



LGBTQIA+ RESOURCES

Perinatal Behavioral Health Service



INFORMATION ABOUT THIS HANDOUT



This resource handout is organized into different sections:

- therapists/counseling services (further organized by license)
- doctors
- other health services
- doulas (who may also provide other services)
- support groups
- advocacy groups
- hotlines and textlines

The listing of a resource in this handout does not mean PBHS endorses that resource. We recommend that you always contact the provider(s) you're interested in and make sure they fit your needs and expectations.



Things to keep in mind:



- This resource sheet is not exhaustive of all of the resources available in St. Louis - we encourage you to do your own research as well!
- Information in this handout may not be up to date. We've only listed counseling services that are accepting or waitlisting new clients as of fall of 2021.

COUNSELING SERVICES

therapist

Community Wellness
Counseling



Sandhill Counseling &
Consultation



ThinkWell Counseling



Wellness Alliance
Counseling &
Psychotherapy



services

- **experience includes:** LGBTQIA+ Allied & Affirming, non-monogamous relationships
- **counseling options:** individual, child & adolescent, family
- **meeting options:** virtual, in person with proof of vaccination

- **experience includes:** professional and compassionate counseling, sexuality, transgender
- **counseling options:** individual, child & adolescent, couple & marital, family, group
- **meeting options:** virtual, in person

- **experience includes:** LGBTQIA+ focused, transition related, youth and gender diversity
- **counseling options:** individual, couples, family
- **meeting options:** virtual, phone, in person

- **experience includes:** LGBTQ+ issues
- **counseling options:** individual, relationship/couples, family
- **meeting options:** virtual, in person for fully vaccinated

payment

- **insurance:** Aetna, Blue Cross Blue Shield, Cigna, United Health Care/Optum
- sliding scale option offered

- **insurance:** Aetna, Cigna, Medicare, United Healthcare (Commercial Plans only) – does not guarantee coverage
- can use HSA/FSA

- **insurance:** depends on therapist, rates vary

- **insurance:** Anthem/BCBS, Cigna, UMR (Utilizing the United Healthcare Network), United Healthcare/Optum (including Student Resources)
- sliding scale option: reduced rates to under or uninsured clients based on financial need

contact

cwcounseling.org
314-797-2369
info@cwccounseling.org

sandhillcounseling.com
636-379-1779
info@sandhillcounseling.com

thinkwellcounseling.com
314-328-5701
contact info for each therapist is provided on website

wellnessallianceatl.com
314-391-8030

COUNSELING SERVICES

therapist

Lori Becker, Ph.D.



services

- **experience includes:** gender dysphoria, LGBT-related issues, psychological evaluations and support letters for hormone therapy and gender confirmation surgeries
- **counseling options:** individual, adolescent, couples, family
- **meeting options:** virtual, in person

payment

- **insurance:** Aetna, Anthem/Blue Cross Blue Shield, Cigna, United Health Care

contact

drloribecker.com

314-954-4364

drloribecker@gmail.com

Patricia Berne, Ph.D.

- **experience includes:** LGBTQ+ issues, gender dysphoria
- **counseling options:** individual, couples, family, occasionally groups
- **meeting options:** virtual, in person

- **insurance:** most major insurances are accepted, but not Medicare and Medicaid

314-725-0550

peberne@earthlink.net

Helen R. Friedman, Ph.D.



- **experience includes:** gender identity issues
- **counseling options:** individual, couples, family
- **meeting options:** virtual, phone

- **out-of-network**

facebook.com/drhelenfriedman

314-781-4500

Rachael Arnold, MSW,
LCSW



- **experience includes:** LGBTQ+ friendly and gender affirming counseling, infertility, pregnancy/birth trauma, preparing for growing the family, postpartum depression/anxiety
- **counseling options:** individual, parents, parents-to-be
- **meeting options:** virtual, in-person with proof of vaccination

- **insurance:** Anthem Blue Cross Blue Shield, Cigna, ComPsych, UnitedHealthcare
- **sliding scale fee** (income based)

nurturingnesttherapy.com

314-274-1102

info@nurturingnesttherapy.com

COUNSELING SERVICES

therapist

services

payment

contact

Jen Durham Austin, LCSW



- **experience includes:** affirmative and supportive counseling, LGBT
- **counseling options:** individual, adolescent, couples, family
- **meeting options:** virtual, in-person, or walking

- **insurance:** in process of getting paneled with United Health Care and Blue Cross Blue Shield
- **sliding fee scale**

openaircounseling.com
314-323-4775
jen@openaircounseling.com

Cindy Betz, MSW, LCSW



- **experience includes:** LGBTQIA adults, family, allies
- **counseling options:** individual, relationship
- **meeting options:** virtual, in-person with proof of vaccination

- **out-of-network**
- can provide receipt to submit to insurance company

lgbtcounselingstl.com
314-602-5534
cbetzcounseling@gmail.com

Gary Hirshberg, MSW, LCSW



- **experience includes:** diversity, LGBTQ Issues, gay men
- **counseling options:** individual, couples
- **meeting options:** virtual, in person

- **insurance:** Aetna, Beacon, Cigna, ComPsych, Coventry, Magellan, MH Net, Optum, United HealthCare, ValueOptions, and others
- **income-based sliding fee scale** (based on financial need)

garyhirshberg.com
314-367-2010
glhmsw@sbcglobal.net

Emily Lombardo, MSW, LCSW



- **experience includes:** teens and young adults, struggling to follow inner compass, relationships, questioning sexuality
- **counseling options:** individual, adolescent
- **meeting options:** virtual, in person

- **out-of-network**
- **limited sliding scale**

calendly.com/emilylombardolcs
sw/15min?month=2021-09
314-671-0603
emilylombardo.lcsww@gmail.co
m

COUNSELING SERVICES

therapist

services

payment

contact

Kelly Storck, MSW, LCSW



- **experience includes:** gender diversity, sexuality, gender care & support (e.g., gender experience and development, gender education and awareness, transitions)
- **counseling options:** individual, child
- **meeting options:** virtual, in person

- **out-of-network:** private pay only (with option to seek out-of-network reimbursement)

kellystorck.com

314-540-8593

kellystorck@gmail.com

Jenny Stanuch, MSW,



- **experience includes:** questions about identity, sexuality
- **counseling options:** individual, couples
- **meeting options:** virtual, in person

- **out-of-network**
- **sliding scale fee:** limited spots

enliventherapistl.com

314-710-2753

jenny@enliventherapistl.com

Linda Weiner, MSW, LCSW



- **experience includes:** gender concerns (gender fluidity, transgender, gender dysphoria), LGBTQI concerns
- **counseling options:** individual, couples and poly, family
- **meeting options:** virtual, in person

- **out-of-network**

sextherapiststlouis.com

314-588-8924

sextherapiststlouis@gmail.com

Rachel Glass, LPC



- **experience includes:** LGBTQ identity, transgender/gender identity
- **counseling options:** individual, couples, family
- **meeting options:** in person

- **insurance:** Anthem BCBS, Healthlink, United Healthcare
- **sliding scale fee:** limited spots

rachelglasstherapy.com

314-330-0572

rachelglasse@gmail.com

COUNSELING SERVICES

therapist

Chris Scarberry, MA, LPC



- **experience includes:** sexual orientation concerns, gender dysphoria, HIV/AIDS, LGBTQIA, writing letters for HRT and surgery
- **counseling options:** individual, couples, family
- **meeting options:** virtual, phone, limited in-person with proof of vaccination

services

payment

contact

- **insurance:** Aetna, Ambetter, Anthem Blue Cross Blue Shield, Beacon Health Options EAPs, Healthlink, Cigna, Coventry, H&H, Ryan White/HSI,
 - insurance not accepted for couples/family sessions
- can take United Healthcare as out of network provider or offer reduced fee
- **income-based sliding scale, out-of-network**

hopehealreflect.com

314-750-5216

healingreflectionschris@gmail.com

melissataylortherapy.com

314-403-2031

melissa.taylor@meltay.com

Melissa V. Taylor, MA, LPC



- **experience includes:** LGBTQ+, esp transgender
- **counseling options:** individual, couples, group
- **meeting options:** virtual

A.P. Carmichael, MEd,
MFT, PLMFT



- **experience includes:** gay couples, polyamory systems, transgender adults, transgender youths and their families
- **counseling options:** individual, couples, family, poly relationships
- **meeting options:** virtual, in person

- **out-of-network**

citycounseling.com

314-669-1277

info@citycounseling.com

Katherine L. Kientzle, MA
NCC, LPC



- **experience includes:** LGBTQIA+ community, navigating gender-affirming therapies
- **counseling options:** individual
- **meeting options:** virtual

- **insurance:** Aetna, Anthem, Blue Cross, BlueCross and BlueShield, Blue Shield, Cigna, Healthlink, Meritain Health

katherine-kientzle.clientsecure.me

314-649-0640

DOCTORS

doctor

specialities

payment

contact

Dr. Becky Lynn, MD



- women's health (ex: menopause, nutrition, exercise, sexual conditions), transgender transitions
- offers telehealth or in person

- does not accept insurance
- lab tests like bloodwork, pap smears or mammogram, are covered by insurance

evorawomen.com

314-934-0551

Dr. David J. Prelutsky, MD



- general internal medicine
- extensive experience serving the gay, lesbian, bisexual, transgender and HIV community

- takes Aetna, Anthem Blue Cross Blue Shield, Cigna, City of St. Louis Department of Health, HealthLink, HSI, Humana, Medicare, Meridian (Illinois Medicaid), MO HealthNet (Missouri Medicaid), UMR, UnitedHealthcare

shtelemed.com

314-647-2200

Dr. Mark Scheperle, MD



- internal medicine

- MDVIP Program
 - concierge medicine - you pay a fee to join

mdvip.com/doctors/MarkScheperleMD

314-801-8666

Dr. Simeon Prager, MD



- internal medicine

- takes over 100 different health insurances - call to inquire
- takes Medicare and some Medicaid

ssmhealth.com/find-a-doctor/doctor-details/simeon-prager-md

314-925-4741



Don't see a doctor that fits your needs? WashU keeps a list of LGBTQ+ affirming health providers. Follow this link and click on "LGBTQ+ Health Provider Directory": internalmedicinediversity.wustl.edu/outmed/lgbtq-health-at-washington-university/



MORE HEALTH SERVICES

organization

Lafayette Square
Chiropractic Centre, LLC



LAFAYETTE SQUARE
Chiropractic Centre

services

- use chiropractic care to restore proper nervous system function
- empower clients to take action and support healthcare goals

payment

- **insurance:** call to ask

contact

lafayettesquarechiropractic.com

314-436-3050

Family Care Health Centers



- primary health care
- services include: medical, dental, vision, behavioral health, nutrition, WIC (Women, Infants, Children), HIV/AIDS counseling and testing, pediatrics, internal medicine, OBGYN, reproductive health

- **insurance:** Advantra, Aetna, Anthem Blue Cross Blue Shield, Blue Cross Blue Shield, Cigna, Community CarePlus, Great West Healthcare, Group Health Plan, Harmony Health, Health Care USA, Healthlink, Medicaid, Medicare, Mercy, Mercy CarePlus, Secure Horizons, United Health Care
- **sliding scale fee:** for those without insurance, based on income and family size

familycarehealthcenters.org

Carondelet location: 314-353-5190

Forest Park Southeast location: 314-531-5444

Washington University
Transgender Center



- Hormone therapy and specialty care (ex: endocrinology, gynecology, urology)
- Surgical procedures for those over age 18
- Social work and legal assistance
- Behavioral health support (referrals to therapists)
- call to ask about insurance

see list of providers here:
physicians.wustl.edu/specialties/lgbtq-health/washington-university-transgender-center/

DOULAS

doula

experience

payment

contact

Bliss Boaden



- certified birth and postpartum doula and breast-feeding counselor
- no professional experience with LGBTQIA+ yet, but has had personal experience and is ally to LGBTQIA+ community

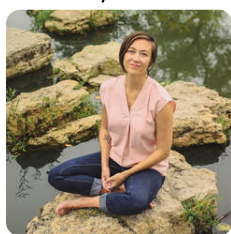
- does not take insurance

birthdoulabliss.com

310-651-1685

bliss@birthdoulabliss.com

Erin Duffy-Burke



- birth doula, minister, embodied soul coach, yoga therapist
- limited experience working with LGBTQIA+ individuals as doula, but has officiated LGBTQIA+ weddings and work with LGBTQIA clients in soul-care ministry

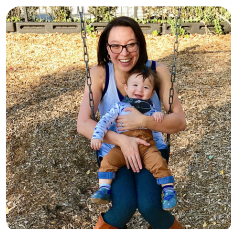
- does not take insurance
- sliding scale

calendly.com/erinduffyburke/30min

847-975-2972

erinduffyburke@gmail.com

Emma Ginder



- birth and postpartum doula, midwifery student
- work with families trying to conceive and birthing at home, early postpartum support
- has worked with queer families through conception, pregnancy, labor/birth, and early postpartum recovery period

- does not take insurance
- will provide letter/documentation for clients who seek out insurance reimbursement on their own

emmaginderdoula.com

eginderdoula@gmail.com

Kate Lamprich



- currently not taking clients as a labor/birth doula, but taking clients for prenatal, post partum, preconception, etc.
- massage therapy, EFT, peristeamming, prenatal doula preparation, post partum doula support, preconception support
- experience serving, advocating for, and supporting LGBTQIA+

- does not take insurance
- has national provider identification number and can provide itemized invoice for clients who seek out insurance reimbursement on their own

blossomsbloomingexp.com

314-347-8612

blossomsbloomingexp@gmail.com

Kuzaa Jade (Kiah and Jessica)



- services: birth doulas, prenatal and postpartum support, birth planning, nutrition, womb wellness
- experience with supporting LGBTQIA+, supports anyone who identifies with holding a womb space

- does not take insurance

kuzaa jade.com

facebook.com/kuzaa jade

DOULAS

doula

experience

payment

contact

Andrea Richardson



- full spectrum doula, healing and fiber artist
- no experience yet with LGBTQIA+, but has training in queer & trans reproductive birth

- does not take insurance

wombcarewomxn.com

Kathleen Robbins



- postpartum doula, certified lactation counselor
- taking new clients for postpartum doula support, either in-person or virtually
- have worked with a few LGBTQIA+ clients and have completed training through Family Equality

- does not take insurance
- some clients have used HSA/FSA for breastfeeding/chestfeeding support

robbinsdoula.com

812-929-7322

robbinsdoula@gmail.com

Melissa Samaki



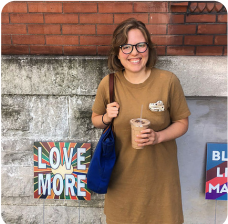
- RN, IBCLC, CDP
- certified postpartum doula
- no experience with LGBTQIA+ yet as doula, but has experience serving LGBTQIA+ clients while working as an IBCLC and maternal/newborn RN

- does not take insurance

nurturingnewbeginnings.com

nurturingnewbeginningsl@gmail.com

Anna Sutkowski



- certified birth doula
- support families physically, informationally, and emotionally through birth and postpartum
- offer workshops and childbirth education
- curriculum uses gender inclusive language and recognizes different family types
- some professional experience working with LGBTQIA+ families

- does not take insurance
- can provide itemized receipts for HSA/FSA reimbursement
- can offer various payment options

annathedoula.com

314-315-1765

annastldoula@gmail.com

SUPPORT GROUPS



Bisexual Alliance of St. Louis

- *for:* anyone can join regardless of sexual orientation & background
- *contact info:* sign up for in person meetings through Meetup platform

[meetup.com/LGBT-WHERE-ARE-THE-BS/?](https://www.meetup.com/LGBT-WHERE-ARE-THE-BS/?fbclid=IwAR0YWLxlbNLVqgO3eQ_Nx8WOVKa9pk9q0EB2gE6_4BSE4dDW4bSHmXhTik)

[fbclid=IwAR0YWLxlbNLVqgO3eQ_Nx8WOVKa9pk9q0EB2gE6_4BSE4dDW4bSHmXhTik](https://www.meetup.com/LGBT-WHERE-ARE-THE-BS/?fbclid=IwAR0YWLxlbNLVqgO3eQ_Nx8WOVKa9pk9q0EB2gE6_4BSE4dDW4bSHmXhTik)

Metro Trans Umbrella Group

stlmetrotrans.org

- *for:* trans-identified people 18+ old; different support groups for different identifications; online meetings
- *contact info:*
 - emails listed for each group on website
 - email info@stlmetrotrans.org



PFLAG Greater St. Louis

pflagstl.org

- *for:* LGBTQ+ people or relatives of LGBTQ+ people in St. Louis area
- *contact info:*
 - St. Charles: meeting in person every 4th Tuesday, 7 PM
 - Ferguson: meeting virtually every 2nd Tuesday, 7 PM, email pflagferguson@gmail.com or 314-666-0197
 - Mid-County: meeting in person every 3rd Wednesday, 7 PM

Pride Center of St. Louis

pridestl.org

- *for:* LGBTQIA+ people who need a safe environment/meeting space and/or access a free library or computer lab
- *contact info:* go to website to schedule 45 minute appointments or email PrideCenter@pridestl.org



PrideCenter
OF SAINT LOUIS



Steps Alano Club

stepsalanoclub.org

- *for:* LGBTQ+ recovering community, including alcohol, heroin, sex addiction, crystal meth, co-dependents, narcotics, etc.
- *contact info:* online & in person meetings listed on website

ADVOCACY GROUPS



BandTogether bandtogetherstl.com

- performance and social opportunities for LGBT+ community
- concert band, marching band, color guard, and BandAides (helping behind the scenes)
- anyone over the age of 18 can join, regardless of experience



Black Pride St. Louis blackpridestl.org

- resource for black LGBTQ+ community
- focused on support, empowerment, and progress



PROMO promoonline.org

- advocating for LGBTQ equality through legislative action, electoral politics, grassroots organizing, and community education in Missouri



Team Saint Louis teamsaintlouis.org

- promoting general health and participation in sports
- diff clubs open for people to join

**TEAM
SAINT
LOUIS**

HOTLINES & TEXTLINES

*hours are in CST and listed from fall 2021



bhrstl.org

BHR - Behavioral Health Response

- intervention support and resources for those in mental health crises
- *contact:* 314-469-6644 or 1-800-811-4760
- *hours:* 24/7

LGBT National Help Center

- peer-support and local resources
- *contact:* 888-843-4564 or online peer support chat (through website)
- *hours:* Monday-Friday, 3:00-11:00 PM, Saturday 11:00 AM-4:00 PM



LGBT National Help Center

glbthotline.org



providentstl.org

Provident Behavioral Health

- crisis line for suicide-related issues
- *contact:* 314-647-4357
- *hours:* 24/7



suicidepreventionlifeline.org

National Suicide Prevention Crisis

- for those considering suicide, worried about someone else, and/or need support; suicidal crisis or emotional crisis
- *contact:* 1-800-273-8255 or text START to 741-741
- *hours:* 24/7



translifeline.org

Trans Lifeline

- trans peer support
- *contact:* 877-565-8860
- *hours:* 7 days a week, 4:00 PM - 12:00 AM

St. Louis Queer+ Support Helpline (SQSH)

- identity-affirming peer support
- *contact:* 314-380-7774 or 844-785-7774
- *hours:* Friday-Monday, 1:00-7:00 PM



thesqsh.org



thetrevorproject.org

The Trevor Project

- crisis & suicide intervention for LGBTQ+ youth (13-24)
- *contact:* 866-488-7386 or text START to 678-678
- *hours:* 24/7