals / Metropolitan
Surgeon: Dr. Aron Kressel
Mastectomy and augmentation
Manhattan
212-423-7292 / 1-844-NYC-4NYC
www.nychealthandhospitals.org/metropolitan/our-services/lgbtq-health-center

NYC Health + Hospitals / Lincoln - Gender Affirming Integrated Services Practice
Surgeon: Dr. Aloysius Smith
Mastectomy
Bronx
718-579-5264 / 1-844-NYC-4NYC
www.nychealthandhospitals.org/lincoln

Dr. Alexes Hazen
Mastectomy and augmentation
Manhattan
Medicare, private insurances accepted
917-301-6563
www.alexeshazenmd.com

Dr. Douglas Senderoff
Mastectomy and augmentation
Manhattan
Private insurances accepted
212-481-3939
www.drsenderoff.com

Dr. Paul Weiss
Mastectomy and augmentation
Manhattan
Private insurances accepted
212-861-8000
paulrweissmd.com/index.php
Long Island Plastic Surgical Group, PC
Mastectomy and augmentation
Multiple locations
Medicaid, Medicare, private insurances accepted
516-200-1645
www.lipsg.com/transgender-surgery

Mount Sinai
Center for Transgender Medicine and Surgery
Mastectomy and augmentation
Manhattan
Medicaid, Medicare, private insurances accepted
212-604-1730
www.mountsinai.org/locations/center-transgender-medicine-surgery?utm_source=google&
umt_medium=sem&utm_campaign=mshsctms&utm_content=trans_medicine_and_surgery&
vsrefdom=mchxctmspc&gclid=EAIaIQobChMI2rbcrLHb8gIV04ZbCh2fUAiREAAYASAAEgIeO_D_BwE&gclsrc=aw.ds

Northwell Health
Gerald J. Friedman Transgender Health & Wellness Program
Mastectomy and augmentation
Manhattan
Medicaid, Medicare, private insurances accepted
212-434-3556
www.friedmantransgenderprogram.org

NYU Langone
Plastic Surgery Associates
Mastectomy and augmentation
Manhattan
Medicaid, Medicare, private insurances accepted
646-501-4449
nyulangone.org/locations/plastic-surgery/transgender-surgery-services

Weill Cornell Medicine
Mastectomy and augmentation
Manhattan
Medicaid, Medicare, private insurances accepted
646-962-4210
weillcornell.org/gender-affirming-surgeries
BOTTOM SURGERY

**NYC Health + Hospitals / Lincoln - Gender Affirming Integrated Services Practice**
Surgeon: Dr. Hsun-Ming (Simon) Lu
Hysterectomy, oopherectomy
Bronx
Medicaid, Medicare, private insurances accepted, financial services available
718-579-5264 / 1-844-NYC-4NYC
[www.nychealthandhospitals.org/lincoln](http://www.nychealthandhospitals.org/lincoln)

**BronxCare**
Possible surgeon: Dr. Joseph Silletti
Orchiectomy
Bronx
Medicaid, Medicare, private insurances accepted
718-579-7030
[www.bronxcare.org/our-services/surgery](http://www.bronxcare.org/our-services/surgery)

**Dr. Rajveer Purohit, Reconstructive Urology**
Orchiectomy, metoidioplasty, certain types of phalloplasties, vaginoplasty
Manhattan
Medicaid, Medicare, private insurances accepted
212-772-3900
[rajveerpurohitmd.com](http://rajveerpurohitmd.com)

**Mount Sinai**
Center for Transgender Medicine and Surgery
Possible surgeons: Dr. Zoe Rodriguez; Dr. Aaron Grotas; Dr. Miroslav Djorjevic; Dr. Jess Ting
Hysterectomy, oophorectomy, orchiectomy, metoidioplasty, phalloplasty, vaginoplasty
Manhattan
Medicaid, Medicare, private insurances accepted
646-733-4362
[www.mountsinai.org/locations/center-transgender-medicine-surgery?utm_source=google&utm_medium=sem&utm_campaign=mshsctms&utm_content=trans_medicine_and_surgery&_vsrefdom=mchxctmspc&gclid=EAlaIQobChMI2rbcrLHb8gIV04ZbCh2fUAiREAAAYASAAEglcE0_DBwE&gclsrc=aw.ds](http://www.mountsinai.org/locations/center-transgender-medicine-surgery?utm_source=google&utm_medium=sem&utm_campaign=mshsctms&utm_content=trans_medicine_and_surgery&_vsrefdom=mchxctmspc&gclid=EAlaIQobChMI2rbcrLHb8gIV04ZbCh2fUAiREAAAYASAAEglcE0_DBwE&gclsrc=aw.ds)

**New York-Presbyterian**
Columbia University Irving Medical Center
Possible surgeon: Dr. Nancy R. Jasper
Hysterectomy, oophorectomy
Manhattan
Medicaid, Medicare, private insurances accepted
212-305-2500
**Northwell Health**
Gerald J. Friedman Transgender Health & Wellness Program
Possible surgeons: Dr. David M. Whitehead; Dr. Jeannine Villela
Metoidioplasty, phalloplasty, vaginoplasty
Manhattan
Medicaid, Medicare, private insurances accepted
212-434-3556
www.friedmantransgenderprogram.org

**NYU Langone**
Multiple locations
Medicaid, Medicare, private insurances accepted
NYU Langone Downtown Women OBGYN Associates, LLP
Possible surgeon: Dr. Dorothy L. Min
Hysterectomy
Manhattan
212-966-7600
NYU Langone Kips Bay Gynecology
Possible surgeons: Dr. Christopher N. Eswar; Dr. Ruth A. Tessler
Oophorectomy
Manhattan
212-545-5400
NYU Langone Plastic Surgery Associates
Possible surgeons: Dr. Rachel Bluebond-Langner; Dr. Lee Zhao; Dr. Jamie Levine; Dr. Eduardo Rodriguez
Metoidioplasty, phalloplasty, vaginoplasty
Manhattan
646-501-4449
NYU Langone Urology Associates
Possible surgeons: Dr. Lauren E. Stewart; Dr. Lee C Zhao; Dr. Bobby B. Najari
Oophorectomy, orchiectomy
Manhattan
646-825-6300
nyulangone.org/locations/transgender-health

**Weill Cornell Medicine**
Possible surgeons: Dr. Leslie E. Cohen; Dr. David M. Otterburn; Dr. Jason A. Spector; Dr. Mia Talmor
Phalloplasty and vaginoplasty
Manhattan
Medicaid, Medicare, private insurances accepted
646-962-4210
weillcornell.org/gender-affirming-surgeries
FACIAL FEMINIZATION AND MASCULINIZATION

Dr. Nicholas Bastidas
Manhattan
212-485-0616
www.drbastidas.com

Dr. Mark Filstein
Manhattan
212-481-4041
www.markfilstein.com/index.php

Dr. Alexes Hazen
Manhattan
917-301-6563
www.alexeshazenmd.com/transgender-facial-feminization

Dr. Joshua D. Rosenberg
Multiple locations
Manhattan: 212-241-9410
Staten Island: 718-420-1279
www.drjoshuarosenberg.com

Dr. Paul Weiss
Manhattan
212-861-8000
paulweissmd.com/drweiss.php

Long Island Plastic Surgical Group, PC
Multiple locations
516-218-1019
www.lipsg.com/transgender-surgery

Montefiore
Bronx
800-636-6683
www.montefiore.org/default.cfm

Mount Sinai
Center for Transgender Medicine and Surgery
Manhattan
646-733-4362
www.mountsinai.org/locations/center-transgender-medicine-surgery?utm_source=google&utm_medium=sem&utm_campaign=mshsctms&utm_content=trans_medicine_and_surgery&vsrefdom=mchxtmscpncgclid=EAIaIQobChMI2rbcrLHb8gIV04ZbCh2fUAiREAAAYASAAEgлеO_D_BwE&gclsrc=aw.ds

Northwell Health
Gerald J. Friedman Transgender Health & Wellness Program
Manhattan
212-434-3556
www.friedmantransgenderprogram.org
NYU Langone
Plastic Surgery Associates
Manhattan
646-501-4449
nyulangone.org/locations/plastic-surgery/transgender-surgery-services

Mount Sinai
Center for Transgender Medicine and Surgery
Manhattan
646-733-4362
www.mountsinai.org/locations/center-transgender-medicine-surgery

New York Speech and Voice Lab
Manhattan
347-677-3619
www.speechvoicelab.com

NYU Langone
Transgender Voice and Communication Group
Manhattan
212-992-7691
www.nyu.edu/students/health-and-wellness/services/tnbqnc-health-wellness.html

NYC Health + Hospitals / Lincoln - Gender Affirming Integrated Services Practice
Surgeon: Dr. Rita Roure
Bronx
718-579-5264 / 1-844-NYC-4NYC
www.nychealthandhospitals.org/lincoln

Dr. Alexes Hazen
Manhattan
917-301-6563
www.alexeshazenmd.com/transgender-facial-feminization

Dr. Harrison H. Lee
Manhattan
212-988-9769
www.harrisonleeplasticsurgeon.com/best-nyc-plastic-surgeons

VOICE THERAPY AND MODIFICATION

TRACHEAL CARTILAGE SHAVE
**Dr. Joshua D. Rosenberg**  
Multiple locations  
Manhattan: 212-241-9410  
Staten Island: 718-420-1279  
www.drjoshuarosenberg.com

**Mount Sinai**  
Center for Transgender Medicine and Surgery  
Manhattan  
646-733-4362  
www.mountsinai.org/locations/center-transgender-medicine-surgery?utm_source=google&utm_medium=sem&utm_campaign=mshsctms&utm_content=trans_medical_surgery&vsrefdom=mchxctmscpc&gclid=EAIaIQobChMI2rbcrLHb8glV04ZbCh2fUAiREAAYASAAEgleO_D-BwE&gclsrc=aw.ds

**Weill Cornell Medicine**  
Multiple locations  
646-962-4210  
weillcornell.org/gender-affirming-surgeries

**ELECTROLYSIS**

**Affordable Permanent Electrolysis**  
Manhattan  
212-633-1503  
affordablepermanentelectrolysis.com

**Electrolysis**  
Queens  
917-697-0542  
endunwantedhair.com

**Lambda Electrolysis**  
Brooklyn  
lambdaelectrolysis@gmail.com  
lambdaelectrolysis.com

**New York Electrolysis Office**  
Manhattan  
nyelectrolysis@gmail.com  
nyelectrolysisoffice.com

**Nios**  
Manhattan  
212-863-9058  
www.niosspa.com
CHANGING IDENTITY DOCUMENTS

**Chosen Family Law Center, Trans Umbrella Project**
Manhattan  
732-639-1657  
[chosenfamilylawcenter.org/trans-umbrella-project](http://chosenfamilylawcenter.org/trans-umbrella-project)

**Colectivo Intercultural TRANSgrediendo, Legal AID Network Project**
Queens  
347-738-6989  
[www.ourvoicesarefree.org/programs](http://www.ourvoicesarefree.org/programs)

**Lambda Legal**
Manhattan  
212-809-8585  
[www.lambdalegal.org](http://www.lambdalegal.org)

**Legal Services NYC**
Multiple locations  
Bronx: 718-928-3700  
Brooklyn: 718-237-5500  
Manhattan: 646-442-3100  
Queens: 347-592-2200  
Staten Island: 718-233-6480  
[www.legalservicesnyc.org](http://www.legalservicesnyc.org)

**NYLAG**
Manhattan  
212-659-6161  
[nylag.org/lgbtq-law](http://nylag.org/lgbtq-law)

**Sylvia Rivera Law Project**
Manhattan  
212-337-8550  
[srlp.org](http://srlp.org)

**Transgender Legal Defense & Education Fund**
Manhattan  
646-862-9396  
[transgenderlegal.org](http://transgenderlegal.org)

**Urban Justice Center, Peter Cicchino Youth Project**
Multiple locations  
877-542-9529  
[pcyp.urbanjustice.org](http://pcyp.urbanjustice.org)
**Do-It-Yourself Resources**

**Callen-Lorde Guide**

**National Center for Transgender Equality**
ID Documents Center
Guides to change name on passport, birth certificate, ID, social security card, immigration documents, military/veteran records. [transequality.org/documents](transequality.org/documents)

**Sylvia Rivera Law Project**
Name change resource: [srlp.org/resources/namechange](srlp.org/resources/namechange)
Do-It-Yourself resource for changing IDs: [srlp.org/resources/changeid](srlp.org/resources/changeid)

**MENTAL HEALTH**

**NYC Health + Hospitals**
Individual counseling, support groups, psychiatric services, substance use services, inpatient services, crisis intervention, case management services.
Multiple locations across NYC
For more information or to schedule an appointment, call 1-844-NYC-4NYC
[w](www.nychealthandhospitals.org/services/mental-health-services)

**Ackerman Institute’s Gender and Family Project**
Family therapy, support groups, school and professional support.
Manhattan
212-879-4900 x 370
[genderandfamilyproject.org](genderandfamilyproject.org)

**AIDS Center of Queens County**
Individual, couples, family, and group counseling as well as psychiatric services.
Multiple locations
Jamaica: 718-896-2500
Harm Reduction, Jamaica: 718-739-2525
Far Rockaway: 718-868-8645
LGBTQ Homeless Youth Drop in Center: 718-472-9400
Brooklyn: 929-244-5006
[acqc.org](acqc.org)
Bridging Access To Care
Individual counseling, support groups, health monitoring, medication management, as well as substance use services.
Multiple locations
347-505-5000
bac-ny.org/behavioral-health

Brooklyn Community Pride Center
In person and online support groups.
Brooklyn
347-889-7719
lgbtbrooklyn.org

Callen-Lorde
Individual counseling, support groups, psychiatry services, crisis intervention, HIV pre/post-test counseling.
Manhattan: 212-271-7200
Brooklyn: 718-215-1818
Bronx: 718-215-1800
callen-lorde.org/behavioral-health

Caribbean Equality Project
Mental health services for Caribbean LGBTQ community, including individual counseling and support groups.
Queens
347-709-3179
www.caribbeanequalityproject.org

Community Healthcare Network
Individual counseling, support groups, psychiatric services.
Multiple locations
866-246-8259
www.chnnyc.org/for-patients/communities/lgbt

Exponents
Individual counseling.
Manhattan
212-243-3434
www.exponents.org

GMHC
Individual counseling, support groups, psychiatric services.
Manhattan
212-367-1000
www.gmhc.org
Hetrick Martin Institute
Individual counseling for LGBTQ youth ages 13-24. Also offers psychiatry appointments and letters of support (for housing, gender affirming surgery, gender marker change, or other need).
Manhattan
212-674-2400
hmi.org

Housing Works
Individual counseling, group therapy, couples and family therapy, psychiatry services.
Multiple locations
718-277-0386
healthcare.housingworks.org

Identity House
Peer counseling, support groups, crisis intervention, therapy referrals.
Manhattan
identityhouse.org

Institute for Human Identity Therapy Center
Individual counseling, couples therapy, support groups.
Manhattan
212-243-2830
www.ihitherapy.org

Jewish Board of Family and Children’s Services
GLBTQ Counseling Unit
Individual, group, couples, and family therapy, psychiatry, medication management.
Manhattan
844-663-2255
jewishboard.org/?gclid=CjwKCAjwj8eJBhA5EiwAg3z0m8gB7EwQx2cmGiPqYSECIsBxtiHL9e1u7RqUs16RTolX9w5hQxYRoCe6cQA vD_BwE

Manhattan Alternative
A network of therapeutic service providers who are sex-positive, affirmative, and have expertise related to issues that kink, poly, consensually non-monogamous, trans, gender non-conforming, and/or LGBQ-identified individuals face.
www.manhattanalternative.com

Mount Sinai
Center for Transgender Medicine and Surgery
Individual counseling, support groups, psychiatric evaluations, psychotherapeutic support.
Manhattan
212-604-1730
www.mountsinai.org/locations/center-transgender-medicine-surgery

National Queer and Trans Therapists of Color Network
A national mental health directory for queer and trans therapists of color.
ngttcn.com/en
Rainbow Heights Club
Support groups, social activities, referral services, meal program.
Brooklyn
718-852-2584
www.rainbowheights.org

The Door
Mental health resources for LGBTQ youth ages 12-24, individual counseling, support groups, psychiatric services, art therapy, crisis intervention.
Manhattan
212-941-9090 ext. 3452
door.org/programs-services/counseling

The LGBT Community Center
Short term individual counseling, group counseling, support groups, private therapy referrals.
Manhattan
212-620-7310
gaycenter.org

The Pride Center of Staten Island
Individual counseling, group therapy.
Staten Island
718-808-1360
www.pridecentersi.org

Trans New York
Individual, group, and family counseling and tele-health services.
516-421-1663
transnewyork.org

Hot Lines
Trans Lifeline: 877-565-8860
GLBT National Hotline: 888-843-4564
National Coalition of Anti-Violence Programs: 212-714-1141 (English and Spanish)
Trevor Project LGBT Lifeline: 866-488-7386

SUBSTANCE USE SERVICES

Bridge Back to Life Center Inc
Detox services, LGBTQ specific groups, case management service, mental health services, integrated primary care services.
Brooklyn
718-852-5552
www.bridgebacktolife.com

Brooklyn Community Pride Center
LGBTQ focused substance use groups, 12 step support groups for co-dependents anonymous, and crystal meth anonymous.
Brooklyn
347-889-7719
lgbtbrooklyn.org/12-step-support-groups
Brooklyn Hospital Center
9B Detox Unit
Detoxification services, hospital inpatient treatment, case management service, mental health services.
Brooklyn
718-250-8900 x 8096
www.tbh.org/specialized-services/detox-unit

East Village Group of Alcoholics Anonymous
Alcoholic anonymous group with a special focus on LGBTQ community, offering six groups a week.
Manhattan
eastvillagegroup@gmail.com
eastvillagegroup.com/about-our-group

Exponents
Outpatient counseling programs for addiction services.
Manhattan
212-243-3434
www.exponents.org

Frost’D | Harlem United
Syringe exchange, harm reduction planning and overdose prevention.
Manhattan
212-924-3733
www.frostd.org

Greenwich House
Methadone Maintenance Treatment Program
Outpatient methadone/buprenorphine or naltrexone treatment, case management, mental health services.
Manhattan
212-677-3400
www.greenwichhouse.org

Hazelden Betty Ford Foundation
Outpatient methadone/buprenorphine or naltrexone treatment, LGBTQ focused programs and support groups, case management.
Manhattan
646-601-7594
www.hazeldenbettyford.org/treatment/locations/tribeca

Housing Works Community Healthcare
Substance use counseling with a harm reduction approach, syringe exchange, supportive services.
Multiple locations
718-277-0386
healthcare.housingworks.org/services/behavioral-health-substance-use

Montefiore Medical Center
Outpatient methadone/buprenorphine or naltrexone treatment, case management service, mental health services, opioid treatment programs, integrated primary care services.
Multiple locations
800-636-6683
www.montefiore.org/outpatient-substance-abuse-services
Osborne Treatment Services Inc
Intensive outpatient treatment, as an alternative to incarceration or a condition of parole. Individual counseling, medication-assisted treatment.
Bronx
718-842-0500
www.osborneny.org

Rainbow Room
LGBTQ alcoholics anonymous group, meeting in person and online. QPOC group offered as well.
Manhattan
RainbowRoomSecretary@gmail.com
rainbowroomaa.org

Realization Center
LGBTQ specific programming, 12-Step clinical program, group therapy, individual counseling.
Manhattan
212-627-9600
realizationcenternyc.com/lgbt-program

Saint Marks Place Institute for Mental Health
Outpatient detox, intensive outpatient treatment, methadone/buprenorphine or naltrexone treatment.
Manhattan
212-982-3470 x 125
www.unitas-nyc.org

START Treatment and Recovery Centers
Intensive outpatient treatment, methadone/buprenorphine or naltrexone treatment.
Manhattan
212-543-1603 | 800-211-0996
www.startny.org

Success Counseling Services
Intensive Outpatient Program (IOP), substance abuse treatment and co-occurring disorders, behavioral counseling.
Bronx
718-538-6112
www.success-counseling.com

The Alliance for Positive Change
Harm reduction approach, syringe exchange, case management, therapy and psychiatry, wellness services, transgender advocacy group.
Manhattan
212-645-0875 x100
alliance.nyc/leshrc

The LGBT Community Center
Programming is specifically designed for LGBTQ patients. Outpatient methadone/buprenorphine or naltrexone treatment, case management service, individual and group counseling.
Manhattan
212-620-7310
gaycenter.org/recovery-health/recovery/#substance-
HIV AND STI SERVICES

NYC Health + Hospitals
Multiple locations across NYC. To find a location near you or to schedule an appointment, call 1-844-NYC-4NYC.

Pride Health Center at NYC Health + Hospitals / Bellevue
Manhattan
212-562-8416 / 1-844-NYC-4NYC
www.nychealthandhospitals.org/bellevue/the-pride-health-center-at-nyc-health-hospitals-bellevue

Pride Health Center at NYC Health + Hospitals / Gotham Health, Gouverneur
Manhattan
212-441-5469 / 1-844-NYC-4NYC
www.nychealthandhospitals.org/gouverneur/the-pride-health-center-at-nyc-health-hospitals-gotham-health-gouverneur

Pride Health Center at NYC Health + Hospitals / Gotham Health, Judson
Manhattan
Ages 11-29
212-925-5000 (ext. 2 or 3) / 1-844-NYC-4NYC
www.nychealthandhospitals.org/judson/pride-health-center

Pride Health Center at NYC Health + Hospitals / Metropolitan
Manhattan
212-423-7292 / 1-844-NYC-4NYC
www.nychealthandhospitals.org/metropolitan/our-services/lgbtq-health-center

Pride Health Center at NYC Health + Hospitals / Woodhull
Brooklyn
718-963-8068 / 1-844-NYC-4NYC
www.nychealthandhospitals.org/woodhull/the-pride-health-center-at-nyc-health-hospitalswoodhull

Pride Health Center at NYC Health + Hospitals / Jacobi
Bronx
718-918-7787 / 1-844-NYC-4NYC
www.nychealthandhospitals.org/jacobi/the-pride-health-center-at-nyc-health-hospitals-jacobi

NYC Health + Hospitals / Lincoln - Gender Affirming Integrated Services Practice
Bronx
718-579-5264 / 1-844-NYC-4NYC
www.nychealthandhospitals.org/lincoln

For more information: www.nychealthandhospitals.org/services/lgbtq-health-care-services
AIDS Center of Queens County
Multiple locations
Jamaica: 718-896-2500
Harm Reduction, Jamaica: 718-739-2525
Far Rockaway: 718-868-8645
LGBTQ Homeless Youth Drop in Center: 718-472-9400
Brooklyn: 929-244-5006
acqc.org

APICHA
Manhattan
866-274-2429
www.apicha.org/en/home

Betances Health Center
Multiple locations
Manhattan: 212-227-8401
Brooklyn: 347-390-8701
www.betances.org

Bridging Access To Care
Brooklyn
347-505-5000
bac-ny.org

Callen-Lorde
Manhattan: 212-271-7200
Brooklyn: 718-215-1818
Bronx: 718-215-1800
callen-lorde.org

Community Healthcare Network
Multiple locations
866-246-8259
www.chnnyc.org/for-patients/communities/lgbt

Exponents
Manhattan
212-243-3434
www.exponents.org

GMHC
Manhattan
212-367-1000
www.gmhc.org
Harlem United
Manhattan
212-803-2850
www.harlemunited.org

Hispanic AIDS Forum
Multiple locations
Queens Pride House: 718-409-5309
Bronx: 718-328-4188
hafnyc.org

Housing Works
Multiple locations
347-473-7400
healthcare.housingworks.org

Interfaith Medical Center
Brooklyn
718-613-7555
interfaithmedical.com/index.html

Latino Commission on AIDS
Manhattan: 212-584-9325
Oasis Latino LGBTs Wellness Center: 917-438-0698
www.latinoaids.org/services/hiv_testing.php

LGBT Network
Queens
718-514-2155
lgbtnetwork.org

NYC Sexual Health Clinics, NYC Health Department
Multiple locations
347-396-7959
www1.nyc.gov/site/doh/services/sexual-health-clinics.page

SUNY Downstate Medical Center
STAR Program
Brooklyn
718-270-2690
www.starprogram.nyc/star-health-center/hiv-care

The LGBT Community Center
Manhattan
212-620-7310
gaycenter.org

The Pride Center of Staten Island
Staten Island
718-808-1360
www.pridecentersi.org
OLDER ADULT SERVICES

GMHC
Manhattan
212-367-1063
Ages 50+
www.gmhc.org/communities/older-adults

GRIOT Circle
Brooklyn
718-246-2775
Ages 50+
griotcircle.org

Queens Center for Gay Seniors
Queens
718-533-6459
Ages 50+
www.qchnyc.org/qcgs

SAGE
Multiple locations
Manhattan, Midtown: 646-576-8669
Manhattan, Harlem: 646-660-8951
Bronx: 718-960-3337
Staten Island: 718-808-1365
Ages 60+
www.sageusa.org

YOUTH SERVICES

NYC Health + Hospitals
Multiple locations across NYC. To find a location near you or to schedule an appointment, call 1-844-NYC-4NYC.
Health services, behavioral health services

Pride Health Center at NYC Health + Hospitals / Gotham Health, Judson
Manhattan
212-925-5000 (ext. 2 or 3) / 1-844-NYC-4NYC
Ages 11-29
www.nychealthandhospitals.org/judson/pride-health-center

Pride Health Center at NYC Health + Hospitals / Jacobi
Bronx
718-918-7787 / 1-844-NYC-4NYC
www.nychealthandhospitals.org/jacobi/the-pride-health-center-at-nyc-health-hospitals-jacobi
AIDS Center of Queens County
Youth drop in center, social activities, job readiness, academic support, case management, health services, support services.
Queens
718-472-9400 x 5738
Ages 13-24
acqc.org/youth-drop-in-center

Ali Forney
Services for homeless LGBTQ youth, emergency housing, job readiness & education, health services.
Manhattan
212-222-3427
Ages 16-24
www.aliforneycenter.org

CAMBA
Family acceptance support, youth development, support groups, testing and prevention, referrals.
Brooklyn
718-675-3372
Ages 13+
camba.org

Fierce
Services for LGBTQ youth of color, community organizing, leadership development, mentorship program.
Bronx
646-336-6789
Ages 13-24
fierce.nyc

Generation Q
Youth drop in center, recreational activities, academic support, counseling, family services.
Queens
718-592-5757 Ext. 450
Ages 13-21
www.qchnyc.org/programs/lgbtq-services/generation-q-youth-center

GMHC
HIV services, LGBTQ youth of color drop in center.
Manhattan
212-367-1000
Ages 18-29
www.gmhc.org/communities/youth-young-adults
Hetrick Martin Institute
Academic support, arts programming, job readiness, counseling, health and wellness services.
Manhattan
212-674-2400
Ages 13-24
hmi.org

New Alternatives
LGBTQ homeless youth services, meal program, case management, client groups, HIV testing services.
Manhattan
718-300-0133
Ages 16-30
www.newalternativesnyc.org

The Door
Academic support, counseling, arts programming, food and nutrition services, health and wellness services, housing services, recreational activities.
Manhattan: 212-941-9090 x 3249
Bronx: 212-941-9090 x 3522
Ages 12-24
door.org

The LGBT Community Center
Counseling services, substance use services, peer groups, social activities, arts programming, leadership development, college preparation, job readiness.
Manhattan
212-620-7310
Ages 13-21
gaycenter.org

The Pride Center of Staten Island
Youth drop in center, discussion groups, recreational activities, leadership development.
Staten Island
718-808-1353
Ages 13-24
www.pridecentersi.org
INSURANCE AND FINANCIAL SERVICES

NYC Health + Hospitals
NYC Health + Hospitals delivers high quality health services regardless of ability to pay. Financial concerns should not keep New Yorkers from seeking the health care they need.

To learn about health plans you may be eligible for, enroll in low-or no-cost insurance programs, or to qualify for financial assistance programs visit www.nychealthandhospitals.org/paying-for-your-health-care or call 1-844-692 4692 and select option 3 to speak to a financial counselor.

NYC Health + Hospitals will keep your information confidential.

Jim Collins Foundation
Program that provides direct financial assistance for gender affirming surgery. jimcollinsfoundation.org/apply

National Center for Transgender Equality
Resources on Medicare coverage for gender affirming surgeries. 202-642-4542 transequality.org/know-your-rights/medicare

New York State Department of Health
Health coverage information for transgender New Yorkers. www.dfs.ny.gov/consumers/health_insurance/transgender_healthcare

Point of Pride
Program that provides direct financial assistance for gender affirming surgery. pointofpride.org/annual-transgender-surgery-fund

QueerCare
QueerCare is a volunteer collective of queer individuals and allies who provide free, non-medical care and support to members of the LGBT+ community who are recovering from surgeries. Support services include, in-person care, shelter for those recovering, pet care, cooking/meal delivery, grocery shopping and errands, transportation, and basic home care. msha.ke/queercare

The Legal Aid Society

Transgender Legal Defense & Education Fund
Trans health project providing information on health insurance and coverage for surgeries. 646-862-9396 transhealthproject.org
REFERENCES

NYC Health + Hospitals would like to thank all of the amazing community resources that helped make this guide possible. Below we have listed links to the websites and guides that helped shape the services we chose to include.

NYC Health + Hospitals
www.nychealthandhospitals.org/services/lgbtq-health-care-services

The Audre Lorde Project “NYC Resources for Lesbian, Gay, Bisexual, Two-Spirit, Trans & Gender Non-Conforming People of Color Organizations”
alp.org/resources/nyc

Callen-Lorde “Gender Confirming/GRS Surgeon List and Resources for Preparing for Surgery”

Callen-Lorde “NYC- Metro Area Transgender and Gender Non-Binary (TGNB) Community Resources”

Callen-Lorde “TransAtlas”
transatlas.callen-lorde.org

New York City Comptroller “LGBTQ Guide of Services and Resources”
comptroller.nyc.gov/lgbtq

Generation NYC “NYC Unity Project LGBTQ Youth”
growingupnyc.cityofnewyork.us/generationnyc/topics/lgbtq

NYC Up & Out “LGBT Resources”
www.nycupandout.com/lgbt-directory.html

NYU Langone “Transgender Surgery Services”
nyulangone.org/locations/plastic-surgery/transgender-surgery-services

Mount Sinai “Trans-Feminine Surgeries”
www.mountsinai.org/locations/center-transgender-medicine-surgery/care/surgery/male-to-female

Mount Sinai “Trans-Masculine Surgeries”

The LGBT Community Center “Resource Center”
gaycenter.org/resources

We are New York Values “LGBTQIA+”
www.wearenewyorkvalues.org/lgbtqia
GLOSSARY OF PROCEDURES

This glossary of terms was adapted from Callen-Lorde and Mount Sinai, Center for Transgender Medicine and Surgery. For more information, please visit: callen-lorde.org and/or www.mountsinai.org/locations/center-transgender-medicine-surgery/care/surgery

Breast Augmentation: A procedure that increases chest size and is more common for transfeminine patients. It involves a surgeon inserting breast implants into the chest with optional fat grafting.

Chest Mastectomy: A surgery that removes mammary and fat tissue from the chest and is more common for transmasculine patients.

Electrolysis: Electrolysis is the only method of permanent hair removal available, and is often required before certain bottom surgeries. Electrolysis involves passing an electrical current through a hair follicle, which damages the follicle and prevents new hair growth.

Facial Feminization and Masculinization: A group of procedures designed to change the bone structure of the face and reshape features that resulted from testosterone or estrogen exposure. These procedures could include brow lift, cheek augmentation, chin reshaping, lip lift, and more.

Hormone Therapy: The use of estrogen or testosterone to modify secondary sex characteristics. Can affect fat distribution, hair growth, tone of voice, muscle mass and other characteristics depending on which hormone you take. Hormone therapy can be tailored to a patient’s transition goals.

Hysterectomy: Commonly used to refer to removing all internal reproductive organs: the cervix, uterus, fallopian tubes and ovaries, although technically “hysterectomy” only means removal of the uterus. Getting all parts removed at once is called a “total hysterectomy with bilateral salpingo-oophorectomy.”

Metoidioplasty: Metoidioplasty is a procedure for patients looking to create a phallus. Plastic and urological surgeons collaborate to release the clitoris from the ligament that holds it in place. Then wrap skin around it to create a phallus. The result is a phallus that can become erect.

Oophorectomy: Surgical removal of one or both ovaries.

Orchiectomy: Surgical removal of testes, shutting down internal testosterone production.

Phalloplasty: Phalloplasty uses non-genital skin grafts from the body to create a new phallus. Common sites used are forearm, thigh, and abdomen. Size is dependent on patient preference, donor site availability, and surgeon comfort, however, the phallus does not grow/shrink with arousal, and it is always the same size in your pants.

Puberty Blockers: Puberty blockers are medications that prevent the body from producing the hormones that cause the physical changes of puberty. Young people who are transgender may take puberty blockers to prevent the development of breasts, facial hair, and periods.

Tracheal Cartilage Shave: Widely known as Adam’s apple reduction surgery, tracheal cartilage shave is one of the procedures that is most commonly included in facial feminization surgery. The goal is to reduce the prominence of the Adam’s apple.

Vaginoplasty: Vaginoplasty involves creating a vagina, clitoris, labia majora, and labia minora using existing genital tissue.

Voice Therapy and Modification: Voice therapy and modification can be a way for TGNCNB people to alter the tone and pitch of their voice if their voice causes them gender dysphoria or discomfort. This can be done through therapy or surgery depending on the patient’s goals.