

Trans Best Of Memphis

2019 A Handbook for
Navigating Trans
Friendly Memphis





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Medical Care

Primary Care

Dr. Martin Acree, MD

1325 Eastmoreland Ave, Ste 150

Memphis, TN 38104

(901) 516-9830

[Website](#)

Dr. Allison Stiles, MD

[Memphis Internal Medicine and Pediatrics](#)

1325 Eastmoreland Ave, Ste 150

Memphis, TN 38104

(901) 276-0249

Dr. Douglas O’Dea, MD

[North Internal Medicine](#)

7378 Yale Rd.

Bartlett, TN 38133

(901) 387-0193

Dr. Yvonne F. Moore

6401 Poplar Ave, Ste 530

Memphis, TN 38119

(901) 767-9368

Dr. Freddie Everson, MD

[BMG Primary Care Walk-In Clinic](#)

1520 Union Ave

Memphis, TN 38104

(901) 276-2410

Dr. Shawn Hayden, MD

[Midtown Internal Medicine](#)

1533 Union Ave

Memphis, TN 38104

(901) 721-1220

Mental and Emotional Health

Katherine Brown

815 Mt Moriah Rd
Memphis, TN 38117
(901) 685-5491

[Website](#)

Dr. Christine Malone, PhD

671 N Ericson Rd, #104
Cordova, TN 38018
(901) 754-6644

Jennifer Valli, MSW

1384 Cordova Cove
Germantown, TN 38138
(901) 299-3224

Kelli Davis MS, LPC, MHSP

1565 Overton Park Ave
Memphis, TN 38112
(901) 881-4942

Dr. Joel Chapman, PhD

[Pilgrim Center for Counseling](#)

1000 South Cooper St
Memphis, TN 38104
(901) 844-4357

KT Hiestand, PhD

892 South Cooper St.
Memphis, TN 38104
(901) 486-5745

kthiestand@yahoo.com

Mental and Emotional Health

Kim McCaskill LPC-MHSP

5865 Ridgeway Center Pkwy, Ste 300

Memphis, TN 38120

(901) 387-7747

[Website](#)

Cliff Heegel, PhD, Med, BA

4728 Spottswood Ave

Memphis, TN 38111

(901) 763-0999

[Website](#)



Sexual Health Organizations

Planned Parenthood Greater Memphis Region

2430 Poplar Ave, #100

Memphis, TN 38112

(901) 725-1717

[Website](#)

(Currently only providing PrEP and PEP for transgender patients)

CHOICES: Memphis Center for Reproductive Health

1726 Poplar Ave

Memphis, TN 38104

(901)274-3550

OUTMemphis

892 South Cooper St

Memphis, TN 38104

(901) 278-6422



Hormone Therapy Providers

Dr. Martin Acree, MD

1325 Eastmoreland Ave, Ste 150

Memphis, TN 38104

(901) 516-9830

[Website](#)

Dr. Douglas O’Dea, MD

Dr. Debra Dowda

[North Internal Medicine](#)

7378 Yale Rd.

Bartlett, TN 38133

(901) 387-0193

Health and Wellness

Pharmacy

CVS

2115 Union Ave
Memphis, TN 38104
(901) 274-4085

CVS

786 N. Germantown Pkwy
Cordova, TN 38018
(901) 755-7696

Rite Aid

1810 Union Ave
Memphis, TN 38104
(901) 272-6191

Community Walgreens

Dr. Nate Boutte
1424 Union Ave
Memphis, TN 38104
(901) 725-7828

Madison Pharmacy

1750 Madison Ave #110
Memphis, TN 38104
(901) 274-4334

Health and Wellness

Gym/Fitness

Planet Fitness

1635 Poplar Ave

Memphis, TN 38104

(901) 509-2074

French Riviera Spa

3464 Poplar Ave

Memphis, TN 38111

(901) 327-2727

Planet Fitness

5740 Stage Rd

Bartlett, TN 38134

(901) 757-3300

ATC Fitness

Kirby Gate Shopping Center

6558 Quince Rd

Memphis, TN 38119

(901) 756-2480

Transgender Social/Support Group

Perpetual Transition

[OUTMemphis](#)

Monday 6-8:00 pm

892 South Cooper St

Memphis, TN 38104

(901) 278-6422

Bold & Beautiful

[OUTMemphis](#)

Thursday 7:30 pm-9:30 pm

892 South Cooper St.

Memphis, TN 38104

(901) 278-6422

FTM Memphis

<http://ftmmemphis.org>

Delta Trans Masculine

[OUTMemphis](#)

Fridays 5:30 pm-6:30 pm

892 South Cooper St.

(901) 278-6422

GNC/Non-Binary Group

OUTMemphis

First Tuesday of the month 5:30
pm - 6:30 pm

892 South Cooper St.

(901)278-6422

MAGY ([Memphis Area Gay Youth](#))

1000 South Cooper St

Memphis, TN 38104

Fridays 7 pm-10 pm

Faith and Spirituality

First Congregational Church

1000 South Cooper St

Memphis, TN 38104

(901) 278-6786

[Website](#)

Cathedral of Praise

561 S. Prescott St

Memphis, TN 38114

(901) 504-5289

[Website](#)

Neshoba Unitarian Universalist Church

7350 Raleigh Lagrange Rd

Cordova, TN 38018

(901) 266-2626

[Website](#)

Freedom's Chapel Christian Church

961 Getwell Rd

Memphis, TN 38111

(901) 244-7661

[Website](#)

Cathedral of the Immaculate Conception

1695 Central Ave

Memphis, TN 38104

(901) 725-2700

[Website](#)

Beauty and Appearance

Dental

William N Castle, DDS, PLLC

79 North Cooper St

Memphis, TN 38104

(901) 685-5008

[Website](#)

Farmington Dental Centre

1918 Exeter Rd #1

Germantown, TN 38138

(901) 755-2100

[Website](#)

Beauty and Appearance

Beauty Shop, Barbershop, Salon

Dabbles Hair Company

19 North Cooper St
Memphis, TN 38104
(901) 725-0521

[Website](#)

Empire Hair Studio

615 Cooper St
Memphis, TN 38104
(901) 672-7926

[Website](#)

Regis

1001 Barnes Crossing Rd
Tupelo, MS 38804
(662) 842-7227

[Website](#)

Pavo Salon Midtown

[Gloria Dodds](#)
2157 Central Ave
Memphis, TN 38104
(901) 818-0773

[Website](#)

Supercuts

4288 Summer Ave
Memphis, TN 38122
(901) 766-9849

[Website](#)

Beauty and Appearance

Day Spa

Mona Esthetics

Laurelwood Shopping Center

4564 Poplar Ave

Memphis, TN 38117

(901) 683-0048

[Website](#)

Pastille Salon and Day Spa

8504 Macon Rd

Cordova, TN 38018

(901) 624-5600

[Website](#)

Juve Salon

620 South Perkins Rd

Memphis, TN 38117

(901) 683-3944

[Website](#)

Face, Body, & Hair Care

Dermatology Realm

2120 Merchants Row, Ste 2

Germantown, TN 38138

(901) 362-7170

[Website](#)

Andrea's Naitique

3589 Park Ave

Memphis, TN 38114

(901) 323-7227

[Website](#)

Solutions Medical Center

832 W Poplar Ave

Collierville, TN 38017

(901) 853-6428

[Website](#)



Beauty and Appearance

Tattoo Artists

Underground Art, Inc

2287 Young Ave

Memphis, TN 38104

(901) 272-1864

[Website](#)

Trilogy

530 South Highland St

Memphis, TN 38111

(901) 327-0404

[Website](#)



Entertainment

Restaurants

The HM Dessert Lounge

1586 Madison Ave
Memphis, TN 38104
(901) 290-2099

Soul Fish Cafe

862 S Cooper St
Memphis, TN 38104
(901) 725-0722

Fuel Cafe

1761 Madison Ave
Memphis, TN 38104
(901) 725-9025

Huey's

1927 Madison Ave
Memphis, TN 38104
(901) 726-4372

Imagine Vegan Cafe

2158 Young Ave
Memphis, TN 38104
(901) 654-3455

Belly Acres

2102 Trimble Pl
Memphis, TN 38104
(901) 529-7017

Mot & Ed's

1354 Madison Ave
Memphis, TN 38104
(901) 249-8976

Pho Bihn

1615 Madison Ave
Memphis, TN 38104
(901) 276-0006

Mulan's Asian Bistro

2149 Young Ave
Memphis, TN 38104
(901) 347-3965



Entertainment

Bars & Clubs

Club 360

3896 Lamar Ave

Memphis, TN 38111

Dru's Bar

1474 Madison Ave

Memphis, TN 38104

(901) 275-8082

P&H Cafe

1532 Madison Ave

Memphis, TN 38104

(901) 726-0906

Club Memphis

2790 Park Ave

Memphis, TN 38114

Pumping Station

1382 Poplar Ave

Memphis, TN 38104

(901) 272-7600

Entertainment

Coffee Shops

Starbucks

Multiple Locations

[Website](#)

Otherlands Coffee Bar

641 Cooper St

Memphis, TN 38104

(901) 278-4994

Java Cabana

2170 Young Ave

Memphis, TN 38104

(901) 272-7210



Legal

Sharp Legal Group

Contact: Chasity Sharp

22 N Front St

Memphis, TN 38103

(901) 575-3500

[Website](#)

Law Office of Giles W. King

5699 Getwell Rd

Southaven, MS 38672

(662) 349-3111

[Website](#)

Branan Debra Pace

2584 US-51

Hernando, MS 38632

(662) 449-4800

[Website](#)



LGBTQ Police Liaison

LGBTQ Liaison – Division of Police Services

City of Memphis Police Department

Contact: Officer Davin Clemons

(901) 831-0821

LGBTQ Liaison – Special Victims' Unit

Shelby County Sherriff's Office

Contact: Sergeant Natalie Hillman

(901) 224-4964

Trans Best of Memphis 2019

Funding Guide

Insurance Providers and Coverage

	Hormone Therapy	Gender Affirming Surgery	Routine Medical Care	Mental Health Care
Medicare	✓	✓	✓	
BlueCross BlueShield TN	✓	✓	✓	✓
Aetna	✓	✓	✓	
Cigna	✓	✓	✓	✓
Amerigroup	✓	✓	✓	✓
Emblem Health	✓	✓	✓	
United HealthCare (Community Plan)	✓	✓	✓	✓

Some insurers have age restrictions on certain covered services.

Insurers CANNOT deny sex-specific preventive services.

Various gender-affirming surgeries are considered cosmetic and not covered.

Nearly all surgical procedures must be deemed medically necessary and prior

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Funding Guide

Jim Collins Foundation

General Fund: 100% of medical fees associated with gender-affirming surgery

Krysallis Anne Hembrough Legacy Fund: 50% of medical fees associated with gender-affirming surgery. Recipient must match each dollar of funds from legacy fund

Criteria/Eligibility

Application Packet (letters of support, care plan, recovery plan)

Demonstrate financial need

Detail fundraising/financial support efforts

****Applicants may only apply once per grant cycle for consideration for Grant Fund or Krysallis Hembrough Legacy Fund. If selected, funds paid directly to institution****

For additional info visit: <https://jimcollinsfoundation.org>

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Funding Guide

CK Life Scholarship Fund

Scholarship fund covers entire cost of gender-affirming surgery. Applicants can submit multiple applications to cover all surgeries. One surgery may be applied for per single application number

Criteria/ Eligibility

- Application Packet (cover page, personal statement, references, financial statement)
 - Detailed account of financial situation.
 - *Proof of insurance coverage or lack thereof coverage.*

Awarded funds for non-genital surgeries must be used in 3 months. Genital surgery funds must be used in 6 months.

For additional info visit: cklife.org/scholarship/

Trans Best of Memphis 2019

Kayla Gore, Transgender Services Specialist

kgore@outmemphis.org, (901) 278-6422

Crisis Hotlines

Trans Lifeline
1-877-565-8860

The Trevor Project
1-866-488-7386

Memphis Crisis Center 901-274-7477
LGBTQ Emergency Housing ages 18-24
OUTMemphis Metamorphosis Project
(901)278-6422; sbell@outmemphis.org

INTERNATIONAL  PAPER



Special thanks to everyone who took the survey! There would be no guide without your input.