

# Resources for Unhoused Transgender Youth in St. Louis

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# Introduction

Hello!

We are so happy this guide found its way to you. Whether you are a young person searching for help, the loved one of a transgender youth, or an ally/advocate building your resource toolkit, we hope that the information and services within this booklet help you along your journey.

This guide was created in response to the concerning number of transgender and non-binary youth who experience being unhoused in the St. Louis region. For youth who are unhoused, locating and accessing resources can be difficult. Locating and accessing resources *that are affirming of transgender people* can be especially difficult. We hope this guide can make the process of finding and connecting with trans-affirming assistance easier.

**Please note: while the resources in this guide have been vetted to the best of our ability, we unfortunately cannot guarantee that every transgender person will have a similar or positive experience.** Changes in staff, policies, laws, and other factors happen over time. These changes can affect an organization's level of safety and support, for better or worse. For this reason, it is important to use your best judgement when accessing resources. If you are an adult assisting a youth, please follow the youth's lead in determining what options feel safe and affirming to them. Vetted resources in this guide are designated by a trans flag icon.

Jess Jones Education & Consulting will update this guide periodically to reflect the most current information. To find the most up-to-date version of this guide, please visit our website: [www.JessJonesEducation.com](http://www.JessJonesEducation.com). If you have any suggested additions or revisions to the resource list, please email us at [Contact@JessJonesEducation.com](mailto:Contact@JessJonesEducation.com).

To all trans youth, non-binary youth, and indigenous youth whose gender is not captured by these terms: **I see you. You are valid. You are loved. You are not alone.**



*According to the U.S. Transgender Survey, **31% of transgender Missourians** have experienced being unhoused at some point in their lives.*

2015 U.S. Transgender Survey: Missouri State Report. (2017). National Center for Transgender Equality.



# Your Legal Housing & Shelter Rights



“ In January 2012, the Department of Housing and Urban Development issued regulations explicitly prohibiting discrimination on the basis of gender identity and sexual orientation in all federally-funded housing programs. These regulations apply to all public and assisted housing and rental assistance (voucher) programs that receive federal funds (including homeless shelters and other temporary housing).

*Can a housing provider ask if I am transgender? In the case of a homeless shelter or other temporary housing that houses men and women separately, facility staff may ask whether you are male or female if they are unsure where to house you. If asked, you can tell them the gender you identify as. Demands for medical or legal evidence concerning your gender because you are transgender or are perceived as not conforming to gender stereotypes may be evidence of discrimination.*

*Can I be turned away from gender-specific housing or forced into housing with the wrong gender? Refusing to provide housing consistent with a person's gender identity because they are transgender constitutes discrimination based on sex and/or gender identity. In temporary housing that is gender-segregated, it is permissible, if staff members are unsure, to ask whether a person is male or female. However, this does not permit a housing provider to exclude transgender people or to single them out for intrusive demands for evidence regarding their gender. This may constitute unlawful discrimination*



**Filing a housing discrimination complaint:** *If you've experienced housing discrimination because you are transgender, you can file a complaint with HUD stating that you were discriminated against on the basis of sex. An attorney is not required, and usually one is not involved. Call HUD toll-free: 1 (800) 669-9777, or fill out an online form at [http://portal.hud.gov/hudportal/HUD?src=/topics/housing\\_discrimination](http://portal.hud.gov/hudportal/HUD?src=/topics/housing_discrimination)*

**For more information on your legal housing & shelter rights,** *including tips on filing complaints, see the National Center for Transgender Equality's "Know Your Rights: Fair Housing And Transgender People" online document at [www.transequality.org/know-your-rights/housing-and-homeless-shelters](http://www.transequality.org/know-your-rights/housing-and-homeless-shelters)*

# Shelters



## Trans-Affirming\*:

### Youth Emergency Services (YES)

*(800) 899-5437 (24/7 Helpline)*

*(314) 961-5718 (Non-crisis line, normal business hours)*

*110 North Elm Avenue, Webster Groves, MO 63119*

*[www.epworth.org/services/epworth-youth-emergency-shelter](http://www.epworth.org/services/epworth-youth-emergency-shelter)*

For ages 11 to 20, including pregnant youth up to 26 weeks into their pregnancy. Located in Webster Groves, YES provides emergency housing for unhoused youth for up to 30 days and emergency housing for youth in family crisis for 7 to 12 days. They are open 24/7, 365 days a year, and also offer free case management and therapy. Transgender youth may stay in the gender-segregated housing they are most comfortable in. After being housed in the emergency shelter, youth may be able to join the longer-term, transitional housing program to obtain stable housing.

### Child Center Marygrove



*(314) 830-6272 (Crisis Services Line)*

*(314) 830-6201 (Non-crisis line, normal business hours)*

*2705 Mullanphy Lane, Florissant, MO 63031*

*[www.marygrovechildren.org/programs-services/emergency-crisis](http://www.marygrovechildren.org/programs-services/emergency-crisis)*

For newborns to 21 year-olds, including pregnant pre-teens and teens. Child Center Marygrove is a Catholic organization providing emergency housing up to 30 days for youth experiencing homelessness or family crisis. They have free specialized services and classes including those focused on parenting, job-preparedness, education, and other life skill training. In some cases, young people can transition to Marygrove's therapeutic residential treatment, transitional, or independent living programs, which are longer-term and provide a wider range of support services. Transgender youth can be housed with the gender they identify with.

\*These shelters have been vetted by transgender community members; however, individual experiences may vary.



# Shelters (cont.)



## Trans-Affirming (cont.):\*

### Covenant House

*(314) 533-2241*

*2727 N Kingshighway Blvd, St. Louis, MO 63113*

*[www.covenanthousemo.org/crisis-shelter-transitional-living-program](http://www.covenanthousemo.org/crisis-shelter-transitional-living-program)*

For ages 16 to 24. Covenant House offers a 24/7 emergency shelter where youth can stay for up to 30 days, as well as a transitional living program where youth can live for up to two years. Their comprehensive wraparound services support youth, including individual and group therapy, on-site psychiatry appointments, a health clinic, education and employment support, transportation and medication assistance, and case management. Housing and services provided on a first-come, first-serve basis.

## Serving Trans Youth\*\*:

### Annie Malone Children & Family Services

*(844) 803-7233 (24/7 Crisis Line)*

*(314) 531-0120 (Non-crisis line, normal business hours)*

*2612 Annie Malone Drive, St. Louis, MO 63113*

*[www.anniemalone.com/crisis-care-emergency-res-plmct](http://www.anniemalone.com/crisis-care-emergency-res-plmct)*

For newborns to 18 years-old. Annie Malone provides emergency housing up to 30 days for youth experiencing homelessness or family crisis. They also provide food, clothing, educational needs, conflict resolution, emergency medical attention, and counseling referrals. Additionally, they offer 6-24 month independent and transitional living programs to learn life skills and gain assistance acquiring future stable housing. **Transgender youth will be housed according to their sex assigned at birth.**

\*These shelters have been vetted by transgender community members; however, individual experiences may vary.

\*\*At the time of publication, these shelters were providing services to transgender youth, but were not fully affirming in their policies and/or practices (example: requiring youth to be housed by sex assigned at birth). Contact shelter for most up-to-date information on their practices.



# Shelters (cont.)



## Questions to Ask When Contacting Shelters

- ***Do you separate housing by gender?*** In other words, does the shelter have separate boys and girls housing?
- ***Can a transgender person be housed according to their gender identity? Or is housing based on sex assigned at birth?*** Note that this language might be new to the shelter staff, so you may need to rephrase these questions or provide simplified examples of what you mean: "Shonda is a trans woman. She is a woman, but her ID and documentation incorrectly say 'male.' Can she be housed with women or would she be required to be housed with men?"
- ***Can a nonbinary person be housed here? What are their housing options?*** If the shelter separates housing by boys and girls, do nonbinary people have to choose to be housed with either boys or girls? Or will they be required to be housed according to their sex assigned at birth? Or is there a separate space they can be housed in?
- ***If the shelter receives federal funding, remind them of federal non-discrimination laws (see page 3), which prohibit them from refusing to provide housing consistent with a person's gender identity.*** Some shelters may be unaware of these laws and would be open to welcoming transgender people. However, it is important to note that if a shelter seems resitant to adjusting their policies, it is likely to be an unsafe environment for transgender people.



# Drop-In Centers



## Epworth Drop-In Center



- (314) 222-4877
- 7520 Natural Bridge Road, St. Louis MO 63121
- Open Monday through Thursday from 12:00 – 5:00 PM and Friday from 1:00 – 5:00 PM. Hours may vary during COVID-19 pandemic. Call to get most updated schedule.
- [www.epworth.org/services/epworth-drop-in-center](http://www.epworth.org/services/epworth-drop-in-center)

For ages 11 to 20. The Epworth Drop-In Center provides a fun environment to relax in and receive services if you wish, and it is known to be trans-friendly. From their website: "Equipped with a recreation room, computer lab, and full-service kitchen as well as laundry, shower, and clothes/food pantry, Epworth Drop-In Center has it all for youth in a variety of situations. Hot meals are prepared daily; case management services to help with housing, education, employment, and legal issues are readily available; and free clinical care is offered through a partnership with iFM Community Medicine, including health screens and HIV/STI testing. Additionally, educational classes are held frequently focusing on topics such as resourceful and nutritional cooking, safer sex practices, employment workshops, and much more."

## Metro Trans Umbrella Group: Open Hours



- (314) 349-1402
- 3133 Oregon Ave., St. Louis, MO 63118
- [www.stlmetrotrans.org](http://www.stlmetrotrans.org)
- [www.facebook.com/MetroTransUmbrellaGroup](https://www.facebook.com/MetroTransUmbrellaGroup)

Metro Trans Umbrella Group is a transgender-led organization and affirming of all trans identities. They offer a food pantry, including fresh produce, for community members. Delivery services can be arranged for food pantry items. MTUG also provides the following for free: tents, sleeping bags, toiletries, monthly bus passes, and gender-affirming clothing. You can request access to these services during open hours on Tuesdays and Thursdays from 12-6PM. Due to the COVID-19 pandemic, services are currently by appointment only. To schedule an appointment, call (314) 349-1402 or message MTUG on Facebook.

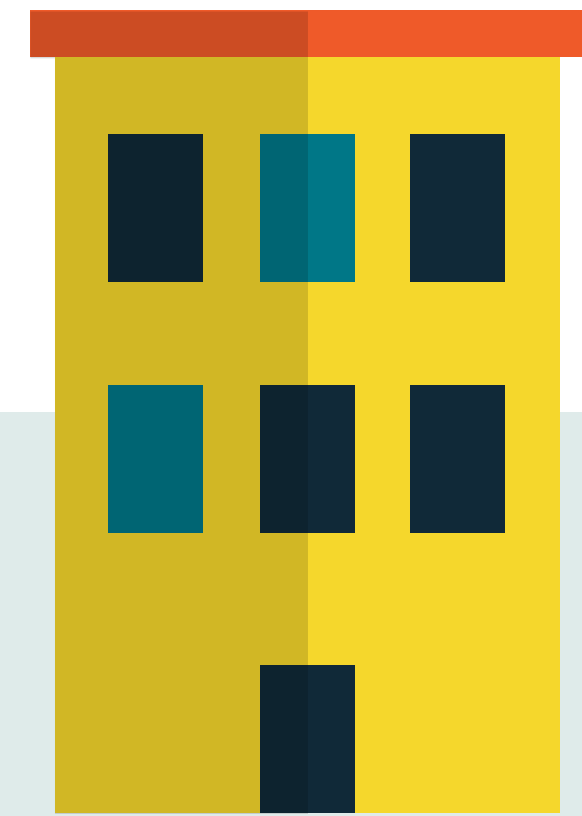
# Drop-In Centers (cont.)

# WELCOME

## The Spot



- (314) 535-0413
- 4169 Laclede Ave. First Floor, St. Louis, MO 63108
- [www.thespot.wustl.edu](http://www.thespot.wustl.edu)



For ages 13 to 24. The Spot provides free select medical services, HIV/STI testing & treatment, case management, and mental health counseling. From their website: “Drop-In Hours are a relaxed environment where youth can hang out. You can access the following for free: a stocked kitchen accessible to youth for a snack or small meal, laundry and shower facilities, computers for job searches or checking email and social media, optional activities that are stress-reducing and provide new knowledge and skills (like crafts, games, cooking, movies, and guest speakers), referrals to other SPOT services like counseling, case management, psychiatry and medical/testing.”

Drop-in hours and walk-in services are currently unavailable due to the COVID-19 pandemic. Call for additional information or to make an appointment. For help with housing, food, education, employment, and medical care, call (314) 535-0413 ext.224. For counseling or psychiatry, call (314) 535-0413 ext.221. For HIV/STI testing & birth control, call (314) 535-0413 ext.220.

## St. Patrick Center

- (314) 802-0700
- 800 N Tucker Blvd, St. Louis, MO 63101
- [www.stpatrickcenter.org/contact-us](http://www.stpatrickcenter.org/contact-us)

St. Patrick Center is a religious organization that provides direct assistance (food, clothing, utilities, hot lunches, etc.), referrals to shelters, counseling, tutoring & GED classes, health & dental care, legal services, child care, employment training, substance abuse counseling, and life skills classes. From their website: "People who are homeless or at risk of becoming homeless may come for a private discovery session with a specialist Monday through Friday at our Welcome Center (side entrance) at 800 North Tucker Blvd. in downtown St. Louis, 63101." **Note that the center has not yet been vetted for trans-affirming practices.**



# Food Pantries



## Metro Trans Umbrella Group: Food Pantry



- (314) 349-1402
- 3133 Oregon Ave., St. Louis, MO 63118
- [www.stlmetrotrans.org](http://www.stlmetrotrans.org)
- [www.facebook.com/MetroTransUmbrellaGroup](https://www.facebook.com/MetroTransUmbrellaGroup)

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## Pride St. Louis



- (314) 762-1173
- 3738 Chouteau Avenue #200, St. Louis, MO 63110
- Food Distribution Coordinator, Matthew Runyan: [matthew.runyan@pridestl.org](mailto:matthew.runyan@pridestl.org)
- [www.facebook.com/pridestlouis](https://www.facebook.com/pridestlouis)
- [www.pridestl.org](http://www.pridestl.org)

Pride STL is a LGBTQ+-led organization and affirming of all trans identities. In partnership with Urban League, Pride STL distributes boxes of non-perishable food items to community members. To schedule a time to pick up a box of non-perishable food, email Food Distribution Coordinator, Matthew Runyan, at [matthew.runyan@pridestl.org](mailto:matthew.runyan@pridestl.org).

## St. Louis Area Food Bank

- (314) 292-6262
- [www.stlfoodbank.org](http://www.stlfoodbank.org)

Visit the St. Louis Area Food Bank website to search food pantries, soup kitchens, and meal services by zip code. **Note that this resource has not yet been vetted for trans-affirming practices.**

# Food Pantries (cont.)



## Epworth Food Pantry



- (314) 918-3396
- 7500 Natural Bridge Road, St. Louis MO 63121
- [www.epworth.org/services/epworth-food-pantry](http://www.epworth.org/services/epworth-food-pantry)

The Epworth Food Pantry provides boxes of food, including pasta, sauces, canned meats, canned vegetables, and preserved fruit, which may also be supplemented by dairy items, frozen meat, fresh produce, and other goods, depending on availability. The food pantry opens each Tuesday beginning at 11:00 AM with items provided on a first come first serve basis until supplies run out. **The pantry currently only operates on Tuesdays and has adopted a “drive-through” setup. If you do not have a car, call to inquire about arrangements for getting food.**

## Hunger Hotline by Operation Food Search

- (314) 726-5355 ext. 3
- [www.operationfoodsearch.org](http://www.operationfoodsearch.org)

The Hunger Hotline provides an automated list of food pantries by zip code. Have a pen and paper ready; they’ll give lots of information. Some pantries only serve meals to people who live in their area, but if you don’t have a permanent address, they usually are able to provide service. **Food Pantry hours and locations may change, and some food pantries will require documentation, so call ahead, if possible. Note that this resource has not yet been vetted for trans-affirming practices.**

## FoodPantries.org

- [www.foodpantries.org/ci/mo-st\\_louis](http://www.foodpantries.org/ci/mo-st_louis)

The Food Pantry website provides an extensive list of food pantries and meal programs in St. Louis and surrounding counties. **Note that this resource has not yet been vetted for trans-affirming practices.**



# Clothing



## Alix's Closet (at Metro Trans Umbrella Group)



- (314) 349-1402
- 3133 Oregon Ave., St. Louis, MO 63118
- [www.stlmetrotrans.org](http://www.stlmetrotrans.org)
- [www.facebook.com/MetroTransUmbrellaGroup](https://www.facebook.com/MetroTransUmbrellaGroup)

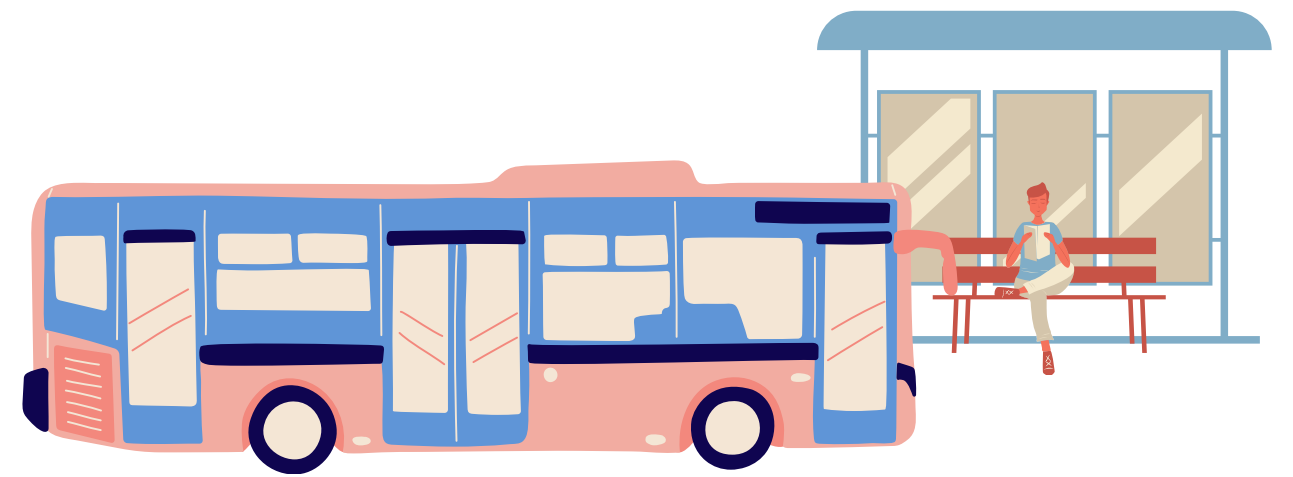
This clothing closet is run by the Metro Trans Umbrella Group (MTUG) and affirming of all trans identities. They provide free gender-affirming clothing, including chest binders. They have clothes for all body types and a private changing room. MTUG also provides the following for free: tents, sleeping bags, toiletries, food from their pantry (including fresh produce), and monthly bus passes. You can access the clothing closet and the other services during open hours on Tuesdays and Thursdays from 12-6PM. **Due to the COVID-19 pandemic, access is by appointment only. To schedule an appointment, call (314) 349-1402 or message them on Facebook.**

## St. Patrick Center

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- 800 N Tucker Blvd, St. Louis, MO 63101
- [www.stpatrickcenter.org/contact-us](http://www.stpatrickcenter.org/contact-us)

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# Transportation & Other Local Services



## Metro Trans Umbrella Group: Bus Passes



- (314) 349-1402
- 3133 Oregon Ave., St. Louis, MO 63118
- [www.stlmetrotrans.org](http://www.stlmetrotrans.org)
- [www.facebook.com/MetroTransUmbrellaGroup](https://www.facebook.com/MetroTransUmbrellaGroup)

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## Facebook Groups



- *Queer Exchange STL:* [www.facebook.com/groups/604483839692207](https://www.facebook.com/groups/604483839692207)
- *MTUG General Chat:* [www.facebook.com/groups/mtugchat](https://www.facebook.com/groups/mtugchat)

Do you have needs not covered in this packet, or are you unable to access the resources? Your community is here for you! Join these Facebook groups, and post your needs/requests in them. While there is no guarantee that your requests will be fully met, the queer community in St. Louis tries its very best to help support one another.

## Medical Care: Planned Parenthood

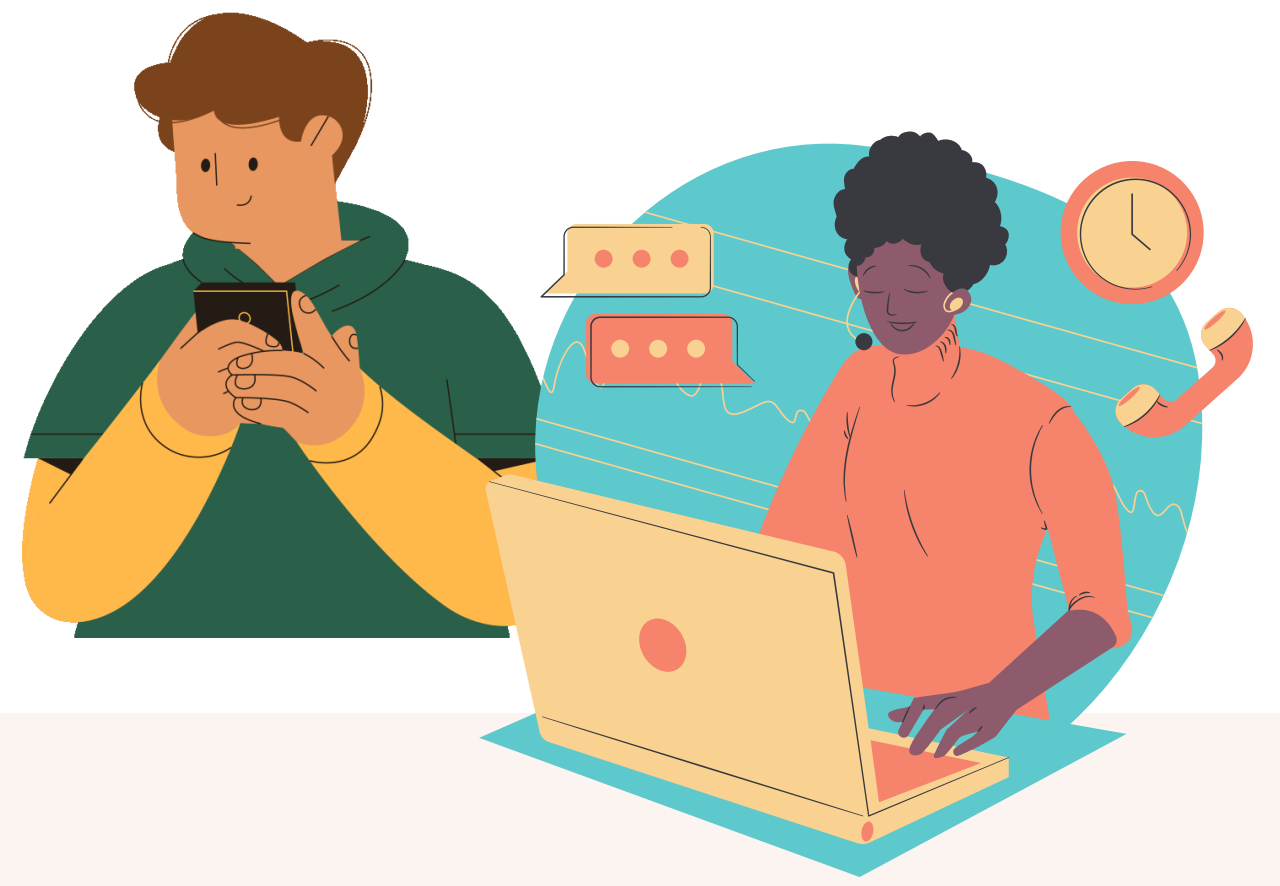


- (314) 531-7526 or (417) 883-3800
- [www.plannedparenthood.org/health-center](http://www.plannedparenthood.org/health-center)

From their website: "Our health centers provide education, support, and sexual and reproductive health services for lesbian, gay, bisexual, transgender, queer, questioning, and intersex patients. Planned Parenthood offers gender-affirming hormone therapy to transgender and gender non-conforming patients. Care is available both virtually and at select health center locations. We use an informed consent model to initiate gender affirming care."



# Helplines & Hotlines



## St. Louis Queer Support Helpline (SQSH)

- (314) 380-7774 or Toll Free: 1(844) 785-7774
- Hours: Friday–Monday, 1:00–7:00 PM
- [www.thesqsh.org](http://www.thesqsh.org)

SQSH offers free, confidential, and identity-affirming emotional support and resource referrals, by and for the St. Louis LGBTQIA+ community. Their helpline is run by local queer and trans people, and they are affirming of all identities. From their website: “Call in to process emotions, talk through resources, brainstorm ideas to assist a friend or loved one, or just to have a meaningful conversation. Whatever your needs, we are here to support, or we will connect you to someone who can.” You can call their helpline during their operating hours or you can fill out a request on their website to have one of their volunteers call you during their operating hours.

## Trans Lifeline

- 24/7 Hotline: 1(877) 565-8860
- [www.translifeline.org](http://www.translifeline.org)

Trans Lifeline’s Hotline is a peer support service run by trans people for trans and questioning callers. Their operators are located all over the U.S. and Canada and are all trans-identified. From their website: “If you are in crisis or just need someone to talk to, even if it’s just about whether or not you’re trans, please call us. We will do our best to support you and provide you resources.” Callers have full anonymity & confidentiality, and there is never any nonconsensual active rescue (calling 911, emergency services, or law enforcement).

La línea directa de Trans Lifeline es un servicio telefónico de apoyo entre pares dirigido por personas trans para nuestros pares trans y que cuestionan. Creemos que el mejor apoyo que las personas trans pueden recibir es el de los miembros de la comunidad trans con experiencias de vida compartidas. Llámanos si necesitas a alguien trans con quien hablar, incluso si no estás en crisis o si no estás seguro de ser trans. Oprima 2 para hablar con unx operador en español.

# Helplines & Hotlines (cont.)



## The Trevor Project



- *24/7 Hotline: 1(866) 488-7386*
- *TrevorChat (online secure instant messaging): [www.thetrevorproject.org/get-help-now](http://www.thetrevorproject.org/get-help-now)*
- *TrevorText: Text START to 678678 (standard messaging rates apply)*
- *[www.thetrevorproject.org](http://www.thetrevorproject.org)*

This is a 24/7 hotline, online chat, and textline for LGBTQ+ youth who are in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk. The hotline is staffed by trained counselors.

## Behavioral Health Response (BHR)



- *24/7 Hotline: 1(844) 985-8282*
- *Chat (online secure instant messaging): [www.bhrstl.org/youth-support](http://www.bhrstl.org/youth-support)*
- *Text: Text BHEARD to 31658 (standard messaging rates apply)*
- *[www.bhrstl.org](http://www.bhrstl.org)*

From their website: "Behavioral Health Response Youth Connection Helpline offers 24/7 crisis support for children, youth, and their families. Youth 19 years and under who reside in St. Louis City or County, St. Charles County, and Franklin County can chat with a clinician. Our Youth Services include follow-up programs to ensure the safety and support of those in need. Our coordinators provide emotional support, referral assistance, and continued follow-up until a crisis situation has been resolved."

## Safe Connections



- *24/7 Crisis Helpline: (314) 531-2003*
- *[www.safeconnections.org](http://www.safeconnections.org)*

From their website: "Our 24-Hour Crisis Helpline is a live-voice helpline for the entire St. Louis region, 24 hours a day, 365 days a year. Highly-trained advocates assess safety needs, assist with safety planning, provide emergency transportation, and give referrals for medical care, shelter, legal aid, counseling, and other area resources. Our Helpline is there for adults and youth of all genders who have experienced rape, domestic or dating abuse (physical, sexual or emotional), sex trafficking, and/or childhood sexual abuse. The Crisis Helpline is also an excellent resource for friends and family members who are concerned for a loved one. Safe Connections arranges over-the-phone interpreters to translate more than 140 languages for Crisis Helpline callers. For callers who are Deaf or hard of hearing, RELAY services are available 24/7 by dialing 711."





## About Jess Jones Education & Consulting

Jess Jones (they/them) is an educational consultant, facilitator, and former public school teacher specializing in gender diversity and LGBTQ+ equity. With over a decade of experience in the education field, Jess draws upon their lived experiences as an openly queer and non-binary educator to guide organizations in implementing gender-affirming practices. It is Jess's firmly held belief that through education, advocacy, and systemic change, we can create accessible spaces that are affirming and supportive of all identities.

To date, Jess's workshops and presentations have reached thousands of participants across sectors, including K-12 education, healthcare, non-profit, higher education, and legal. Jess provides training, coaching and consultation, resource creation, advocacy services, and more. To learn more about Jess Jones Education & Consulting or request additional information, please visit [www.JessJonesEducation.com](http://www.JessJonesEducation.com)