



AMIDA CARE

ABOVE AND BEYOND
FOR YOU



A Guide to Transgender Resources and Services

IN NEW YORK CITY



A LEADER IN TRANSGENDER HEALTH

Amida Care, the largest Special Needs Health Plan in New York serving Medicaid members throughout New York City, is now open to **all transgender individuals** who qualify, regardless of HIV status. We are expert at helping our more than 400 transgender members access respectful, high-quality, culturally competent care, including gender-affirming services, hormone therapy, HIV prevention and treatment (including PrEP and PEP), and supportive services such as housing referrals and employment programs.

Transgender people are a **vibrant part of the New York City community**. The resources offered in this guide are designed to help you locate services and assistance that **enhance your health and well-being**. Reach out for help – because you deserve to be your best self!



TAKE CARE OF YOURSELF.

TIPS TO STAY HEALTHY DURING TRANSITION, STAY HIV NEGATIVE, OR BECOME “UNDETECTABLE”

Find the right health care provider for you. Amida Care can help you find providers with experience caring for transgender individuals.

For more information, email us at member-services@amidacareny.org or call 800-556-0689.

Protect yourself from HIV. Using condoms that work for both you and your partner, including the female condom, can help to prevent HIV and other sexually transmitted infections (STIs). Use water-based or silicone lubricants. Using lube reduces the risk of bleeding or breaking a condom.

Talk to your provider about PrEP and PEP. PrEP (pre-exposure prophylaxis) is a daily pill to prevent HIV. PEP (post-exposure prophylaxis) is an emergency medicine that can protect you against HIV if you start taking it immediately after possible exposure.

Get regular screenings for HIV at least every six months, as well as for other STIs, hepatitis C, high blood pressure, high cholesterol, diabetes, etc.

If you have HIV, get treatment.

Starting treatment right away protects your body from damage. Taking HIV medications daily can eventually make your HIV viral load “undetectable,” which will improve your health and make it nearly impossible to transmit HIV to sexual partners.

Are you transitioning with the use of hormones? Tell your doctor so you get the right care. Transition at your own pace, with the help of a doctor or nurse and a support group. If taking hormones, be patient. Taking extra hormones can be harmful and won’t speed up your transition.

Avoid injecting silicone. Silicone can cause scarring or even death. Tell your doctor if you are injecting silicone.

If you do inject silicone or hormones, use a clean needle EVERY TIME!

Sharing vials of hormones or syringes can expose you to HIV, hepatitis B, or hepatitis C.

Stay Safe! Need help with relationship issues, including physical, sexual, or emotional abuse?

- **The Anti-Violence Project**

www.avp.org

Manhattan: 212-714-1184

Hotline: 212-714-1141

KNOW YOUR RIGHTS.

Know your health care rights. In New York, you can get HIV medications without insurance and regardless of immigration status. Health insurance covers doctor-recommended treatments, including hormone therapy and gender-affirming surgeries and care.

- **New York Transgender Advocacy Group**
www.nytag.org/programming/
212-614-0023 x 115

For employment issues, including help with job application processes for those formerly incarcerated:

- **New York Legal Assistance Group**
www.nylag.org
Manhattan: 212-613-5000
- **Sylvia Rivera Law Project**
www.slrp.org
Manhattan: 212-337-8550
- **Transgender Legal Defense and Education Fund**
www.transgenderlegal.org
Manhattan: 646-862-9396

Under NYC's **Fair Chance** law (AKA "Ban the Box"), employers are not permitted to ask whether you have been convicted of a crime until AFTER you receive a conditional job offer.



To change a "gender marker" on an NYC birth certificate (surgery not required): **Call 311** or **visit www.nyc.gov** and search for "Change Birth Certificate."



RESOURCES FOR YOU.

GENDER-AFFIRMING MEDICAL CARE

APICHA Community Health Center

www.apicha.org
Manhattan: 212-334-6029

Beth Israel Medical Center – LGBT Health Services

www.wehealny.org/services/LGBT_Health_Services/index.html
Manhattan: 212-604-1800

Callen-Lorde Community Health Center

www.callen-lorde.org
Bronx: 718-215-1800
Manhattan: 212-271-7200

Community Healthcare Network

www.chnyc.org/services/transgender-lgbt
Bronx: 718-320-6765
Manhattan: 646-276-3383
Queens: 718-883-8635

Housing Works

www.housingworks.org
Brooklyn: 718-277-0386
Manhattan: 212-677-7999

Mount Sinai – Center for Transgender Medicine and Surgery

www.mountsinai.org/patient-care/service-areas/center-for-transgender-medicine-and-surgery
Manhattan: 212-604-1730

Planned Parenthood of New York City Transgender Hormone Therapy

www.plannedparenthood.org
Manhattan: 212-965-7000

The Oval Center

www.montefiore.org/ovalcenter
Bronx: 718-882-5482

COMMUNITY SUPPORT

The Anti-Violence Project

www.avp.org
Manhattan: 212-714-1184
Hotline: 212-714-1141

Audre Lorde Project

www.alp.org
Manhattan: 212-463-0342
Brooklyn: 718-596-0342

Brooklyn Community Pride Center

www.lgbtbrooklyn.org
Brooklyn: 347-889-7719

The LGBT Center

www.gaycenter.org
Manhattan: 212-620-7310

Pride Center of Staten Island

www.pridecentersi.org
Staten Island: 718-808-1360

Queens Community House

www.queenscommunityhouse.org
Queens: 718-592-5757

Queens Pride House

www.queenspridehouse.org
Queens: 718-429-5309

The Transgender Guide

www.tgguide.com

Translatinx Network

www.translatinanetwork.org
347-728-0114

MORE COMMUNITY SUPPORT

El Colectivo Intercultural TRANSgrediendo
TRANSgrediendo@outlook.com
Jackson Heights: 917-601-6047 and
646-639-6802

**Destination Tomorrow:
The BRONX LGBT Center**
www.destinationtomorrow.org
Bronx: (646) 723-3325

HOTLINES

The Anti-Violence Project
www.avp.org
Manhattan: 212-714-1184
Hotline: 212-714-1141

LGBT National Help Center
www.glbthotline.org
1-888-843-4564

Trans Lifeline
1-877-565-8860

LEGAL

Lambda Legal
www.lambdalegal.org
Manhattan: 212-809-8585

LGBT Bar Association of Greater New York
www.le-gal.org
Manhattan: 212-353-9118

LGBTQ Immigration Equality
www.immigrationequality.org
Manhattan: 212-714-2904

**New York City Commission
on Human Rights**
NYC: 311 or 718-722-3131.

**Peter Cicchino Youth Project, Urban
Justice Center**
www.pcyp.urbanjustice.org
Manhattan: 877.542.8529

Sylvia Rivera Law Project
www.srlp.org
Manhattan: 212-337-8550

**Transgender Legal Defense
and Education Fund**
www.transgenderlegal.org
Manhattan: 646-862-9396

THERAPY/MENTAL HEALTH

Rainbow Heights Club
www.rainbowheights.org
Brooklyn: 718-852-2584

Identity House
www.identityhouse.org
Manhattan: 212-243-8181

HOUSING SERVICES/SHELTERS

Ali Forney Center (Youth)
www.aliforneycenter.org
Manhattan: 212-206-0574

Coalition for the Homeless
www.coalitionforthehomeless.org
Manhattan: 212-776-2000

Housing Works
www.housingworks.org
Brooklyn, Manhattan and Staten Island:
347-473-7400

Princess Janae Place
www.princessjanaeplace.org
Bronx: 718- 684-1688

Trinity Place Shelter
www.trinityplaceshelter.org
Manhattan: 646-580-7045

FIND A HEALTHCARE PROVIDER

Lighthouse
www.lighthouse.lgbt/

YOUTH

The Ackerman Institute's Gender & Family Project

www.ackerman.org/gfp
Manhattan: 212-879-4900 x150

Brooklyn Community Pride Center: Brooklyn Youth United

www.lgbtbrooklyn.org/youth
Brooklyn: 347-889-7719

Day One

www.dayoneny.org
Main: 212-566-8120
Helpline: 1-800-214-4150

The Door

www.door.org/programs-services/lgbtq
Manhattan: 212-941-9090

Hetrick-Martin Institute


www.hmi.org
Manhattan: 212-674-2400

The Trevor Helpline

www.thetrevorproject.org
Hotline: 866-488-7386

Youth Talkline

1-800-246-PRIDE (1-800-246-7743)



We hope that the resources in this guide will help you locate services and assistance that enhance your health and well-being. The information in this guide will be updated regularly and was verified at the time of printing. We welcome new and updated resources.

For more copies of this guide or to provide information,
please contact us:

1-855-GO-AMIDA (1-855-462-6432) (TTY 711) or

member-services@amidacareny.org.

BE YOURSELF

The health plan **for individuals**



Amida Care is not for everyone. If you are looking for a welcoming community that celebrates you for who you are, we invite you to find out more about us.

- ★ Comprehensive health coverage, including transgender care
- ★ Large network of doctors, clinics, hospitals, and pharmacies throughout New York City
- ★ Expertise in chronic medical conditions
- ★ Help with housing referrals, job training, and other support programs



AMIDA CARE

a welcoming community that celebrates you for who you are.

M e d i c a i d H e a l t h P l a n

Call us for confidential answers: **1-855-GO-AMIDA**
(1-855-462-6432), TTY 711 www.AmidaCareNY.org

Follow us on

