

## **LGBT Resource List**

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**NOTE:** This list was made by compiling random postings and advertisements on local electronic mail listservs. These are only recommendations based on the opinions of others.

## **LGBT Friendly Physicians**

Dr. Cory Annis  
Carrboro Pediatrics and Internal Medicine  
205 Lloyd St., Suite 101  
Carrboro, NC  
(919) 933-8381

Dr. Jonathan Bregman, D.D.S.  
3325 Chapel Hill Blvd.  
Durham, NC  
919-489-0497

Dr. Amy Csorba  
Dr. Johnathan Sheline  
Bridges to Health-Holistic practice  
Durham

Dr. Gary Greenberg  
Dr. Janet Keating  
Duke Family Medicine  
2100 Erwin Rd., Durham  
(919) 684-6721

Carolyn Lekavich, Nurse Practitioner  
Roxboro Rd.

Dr. Elizabeth Nadler  
Triangle Family Practice  
(919) 572-2000

Dr. Barbara Sheline  
Herndon Rd. Clinic-Southpoint  
Durham

Dr. Denise Tollefson  
Willow Family Medical Center  
1910 Sedwick Rd, Building 400-B  
Durham, NC 27713  
(919) 806-8686

Dr. Zambrana, D.D.S.  
Durham, NC  
(919) 479-5757

Other organizations with lists of LGBT Friendly Physicians:

Triangle Community Works  
(919) 821-0055

Lesbian Health Resource Center (LHRC)  
(919) 956-9900

**Counselors**

Here is a brief list of some area counselors that you requested. Once again, many of these counselors have either contacted us on their own or have advertised in local area gay and lesbian newspapers or newsletters. We do not screen them in any way.

Buhrke, Robin, Her interests include sexual orientation issues, diversity and multicultural issues, and women's issues. Research and writing interests include therapeutic and training issues as they relate to sexual orientation and lesbian and gay law enforcement personnel. Robin is a member of the American Psychological Association. She is past-chair of APA's Committee on Lesbian, Gay, and Bisexual Concerns and past-president of APA Division 44: The Society for the Psychological Study of Lesbian and Gay Issues. rbuhrke@duke.edu, 660-1000.

Campbell, Thomas F., MS, LPC  
Counseling couples and individuals  
specializing in gay, lesbian, and bisexual issues  
919-833-6651

Located off corner of St. Mary's and Wade Ave. in Raliegh, Call for 30 minute phone consultation.

Denker, Michele J., MD  
Board certified psychiatrist  
Psychotherapy & Medication management  
919-678-1011  
1020 Southhill Dr.  
Near I-40 Harrison Av. & Weston Pkwy.  
Cary, NC

Geiger, Ricki L., MSW, LCSW, CGP.  
Licensed Clinical Social Worker. Certified Group Psychotherapist. Individual. Couples. Group. Depression. Anxiety. Self Esteem. Trust Issues. Self-defeating behavior. Surviving Abuse. Grief Work. Sexual Identity. Communication. Relationship Problems. Spirituality Concerns.

Serving the Lesbian community since 1980. Chapel Hill: 919-929-8559. email  
rickilgeiger@mindspring.com. <http://www.psychotherapyresources.com/geiger.htm>.  
Insurance and sliding scale.

Grigsby, Mary K., MEd  
Licensed Professional Counselor  
Addressing your needs at your pace. Counseling for every day stresses or life's traumas  
and transitions.  
919-286-9659 or 919-971-4883  
30 minute free consultation. LPC supervision

Hill, Debbie  
Chapel Hill, NC  
919-490-4434

InnerWork  
Psychotherapy and Counseling  
Counseling services for our diverse GLBT community. Relationship & family issues,  
addiction, depression, coming out, HIV-AIDS, search for personal meaning or life  
focus...  
Affordable sliding scale fees  
free initial consultation  
Chapel Hill location  
Call for free brochure  
Glen Tig, M.A., LPC  
Licensed Professional Counselor  
919-942-0858

Isley, Timothy, M.D.  
Johnson, Randall, M.D.  
McInerney, Teresa, M.S.W.  
Psychotherapy  
Individual, couple & Family, Adult, Adolescent & Child  
Eastonw Clinical Associates  
800 Eastowne Dr. Suite 205, Chapel Hill, N.C.  
919-493-0346

Katz, Mike, Ph.D.  
Psychotherapy for the Gay, Lesbian, and Bisexual Communities  
Fear, Loneliness, Coming Out, HIV, Sexual Concerns, Relationship Problems, Addiction.  
Licensed Psychologist  
919-781-0852  
Insurance/sliding scale

Mayo, Jennifer, MA, LPC  
Psychotherapy, Hypnosis, EMDR  
819 Broad st.  
Durham, NC 27705  
919-286-3136  
by appointment only

Powell, Judith C., Ph.D. - 467-4782 and 420-0036. Clinical psychologist for individual, couples, and group psychotherapy, consultation.

Rice, Barbara L., MS, NCC  
Nationally Certified Counselor  
Specializing in serving gay, lesbian, and bisexual individuals through individual, couples, and family counseling.  
425 Spring Garden St.  
Greensboro, NC 27406  
336-339-7181  
Sliding scale fee

Sgouros, Helen  
Chapel Hill, NC  
919-493-3457

Triangle Family Services Center - 401 Hillsborough St., Raleigh, 821-0790. As a United Way agency, the services they offer include mental health counseling on a sliding scale fee basis and budget counseling and a debt repayment program through consumer credit counseling.

**Lawyers:**

Logan, Lisa  
919-622-6858  
[LMLogan@aol.com](mailto:LMLogan@aol.com)  
[www.e-gad.com/clients/logan](http://www.e-gad.com/clients/logan)

## **Testing Information:**

### **Types of Testing:**

Anonymous Testing is not offered in North Carolina. There are two options, Confidential Testing, and Superconfidential Testing. (Anonymous testing is still available in Virginia, however. Call 1-800-342-2437 (24 hours) for the nearest testing site, as well as to receive answers to any questions about transmission, prevention, and testing).

### **Confidential Testing:**

Confidential test results may be disclosed only with your written permission for insurance or employment screening. Positive results are reported to the North Carolina State Department of Public Health, as required by law. People may receive written documentation of their results if so needed for working papers, immigration, etc. Both positive and negative results are entered into your medical record.

### **Superconfidential Testing: (only available at Duke)**

Superconfidential testing does not require you to disclose your name. You are only required to give your first name, and the nurse alone will know your identity. Results are not recorded on your medical record and, if your results are negative, all records will be destroyed. If the test is positive, it must be reported the North Carolina State Department of Public Health, as required by law.

### **Testing Options at Duke University:**

Confidential:

No charge, available at Duke Family Medicine Center  
Call 684-3180 to make an appointment

Superconfidential:

No charge, available at Healthy Devil  
Student Health Center  
Call 684-3367 to make an appointment

**Other Testing Options:**

At home:

“Home Access”

Call 1-800-HIV-TEST

\$45-\$100

Confidential:

Durham County:

Durham County Health Department

414 E. Main Street

Durham, NC 27701

919-560-7601

Walk-in hours, no appointment necessary

weekdays: 8:30-11 am; 1-4 pm

Lincoln Community Health Center

1301 Fayetteville Street

Durham, NC

919-956-4010

Walk-in hours, no appointment necessary

Monday-Friday: 9 am-4 pm

Orange County:

Orange County Health Department (Carrboro):

100N Greensboro St.

Carr Mill Mall, Suite 225

Carrboro, NC 27510

919-968-2022

Appointments encouraged

Anonymous appointments:

Weekdays 8:15 am – 3:15 pm

Confidential appointments:

Wednesday 8:15 am – 3:45 pm

Thursday 1:00 pm – 3:45 pm

Orange County Health Department (Hillsborough):

300 W. Tryon Street

Hillsborough, NC 27278

919-732-8181

Walk-in hours, no appointment necessary

Monday afternoons

Tuesday all day

Friday mornings

Wake County

Wake County Health Department

10 Sunnybrook Rd.

Raleigh, NC 27620

Walk-ins:

Weekdays 8:30 am – 12 pm and 1 pm – 4 pm (except Thursday)

Thursday 1 pm – 4 pm only

Appointments can be made for Mondays and Tuesdays

## **Personal Commentaries on Various Testing Locations**

“In a nut shell, superconfidential testing at the Student Infirmary is excellent... I spoke with the specialist (a VERY well trained nurse who handles all the cases herself) about how she goes about telling someone they are infected – and to make a long story short – rest assured, SHE KNOWS WHAT SHE IS DOING. So, I encourage everyone out there who has ever been sexually active or has even the slightest chance of being at risk to go to the Student Infirmary to get tested. FYI – the test does not involve needles or blood (it uses this weird sponge on a stick that tests for antibodies in the DNA of your saliva – it’s very accurate, and pretty neat).”

“The other great thing about getting tested at the Student Infirmary is that it doesn’t go on your medical record. If you get tested at Duke Hospital or Pickens (or anywhere else) it winds up on your record and that can cause you problems later on when you are trying to get health insurance. I have heard that people are being denied these days just for getting tested. SO, go to the infirmary, it’s free, painless and won’t harm your chances of getting insurance later on. (And, I’m not just saying that, I’ve been there and done it, it’s scary but it could be a lot worse).”

\*\*\* Some people claim that it is possible to receive “anonymous” testing at the Durham County Health Department by using an alias.

“The Durham County Health Department offers free confidential HIV tests – they are NOT officially anonymous, but when your counselor asks you for your personal info (name, ss#, address, birthdate, etc.) there is absolutely NO attempt to verify this info....Yes, it’s dishonest; but it’s anonymous and I consider it a form of civil disobedience. I would never even consider being tested through my own health care provider.”

\*\*\*There are at-home testing kits, as well.

“There is one home testing kit that is approved by the FDA. It is called “Home Access,” and is widely available through pharmacies. You can also order one by calling 1-800-HIV-TEST. It uses the same testing protocol as most test centers (ELISA antibody test with all positive results verified by Western Blot). The only drawback is the cost (anywhere from \$45-\$100). Many test centers are very cheap or even free.”

## **Information Contacts**

### **National:**

Gay Men's Health Crisis (GMHC)  
212-807-6655

- Provides services for people with AIDS as well as their family and friends
- Educates the public
- Advocates fair and effective AIDS policies

GMHC Substance Use Counseling and Education Department (SUCE)  
212-337-3343

Center for Disease Control & Prevention (CDC) National AIDS Hotline  
1-800-342-AIDS (2437)  
<http://www.cdc.gov/nchstop/hiv-aids>

- Questions and Answers
- AIDS-related referrals
- Provides information on HIV/AIDS drug treatments

National STD Hotline  
1-800-227-8922

Drug Abuse Hotline  
1-800-662-HELP

CDC National AIDS Clearinghouse  
1-800-458-5231

- National prevention network information
- Written publications, videos
- Not really for questions; call 1-800-324-AIDS for these

National Association of People with AIDS (NAPWA)  
202-898-0414  
1413 K Street NW  
Washington, D.C. 20005-3442  
[www.napwa.org](http://www.napwa.org)

American Foundation for AIDS Research  
1-800-39AMFAR (392-6827)

- Provides treatment information

AIDS Treatment Data Network  
212-268-4196  
Project Information: 1-800-822-7422

AIDS Council Trials Information Service  
1-800-TRIALS-A (874-2572)

- Provides information on new drugs and experiments

Social Security Administration  
1-800-772-1213

- Confidential Assistance for applying for disability benefits

**State and Local:**

Alliance of AIDS Services Carolina (AASC)  
Main Office  
324 S. Harrington Street  
Raleigh, NC 27603

Durham Client Services  
919-680-2437  
Durham Faith Ministries  
919-596-9898

- Client Advocacy
- Faith Ministries
- Housing
- Prevention/Education

Eastern North Carolina HIV/AIDS Consortium  
252-353-7917

Piedmont HIV Health Care Consortium  
919-682-3998

Triangle Gay, Lesbian, and Bisexual Youth Outright  
919-286-2396 (Sun-Thurs 6:30-9:30 pm)  
PO Box 3203  
Durham, NC 27715

Durham County Hotline  
919-683-8628

Early Intervention Program  
919-250-3999

- Helps clients learn how to live with HIV
- Physicals
- Ongoing medical care
- Short term case management
- Counseling
- Dental care
- Drug trials

Healthy Devil, Duke University  
919-684-5758  
<http://h-devil.www.mc.duke.edu/h-devil/>

National AIDS Information Hotline  
1-800-342-AIDS

STD Hotline  
1-800-982-5883

Alcohol and Drug Abuse Action Helpline and Treatment  
1-800-888-9383

### **Local Support Groups**

AIDS Coalition to Unleash Power (ACT UP)  
919-990-1197

Durham County:  
Women of Power with Vision (for women with HIV)  
Meets every other Tuesday, 4-6 pm  
919-560-7760

American Red Cross  
4737 University Dr.  
P.O. Box 52509  
Durham, NC 27717-2509  
919-489-6541 ext. 334

The AIDS Service Project (TASP)  
Box 3203  
Durham, NC 27715-3203  
919-286-7475

Lesbian and Gay Health Project  
P.O. Box 3203  
Durham, NC 27715-3203  
919-286-4107

AIDS Community Residence Association (ACRA)  
P.O. Box 61584  
Durham, NC 27707  
919-479-4834

Triangle Hospice, Inc.  
1804 W. Southern Parkway  
Suite 112  
Durham, NC 27707  
919-490-8480

Orange County:  
Group for Gay, Bisexual, Transgendered Men  
Meets every other Tuesday in Chapel Hill, 6-7:30 pm  
919-942-6163

Wake County:  
HIV/STD Control Branch  
P.O. Box 27687  
Raleigh, NC 27611-7687  
919-733-7301

Southlight: Drug Action of Wake County  
Life Plus: 2805 Industrial Dr.  
Raleigh, NC 27609  
919-832-4453  
Pathways: 2809 Highwood Blvd.  
Suite 103  
Raleigh, NC 27604  
919-872-7373

AIDS Service Agency  
324 S. Harrington St.  
P.O. Box 12583  
Raleigh, NC 27605  
919-834-2437

Anyone with HIV/AIDS  
Meets every other Thursday in Raleigh, 7-9 pm  
919-755-3558

To start a new support group:  
Contact Jacquelyn at the Alliance of AIDS Services Carolina (AASC)  
919-842-2437, ext. 17