

## INFORMED CONSENT CLINICS IN PITTSBURGH (ALL 19+)

Clinics	Free Consultations?	Avg. Wait Time	Capable Providers?
Planned Parenthood	Sliding Scale (free labs and visits if below 138% of FPL)	1 month	Uneducated providers. Follows WPATH.
Central Outreach	No, but accepts some insurance.	3 weeks	Average amount of knowledge. Follows WPATH.
Allies for Health and Wellbeing		1-2 months	
Metro Community Health Center	Free / Reduced cost for low-income patients	1-2 weeks, some same-day consults	
UHS @ CMU	Free Consults for students	<2 weeks	Many reports of inadequate hormone levels. Follows WPATH.
UPitt Health Clinic	If out-of-network will refer to UPMC providers who are.	> 3 months	Started providing HRT to students very recently, so might not be the best.

### LEGAL RESOURCES

*Have You Suffered*

### BARRIERS TO TRANS HEALTHCARE DUE TO RECENT POLICY CHANGES

- **Executive Order 14187** : has compelled Central Outreach, Allies, UPMC, etc. to discontinue HRT services for minors & 18yos.
- **HB 1033** is a proposed PA bill which would prohibit all gender affirming care for minors.
- **SB 213** is a proposed PA bill which would invalidate all state issued documents that don't align with sex assigned at birth.

*Discrimination on the Basis of being A TRANSEXUAL !!!!*  
**The Allegheny County Human Relations Commission (412-255-2600)** provides a mechanism to file a complaint if you've been discriminated against in employment, housing, public accommodations, or healthcare! **Feel free to reach out to us at theginkgocollective@proton.me for help with the complaint.** All hearings are public.

## HOW TO Trans Your Gender in PGH

### HOW TO (NOT) TALK TO YOUR DOCTOR

It can be intimidating and confusing to discreetly ask for care within a medical facility. Here are some tips to help!

- **BE ASSERTIVE and know your needs!** Do your research and be confident. In many (most) cases, you know more than your provider about the care you need. Many doctors blindly follow WPATH standards which often lead to substandard, conservative care.

### RESOURCES WE LIKE IN PGH!

- **BRING A BUDDY if you need or want to!** It can be helpful to have someone with you to advocate for your needs, whether that be a friend, lover, or fellow comrade (or all of the above) .
- **PROTECT YOUR PRIVACY.** Your provider doesn't need to know the inner machinations of your gender. It's okay to fib a little about your gender identity, and don't feel the need to discuss doubts along your gender journey - it can quickly turn into a reason for a doctor to withhold care!

### accessing medical resources talking to your doctor navigating legal landscape

ginkgocollective.noblogs.org

**The Auto(nomous) Body Shop:** a mobile mutual aid resource supporting bodily autonomy, repro rights, and harm reduction. Stock up on supplies and get connected with abortion care! 412-212-8678

**Prevention Point Pittsburgh:** a harm reduction non-profit offering free supplies and health services at various locations in the city to people who use drugs. 412-247-3404

**Transitional Characters:** a decolonial, liberation-oriented therapy practice located at 5880 Ellsworth Ave, 15232. 412-444-8340

**Allies for Health+Wellbeing:** offers HIV care and support as well as free testing services at various locations. 412-345-7456