



LGBTQ+ Services at UHS

In addition to our array of general services, we also have many LGBTQ-specific services you should know about. We welcome your input and encourage your participation in leadership and volunteer opportunities at UHS.

Transgender-Friendly Medical Care: (510) 642-2000

- **Primary Care:** UHS offers primary and preventive care including appropriate cancer screenings (PAPs, prostates, etc.), STD screenings, Hepatitis A and B vaccines, medical treatment related to transitioning (including hormones and referrals for surgery and electrolysis)*, coordination of care, and outside referrals by our Trans Care Team. You can also see a UHS provider for any other health concern.
- **Urgent Care:** We can support general medical needs (injuries, abscesses, IV fluids).
- **Other:** We also have specialists, a pharmacy and lab (where you fill prescriptions and complete lab tests from non-UHS providers), immunizations, a travel clinic, sexual health peer educators, radiology, and physical therapy.

A Variety of Mental Health Options

- **Q-Talk:** A free, brief, drop-in counseling service with a queer-identified counselor. Please see uhs.berkeley.edu/pride/counseling for location and hours.
 - **Support Groups:** UHS also offers support groups for queer people and queer people of color. Call CAPS at (510) 642-9494 to find out more.
 - **Individual Counseling:** You can discuss a wide range of concerns with CAPS staff including coming out, experiences of homophobia or transposition, and issues related to HIV/AIDS. Call CAPS at (510) 642-9494 to find out more.
 - **Counseling With LGBTQ Staff:** Speak with a queer-identified staff member about relationships and more. Visit uhs.berkeley.edu/pride/counseling to see staff bios.
- Continued on back...*

*For initial evaluation for medical treatment related to transitioning, please make an intake appointment by calling (510) 643-7110 and asking to speak to the Clinic 3 nurse. They can help arrange your appointment.

Transgender Health Insurance Benefits

UHS offers transgender health benefits under SHIP, including hormone treatment and gender confirmation surgery. Benefits include coverage for procedures or treatments to change characteristics of the body to those of the accurate gender. A full list of trans health benefits can be found at uhs.berkeley.edu/trans. SHIP also provides medical, mental health, dental, and vision coverage. The SHIP office can be reached at (510) 642-5700.

Social Services

UHS Social Services can provide education and assistance with medical, academic, legal, financial, and family issues related to health problems. Call (510) 642-6074.

Health Promotion and Health Coaching

UHS offers free health coaching on a variety of issues including coming out. Please visit uhs.berkeley.edu/healthcoaching for more information. Our Health Promotion department also offers peer-led workshops, one-on-one support for sexual health needs, and great volunteer opportunities. Call Health Promotion at (510) 642-7202.

HIV/AIDS Services

- **Testing and Medical Care:** Make an appointment - (510) 642-2000
- **Monthly Rapid HIV Testing at UHS:** uhs.berkeley.edu/rapidhivtesting
- **Education:** Health Promotion - (510) 642-7202
- **Counseling:** CAPS - (510) 642-9494
- **Social Services:** (510) 642-6074

Confidentiality and Commitment

All appointments at UHS are confidential. By law, your parents, friends, professors, and other school officials do not have access to your UHS records. UHS is also proud to employ staff who are gay, lesbian, trans, bi, queer, and allies as well as staff who have had training around LGBTQ issues.