

Canada 



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Equality Canada

Femmes et Égalité
des genres Canada

2024

**TOOLS FOR ACCESS
TO SERVICES
FOCUSED ON
LGBTQIA+
IMMIGRANTS AND
REFUGEES IN
MONTREAL**



Designed by Douglas Toledo-Beltran

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PRESENTATION

We are pleased to present the "Tools for Access to Services Focused on LGBTQAI+ Immigrants and Refugees," a comprehensive guide developed by AGIR Montreal. This resource is dedicated to assisting LGBTQAI+ immigrants and refugees, as well as the organizations that support them, in navigating and accessing a variety of services tailored to their unique needs.

This guide addresses the current challenges faced by LGBTQAI+ immigrants and refugees and provides practical information to facilitate their integration and access to necessary services. The development of this guide has been made possible through the generous support of the Government of Canada and Women and Gender Equality Canada. We believe this guide will serve as a crucial tool in enhancing the support network for LGBTQAI+ communities across Montreal.



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DID YOU KNOW THAT RAMQ AND REFUGEE CLAIMANT INSURANCE (IFHP) COVER HORMONE REPLACEMENT THERAPY FOR TRANS AND NON-BINARY PEOPLE?



BUT WHO IS ELIGIBLE FOR RAMQ AND IFHP?

RAMQ: RÉGIME D'ASSURANCE MÉDICALE DU QUÉBEC

WHO'S ELIGIBLE?

- PERMANENT RESIDENTS
- CITIZENS

IFHP: INTERIM FEDERAL HEALTH PROGRAM

WHO'S ELIGIBLE?

- REFUGEE CLAIMANTS
- ACCEPTED REFUGEE
CLAIMANTS
- RESETTLED REFUGEES





WHERE TO GET HORMONE REPLACEMENT THERAPY (HRT) IN MONTREAL:

CLINIQUE MERAKI (SPACE AVAILABLE ONLY FOR TEENAGERS, 13 - 17 YO)
RAMQ and IFHP – French and English

438-844-7200

communication@cliniquelagora.com



CLINIQUE L'AGORA
RAMQ and IFHP – French and English

438-844-7200

communication@cliniquelagora.com

CLINIQUE QUORUM
RAMQ and IFHP – French and English,
sometimes Spanish

514-360-0614

info@cliniquequorum.com



IF YOU HAVE ACCESS TO A GENERAL DOCTOR, YOU CAN ALSO ASK THEM TO REFER YOU TO AN ENDOCRINOLOGIST



DR. LOUIS BONDAZ

Maisonneuve-Rosemont Hospital
RAMQ and IFHP - French and English
Fax doctor's referral to 514-251-5261



GENDER DIVERSITY CLINIC

For youth 8 to 17 years old, RAMQ and IFHP - French and English
chusj.org



DR. VÉRONIQUE PELLETIER

Verdun Hospital
RAMQ and IFHP - French and English
Fax doctor's referral to 514-362-7420

IF YOU DON'T HAVE INSURANCE



BUT YOU CAN PAY:


DR. GABRIELLE LANDRY

For 25 years and under - French,
English sometimes Spanish

514-481-0277

clinic@headandhands.ca





**IF YOU DON'T HAVE INSURANCE
BUT YOU FIND A DOCTOR WILLING
TO PRESCRIBE HRT, HERE ARE
SOME CLINICS WHERE YOU CAN
DO THE BLOOD WORK**

**MÉDECINS DU MONDE
(CLINIQUE MIGRANTE)**

Only for migrants without insurance – English,
French, and Spanish

Call Monday from 5pm to 8pm

438-844-5696

HEAD AND HANDS

For 25 years and under - French, English
sometimes Spanish

514-481-0277

clinic@headandhands.ca

SIDEP+

For men who have sex with men and trans people with
or without insurance - French, English, sometimes

Spanish

514-527-9565 x 1480

To book online

bit.ly/490jakh

STILL NEED SUPPORT?



**YOU CAN REACH
OUT TO US AT:**

 soutien.support@agirmontreal.org

**(FRENCH, ENGLISH,
SPANISH, ARABIC)**



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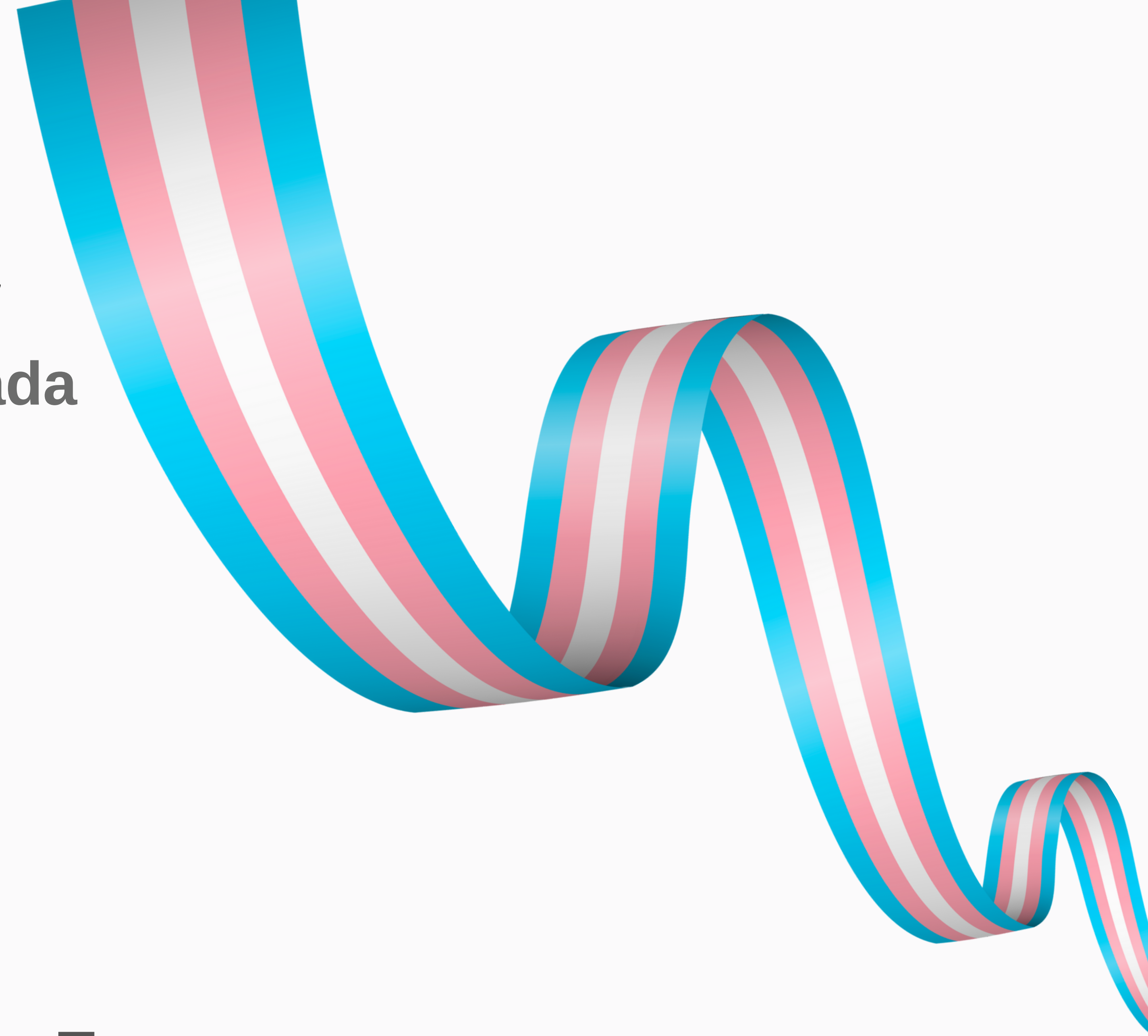


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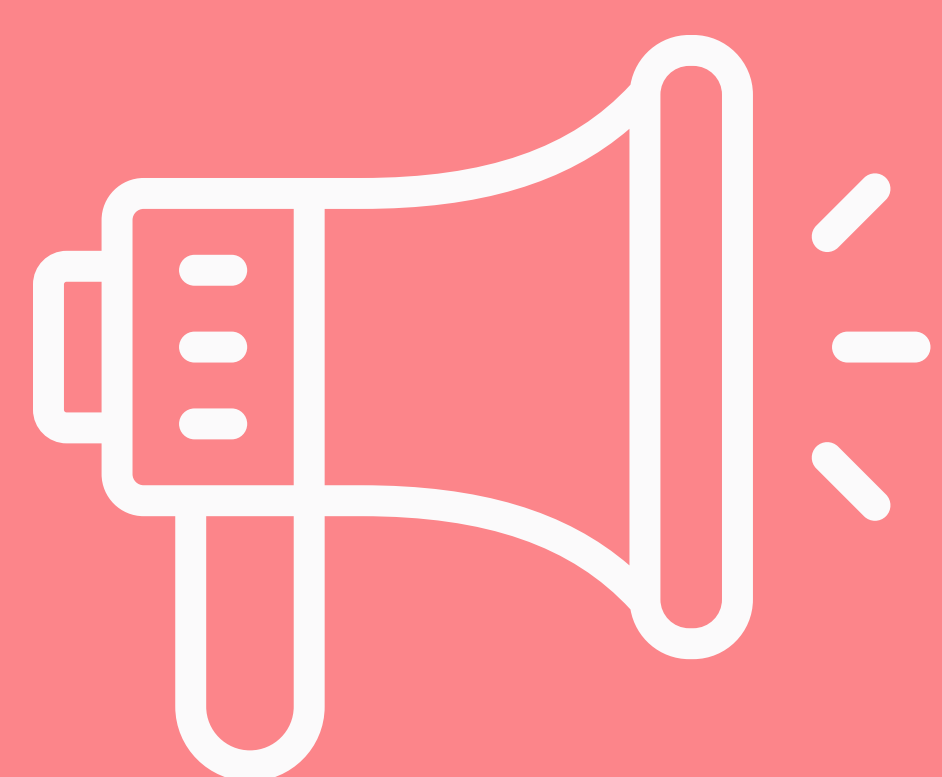
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How to access trans-affirmative surgeries as a refugee or immigrant in Montreal





Some
surgeries are
covered by
RAMQ



E.g. vaginoplasty,
phalloplasty, mastectomy.
Others, like breast
reduction and breast
augmentation are not
covered.



If you have **IFHP**, generally
surgeries are not covered but **GRS**
(surgery center) may ask for an
exception with the provider. **IFHP**
covers hysterectomy. If you can
pay, GRS will accept your money.



Action LGBTQIA+ avec les
ImmigrantEs et RéfugiéEs à Montréal

What's Next?



Learn more about surgery options

Some require that you take hormones first. Find more info here:

bit.ly/4ceTPRT



Contact GRS Montreal

You can open a file by calling at 514-288-2097



You will receive an email

with all the requirements and documents to fill

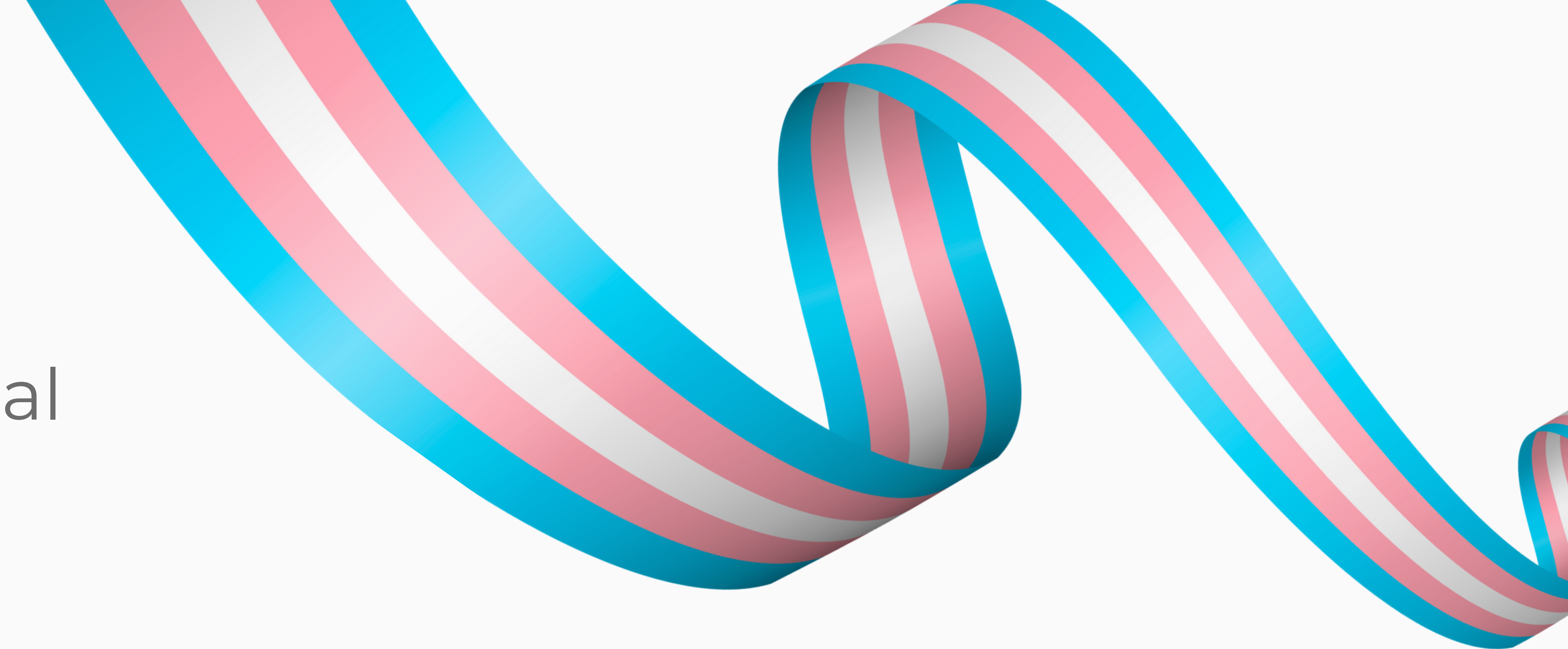


Find a doctor

To help you fill out the medical forms



Action LGBTQIA+ avec les
ImmigrantEs et RéfugiéEs à Montréal



What's Next?

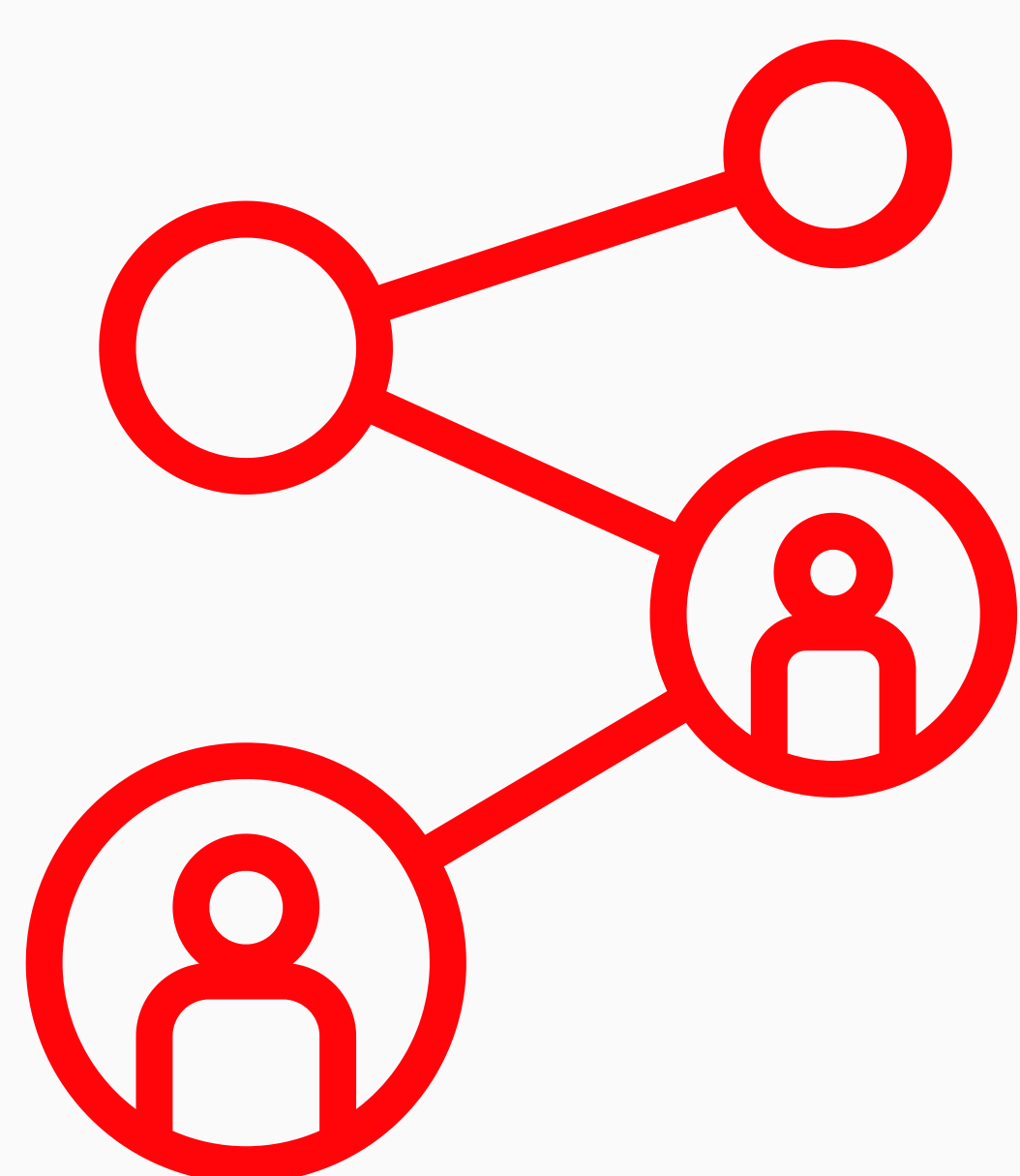


Find a therapist or professional with a masters in studies related to mental health

To provide you with a letter :

If you have **IFHP** or **RAMQ**, your doctor or nurse practitioner can refer you to **McGill University Sexual Identity Centre (MUSIC)**:

bit.ly/48Uc7Ft



To get a referral faster

Institut pour la santé trans

bit.ly/3VfzZA8

List developed by the 2110 Center

bit.ly/3TetoTY



Send all your documents to GRS Montreal

This is **GRS** email:

document@grsmontreal.com



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Need support to go through the process?

Contact us at
soutien.support@agirmontreal.org



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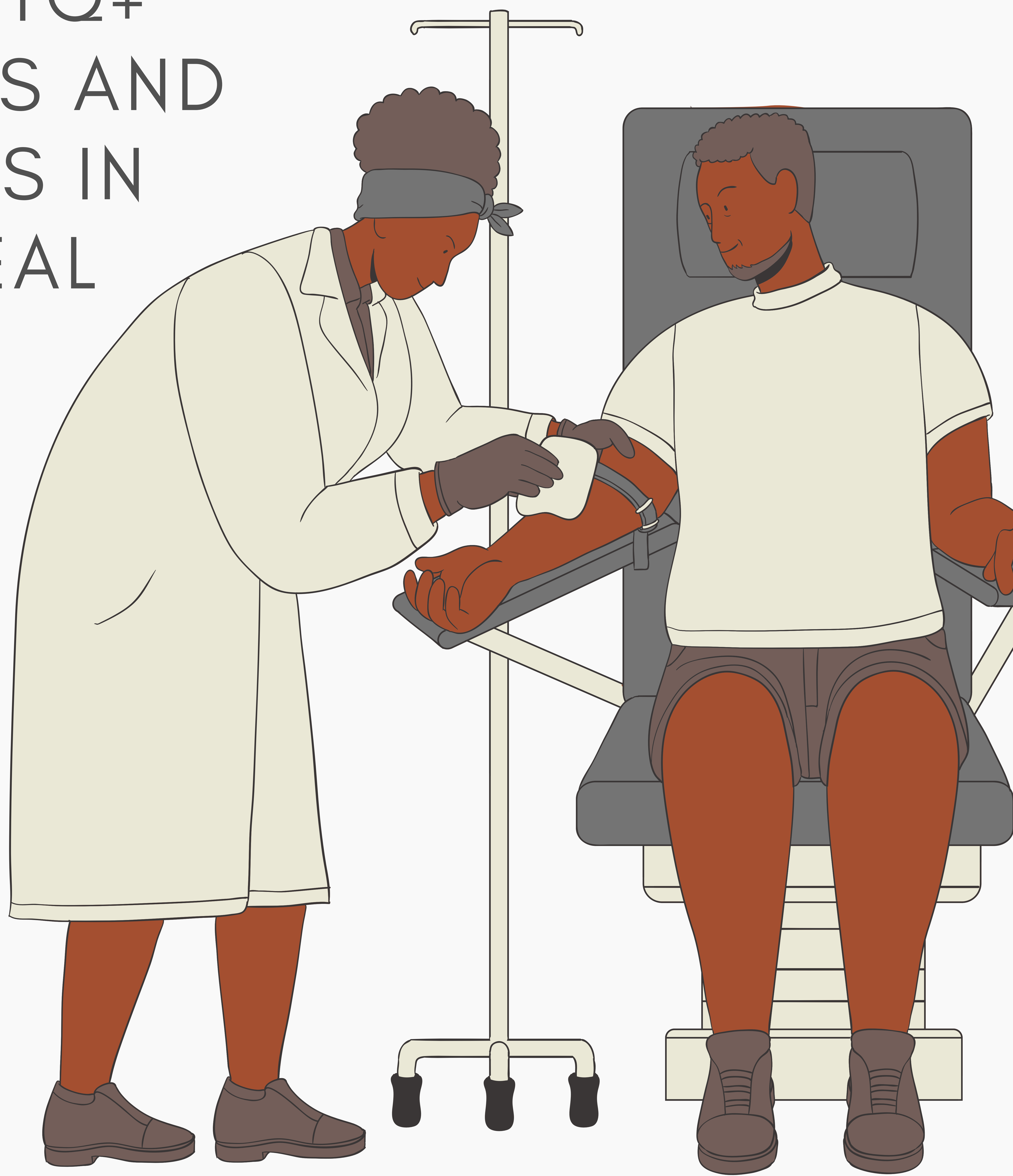
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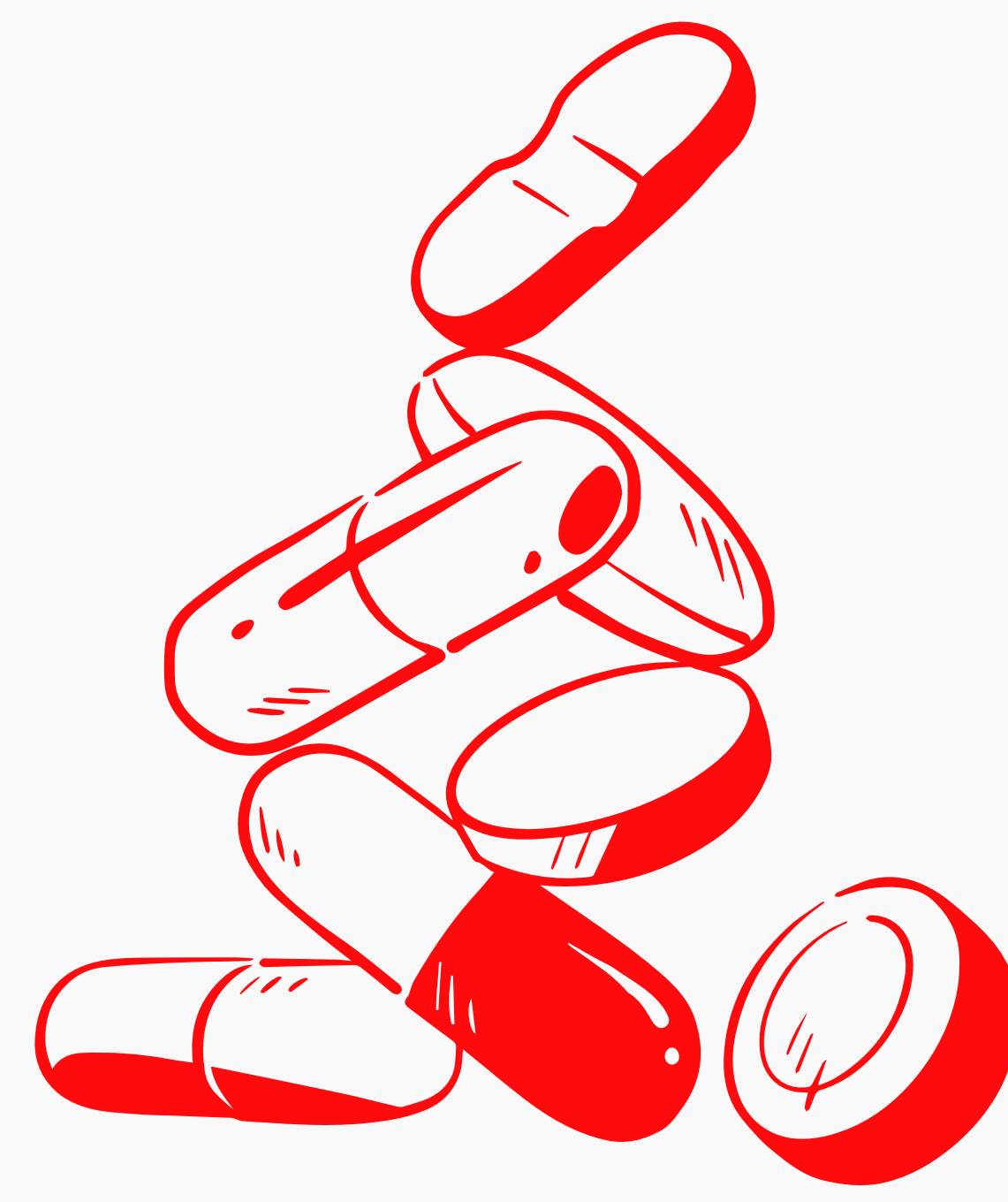
PREP AND STBBI TESTING

FOR LGBTQ+
IMMIGRANTS AND
REFUGEES IN
MONTREAL

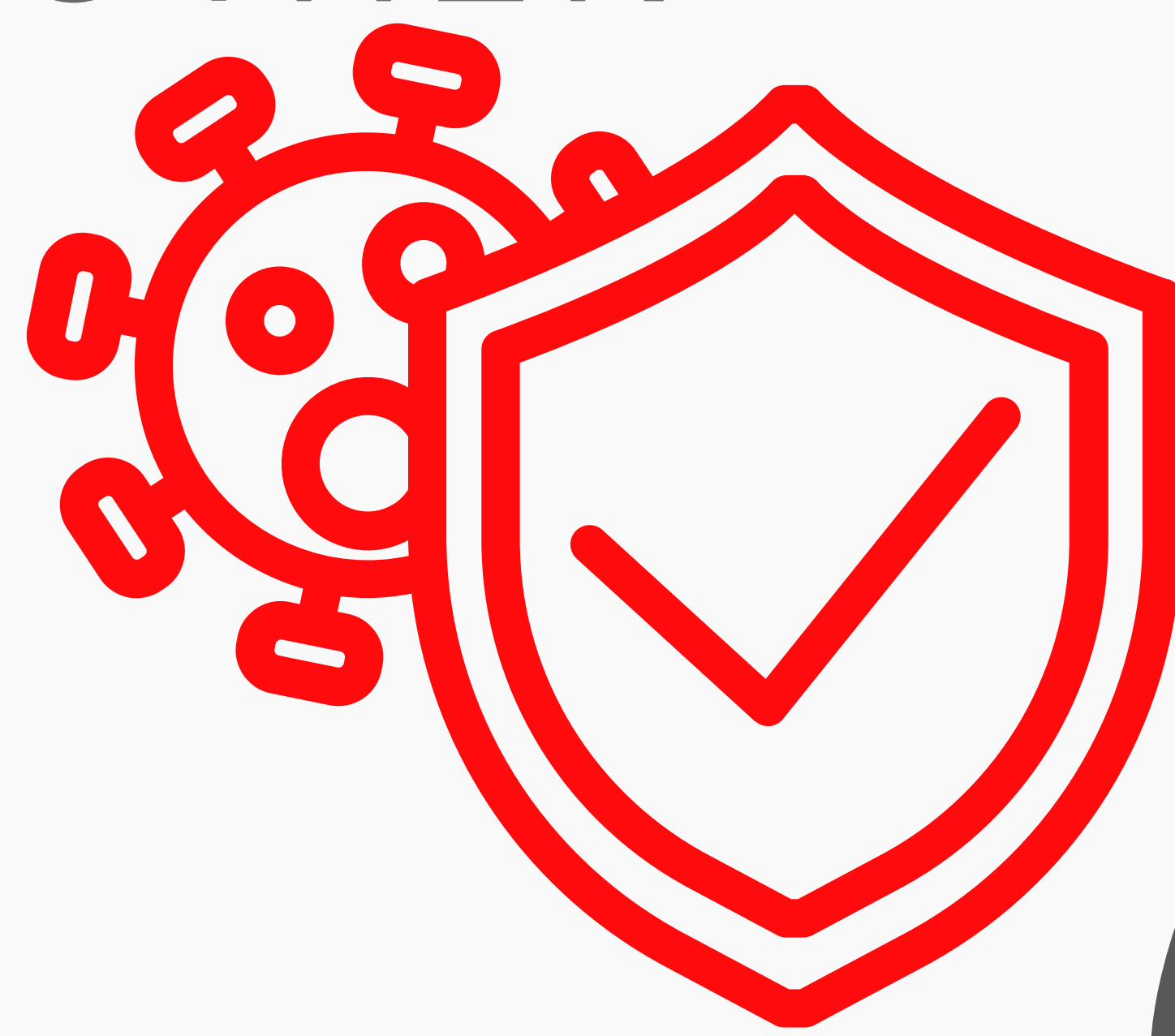


HOW TO ACCESS PREP

PREP IS A MEDICATION THAT SERONEGATIVE PEOPLE TAKE BEFORE SEXUAL RELATIONS IN ORDER TO PREVENT HIV TRANSMISSION.



IT'S EFFECTIVE TO PREVENT HIV TRANSMISSION, BUT NOT OTHER SEXUALLY TRANSMITTED INFECTIONS (STI).



LEARN MORE ABOUT PREP:

[BIT.LY/3IYOIDC](https://bit.ly/3IYOIDC)





DID YOU KNOW THAT ...

**THE REFUGEE CLAIMANT
INSURANCE (IFHP) COVERS PREP
FOR FREE**



**IF YOU HAVE RAMQ AND YOU
ARE ON WELFARE, PREP IS ALSO
FREE.**



**IF YOU HAVE RAMQ, IT WILL
COST A MAXIMUM OF ABOUT
99,65 \$ PER MONTH FOR ALL
YOUR MEDICATION.**





WHERE TO ACCESS PREP AND/OR GET TESTED FOR STBBI

IF YOU HAVE INSURANCE:



L'ACTUEL 

FRENCH AND ENGLISH, SOMETIMES
ARABIC AND SPANISH

514-524-1001

COURRIEL@LACTUEL.CA

CLINIQUE QUORUM 

FRENCH AND ENGLISH, SOMETIMES
SPANISH

514-360-0614

INFO@CLINIQUEQUORUM.COM





WHERE TO ACCESS PREP AND/OR GET TESTED FOR STBBI

IF YOU DON'T HAVE INSURANCE:



YOU MAY BE ABLE TO GET A PRESCRIPTION AT
SIDE+ BUT YOU WILL HAVE TO PAY FOR THE
MEDICATION:

SIDE+

FOR MEN WHO HAVE SEX WITH MEN
AND TRANS PEOPLE, REGARDLESS
OF INSURANCE - FRENCH, ENGLISH,
SOMETIMES SPANISH
514-527-9565 X 1480

TO BOOK ONLINE:
[BIT.LY/49OJAKH](https://bit.ly/49OJAKH)





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NEED MORE SUPPORT?

REZO

FOR TRANS AND CIS MEN WHO HAVE SEX
WITH MEN.

514-521-7778

REZOSANTE.ORG

INFO@REZOSANTE.ORG

OR CONTACT US:

SOUTIEN.SUPPORT@AGIRMONTREAL.ORG

(FRENCH, ENGLISH, ARABIC, SPANISH)





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How To Access Mental Health Support

FOR LGBTQ+
IMMIGRANTS AND
REFUGEES IN MONTREAL



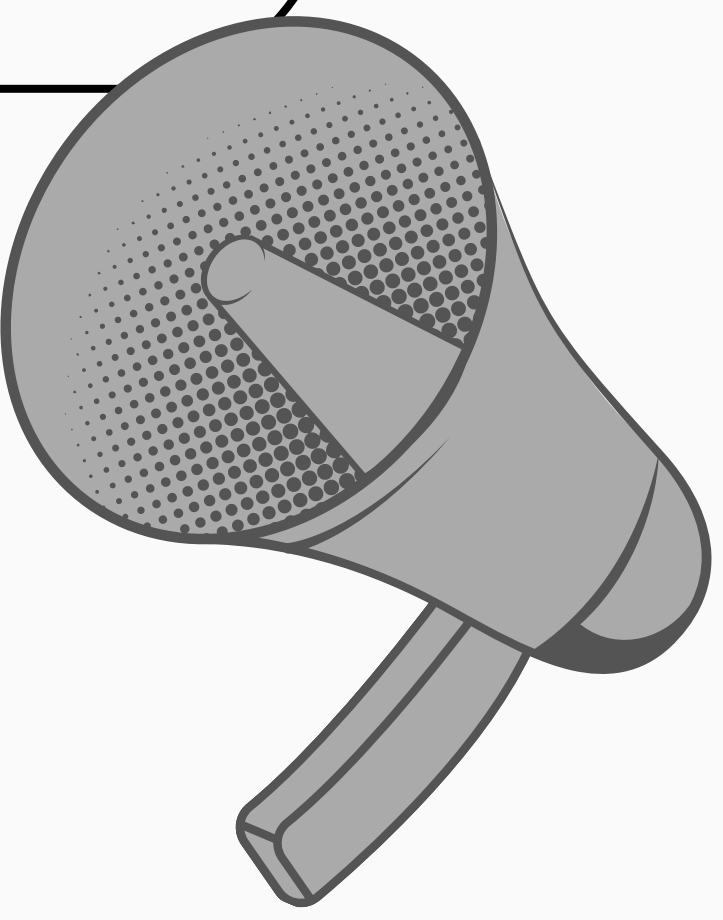


IF YOU HAVE IFHP

DID YOU KNOW THAT REFUGEE CLAIMANT INSURANCE (INTERIM FEDERAL HEALTH PROGRAM **IFHP***) COVERS THERAPY IF YOU HAVE A GENERAL DOCTOR'S PRESCRIPTION FOR PSYCHOTHERAPY? THE PRESCRIPTION NEEDS TO INCLUDE A DIAGNOSIS.

HERE'S A LIST OF MEDICAL CLINICS THAT ACCEPT **IFHP** WHERE YOU CAN ASK FOR A PRESCRIPTION:

[HTTPS://BIT.LY/49NLZSH](https://bit.ly/49NLZSH)



*In Canada, the IFHP offers brief health coverage to resettled refugees, refugee claimants, in-Canada-protected persons, and specific other groups.



WHAT'S NEXT?

once you have the prescription

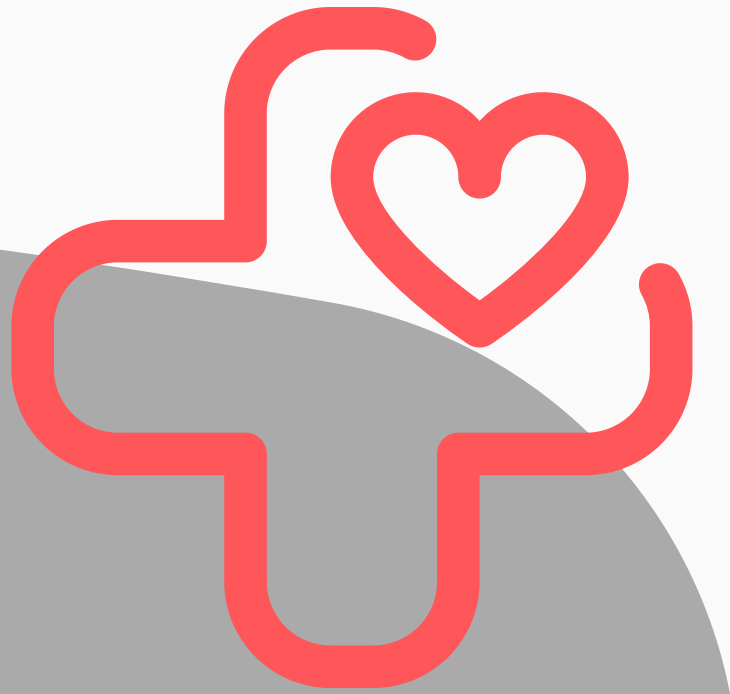
The next step is to find a therapist that accepts **IFHP** (you can also contact them if you have private insurance)



Where to go?

Lavender Collective
BIPOC therapists

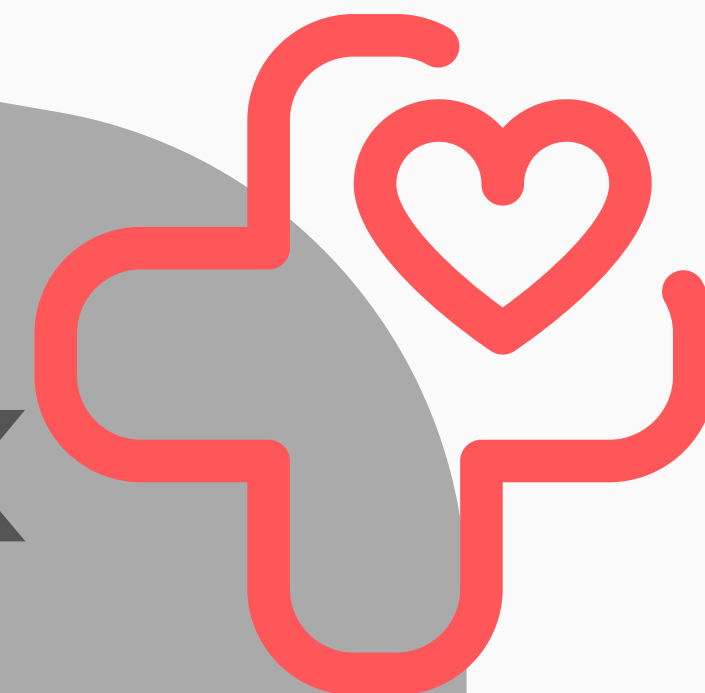
<https://bit.ly/4a8kSwu>



Where to go?

Montreal Pride Therapy Network
LGBTQIA+ friendly therapists

<https://bit.ly/48OnBdj>



ONCE YOU HAVE A PRESCRIPTION, AND IF YOU HAVE SUFFERED ORGANIZED VIOLENCE, YOU CAN ALSO ASK ANY SOCIAL WORKER OR COMMUNITY WORKER TO REFER YOU TO RIVO (IFHP ONLY):

[HTTPS://BIT.LY/4C7O34J](https://bit.ly/4c7o34j)



ALSO...

IF YOU HAVE IFHP OR RAMQ



Doctors and nurse practitioners can also refer you directly to the McGill University Sexual Identity Center (for people with **IFHP** and **RAMQ**):

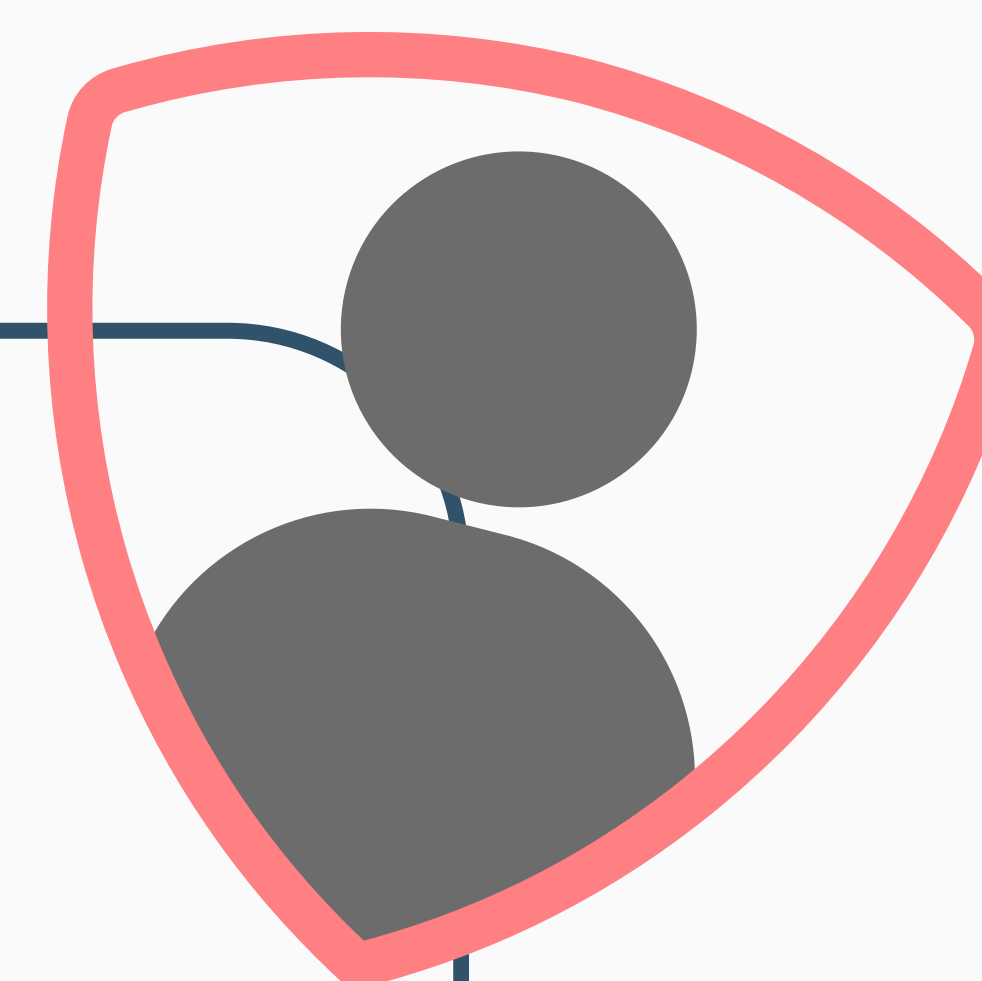
<https://bit.ly/48Uc7Ft>

IF YOU'RE AN INTERNATIONAL STUDENT



Contact your university's student services.

IF YOU HAVE PRIVATE INSURANCE



If you have insurance with your work, partner, or school, here are more resources to find a therapist:

Montreal Therapy Center (French, English, Spanish, and Arabic)

<https://bit.ly/4au7O4X>

Institut pour la santé trans

<https://bit.ly/3VfzZA8>

Centre Saint-Pierre

<https://bit.ly/4c6hcgu>



NEED MORE SUPPORT?



Need urgent mental health support?



Contact the crisis center in your neighborhood (24/7, even if no insurance):

<https://bit.ly/3PjuY5O>

Go to the hospital nearest to you (if you don't have insurance they won't turn you away but you might get a bill in the mail)

Dial 911 for an ambulance (police and firefighters might also show up)

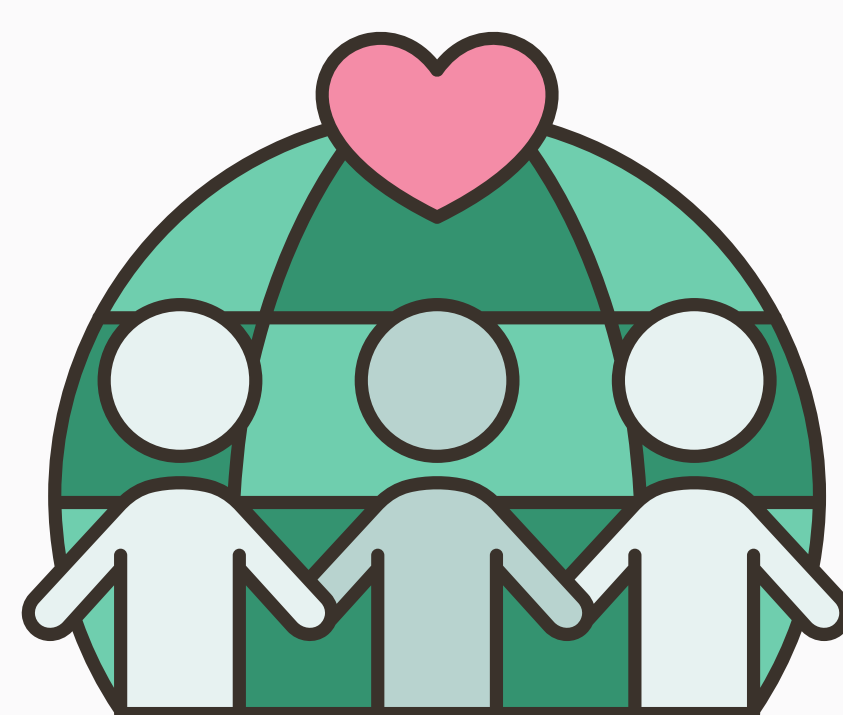
Need to talk?

Centre de prévention du suicide de Montréal (24/7)
1(866)277-3553 (French and English, sometimes Spanish)



Trans Lifeline (24/7)
1(877)330-6366 (English and Spanish)
If the line is busy, call back later

Interligne (24/7)
1(888)505-1010 (French and English, sometimes Spanish)
If the line is busy, call back later



Sign up for our activities at the bottom right

corner of our website:
<https://bit.ly/3v13Xx9>

Black Healing Center:
<https://bit.ly/3IDGTHT>





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soutien.support@agirmontreal.org
(French, English, Spanish, Arabic)



