

Transgender Health Services

Health Brigade understands that transgender, gender queer, gender variant, non-binary, gender non-conforming and intersex individuals face unique barriers in accessing responsive and affirmative health care.

We are pleased to offer integrated health and support services to meet a wide spectrum of needs in a safe and welcoming environment. This includes primary care and specialty care.

Each patient has the opportunity to co-create an individualized care plan for their gender transition or exploration with knowledgeable and supportive staff.

To set up an appointment, please contact **Jordin Cotman**, Trans Health Services Case Mgr & Outreach Advocate at 804-358-6343, Ext.1143 or 804-716-5808 or jcotman@healthbridge.org



Other Services

Needle Exchange

804-358-6140

Monday 5-8pm @ HB

(T/W/TH mobile hours/locations on website)

Provides information and materials to give you options for safer drug use. These include clean needles, syringes, cookers, filters, Narcan and more at no cost.

Ryan White Part B

804-359-5593

Ryan White Part B is a program that provides supportive services for individuals living with HIV/AIDS. Services include counseling, support groups, case management, medical nutrition therapy as well as emergency financial and transportation assistance. To qualify, individuals must be HIV positive, a resident of Virginia, and be below 600% of the Federal Poverty Line.



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A program of



1010 N. Thompson St.
Richmond, VA 23230

www.healthbrigade.org

Hormone Therapy

For some, hormones are an important part of transition while others may choose not to take hormones. However you identify, our team is here to support you. At Health Brigade, we use an "informed consent" model for hormone therapy. This means we do NOT require patients to engage in therapy or provide a letter from a mental health professional before starting hormones.

Case Management

Health Brigade provides case management services specifically for transgender and gender non-conforming individuals including referrals for gender marker changes, medical and mental health care and other support services.

Surgery Consultation

If you are interested in exploring your options for gender affirming surgery, we can help. Our staff can help find the right surgeon for you, discuss funding options, write surgery letters and provide support throughout the process.



Sexual Health

Health Brigade provides FREE screening for HIV, gonorrhea, and chlamydia. We have free condoms, dental dams and gloves as well as PrEP available to the community. PrEP is a pill that when taken daily, reduces the risk of HIV by 95%. You may want to consider PrEP if you are an HIV negative person who sometimes has sex without a condom or if you have a partner who is HIV positive. You do not have to be a patient to make a testing appointment or enroll in our PrEP program. Appointments can be made by calling 804-358-6343 x 2145 or emailing Darius Pryor at dpryor@healthbrigade.org.

Mental Health & Wellness

We assist clients in identifying, understanding and resolving challenges. We offer talk therapy, psychiatric evaluation and medication, substance use counseling and support groups. We also provide services to enhance overall wellness such as acupuncture, meditation, yoga and healing touch (massage).



Legal Support

Legally changing your name and gender marker can be confusing and costly. Our staff and legal volunteers can help you navigate this process and provide financial assistance if needed.