

# MESSAGE THERAPISTS

## **Ru Emmons, LMT**

[www.ruemmons.com](http://www.ruemmons.com)

(412) 651-4737

[r.emmonsapt@gmail.com](mailto:r.emmonsapt@gmail.com)

From Website: *My specialties include neuromuscular therapy, myofascial release, sports massage and pregnancy massage. I strive to create a safe space that can be exactly what YOU need it to be.*

## **Roberta Guido, LMT**

(412) 492-0140 (Text)

[rmguido1@gmail.com](mailto:rmguido1@gmail.com)

Massage therapist working in Squirrel Hill specializing in Neuromuscular Therapy and Manual Lymphatic Drainage. Sliding scale rates available, just ask!

## **Lavender Sedlock, LMT**

### **Silver Moon Medice**

<https://silvermoonmedice.wixsite.com>

[lavendermedice@gmail.com](mailto:lavendermedice@gmail.com)

Referral: *"...a sex positive massage therapist, reiki practitioner, tarot card reader, and holistic health practitioner."*

## **Eli Shumaker, LMT**

### **Body Euphoria/Central Outreach Medical Spa**

[beinclusivemassage.com](http://beinclusivemassage.com)

<https://www.centraloutreach.com/services/medical-spa>

(412) 328-3717

5268 Butler St, Pittsburgh, PA 15201

From Website: *We treat folks suffering from pain resulting from chest-binding, dysphoria, anxiety, depression, PTSD, common musculoskeletal and pain issues. Eli is a transgender man, and has been serving the LGBTQIA+ community since 2015.*



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This is the 3rd edition of SWOP Pittsburgh's Sex Workers' Resource Guide. There are new organizations and some refreshed categories. We again included a COVID-19 section with groups whose services have expanded.

During this past year our chapter focused on supporting our community. In 2021 SWOP Pgh started a mutual aid fund that helped 27 community members. Due to the generous donations at our D17 event, we have been able to continue this support into the new year.

In the coming year, our focus will remain on mutual & direct aid to the most vulnerable in our community. We are also applying for grant funding to bring in additional resources. Our core priority remains to shift the dial to ensure that every person in this industry has the right to live free of fear.



**No freedom without abolition!**

**SWOP Pittsburgh**

# KNOW YOUR RIGHTS

Excerpted from a document by SexWorkersProject.org, 2012

**No matter your age, gender, immigration status, or whether you are committing a crime, US law guarantees certain rights that cannot be violated.**

## YOU HAVE THE RIGHT:

to be free of illegal searches & arrests  
to remain silent  
to not answer questions from the police  
to have a lawyer

There are ways to stand up for those rights! Sadly, police may not always respect your rights. *Always do what feels safest if you are afraid of violence.*

*If a cop approaches you on the street, you don't have to answer questions. Say: "Am I free to go?"*

*If they say yes, then go! If they say no, then ask: "Am I being detained?"*

*If they say no, then calmly leave.*

*If they say yes, ask why.*

Don't argue, but remember their badge number, what they look like, and anything they say or do. If you are detained, an officer can question you, ask for ID, or pat you down outside of your clothes to check for weapons.

They can't go into your pockets or

bags without asking permission, or search you to try to identify your sex.

*If a cop tries to search you, say:*

***"I do not consent to this search."***

This does not give them an excuse to arrest you. They might arrest you anyway. If they do arrest you they can search you without asking permission.

You can also be arrested by an undercover cop. It is hard to tell when someone is an undercover cop, because they are not in uniform, and they can drink, do drugs, touch, be touched, lie, and pretend not to be a police officer. If an undercover cop does something you think might be against their rules, remember and tell your lawyer.

# COMMUNITY



## SWOP Community Help Line

(877) 776-2004

Jointly run by volunteers from SWOP-USA and SWOP Behind Bars. This support line is operated by tireless volunteers who are trained in rape counseling and crisis intervention.



## SWOP-Pittsburgh's Social Support Group

swop.pittsburgh@gmail.com

Monthly two-hour meet-up for current and former sex workers to talk about our jobs and lives and give and receive support. Email for the next date and location.



## Lysistrata

www.lysistratamccf.org

An online SW activist collective and emergency fund. Lysistrata is available to assist individuals in the case of emergencies related to illness, injury, homelessness, wrongful arrest and incarceration, unstable or abusive working conditions, domestic violence, discrimination, and a number of other crises that can impact sex workers. Priority goes to POC and trans workers.

## "Self Care 101 for Sex Workers"

### A free webinar.

Full slideshow and notes available online.

<https://tinyurl.com/swopsc>

# HERBALISTS

## Jocelyn Kirkwood Stonefruit Community Herbalists

[www.wildcherries.org](http://www.wildcherries.org)

Herbal consultations and education and Level One Somatic Experiencing sessions.

## Birdie Radford

[aberdeenradford@gmail.com](mailto:aberdeenradford@gmail.com)

406 Melwood Ave., Suite 200b

Pittsburgh, PA 15213

Community herbalist, sliding scale herbal consults

## Michelle Soto

### Cutting Root Farm

[michelle@cuttingroot.com](mailto:michelle@cuttingroot.com)

(615) 804-0064

Herbal farm, blends to order, consultations and education.

Do not say or sign anything without your lawyer there! Police are trained to lie in order to get info, and they can put snitches in the cell with you. Anything you say to anyone except your lawyer, doctor or therapist can be used

against you, even if you are innocent. If you need medical help, **ASK FOR IT**, even if they say it will take longer to get out.

Police sometimes take condoms away from sex workers. Police are not allowed to arrest you only because you have condoms. It is not

*Never resist or fight back. If you are being arrested, **say:***

***“I am not resisting, officer.”***

*If you are arrested, they may not say “You are under arrest,” or read you your rights. If this happens, **say:***

***“I am going to remain silent, and I want to speak to a lawyer.”***

## MAKE AN ARREST PLAN

If you think you could be arrested, make a plan just in case. Think of everything that would need to be taken care of if you were arrested and in jail for a few days:

- Children need to be cared for
- Pets need to be fed
- Your job or school needs to be called and give an excuse • Your lawyer needs to be called
- You need someone to show up to court to pay bail and help you get home when you are released.
- Think of a friend for each of these tasks. Think of one responsible friend who can call the others to tell them you need help. Give this friend a copy of your ID with your legal name and birthdate.
- Call your friends and let them know your arrest plan. Give them keys to your apartment if they need them.

## MAKE AN ARREST PLAN (continued)

- If you have a few arrests on your record, try to save some money in case bail is set – give a friend access to this money.
- Tell your most responsible friend every time you go to work. Give them as much info as possible, in case something goes wrong. Memorize their phone number.
- If you are arrested while with someone you know, ask them to call your most responsible friend.
- Usually you can make a phone call after arrest.

## BLOGS AND PODS

### PODCASTS

#### **“Peepshow Column & Podcast”**

Weekly column in Pittsburgh City. Paper on sex work and sexuality by Jessie Sage, and a podcast by Jessie & PJ Sage.

#### **“Strange Bedfellows”**

Strangebedfellowspdx.com Sex work podcast hosted by Elle & Jon

#### **“On the Whoreizon”**

A podcast about what's on the whorizon for sex workers, and how to navigate it. hosted by Jessie Sage, and MelRose Michaels.

#### **“Sex, Magick & Dessert”**

On Apple Podcasts Podcast with artists, witches, & sex workers.

#### **“The Oldest Profession”**

Changing the stories people tell about sex workers. Changing the story changes everything.”

#### **SWOP-USA's Resources page:**

swopusa.org/resources/ A great collection of articles on things like racial justice, trafficking, capitalism, and how to be an ally.

## LEGAL SERVICES



### **Women's Law Project**

www.womenslawproject.org | (412) 281-2892  
428 Forbes Avenue, Suite 1710,  
Pittsburgh, PA 15219  
Free legal help in civil cases, especially sexual assault and harassment.



### **Bukit Bail Fund of Pittsburgh**

(412) 593-4355 | bukitbailfund@protonmail.com  
Providing jail support and funds for bail.



### **SWOP Behind Bars**

www.swopbehindbars.org  
(877) 776-2004 (x555) | swopbehindbars@gmail.com  
Provides community support for incarcerated sex workers. Includes a monthly newsletter, books, study materials, and sex worker pen pals for incarcerated sex workers. Upon release, they help sex workers meet their basic needs, provide resources, networking, and linkages for successful community reentry.



### **Crisis Center North**

CrisisCenterNorth.org (Web chat available)  
(412) 364-5556 (24/7 Call) | (412) 444-7660 (24/7 Text)  
Services for victims and survivors of domestic abuse:

- Medical Advocacy
- Legal Advocacy (Help with Protection from Abuse orders, Magisterial Court, and Support Animals for during the Court Process)
- Counseling for All Age, Sexes, and Gender Expressions
- Economic Empowerment (Rapid Re-Housing, Micro-Loans, Financial Literacy Courses)

Crisis Center North does not have a shelter but we can help arrange for shelter services if needed.

# ACCOUNTING

## **Megan E Haselden, Steel City Accounting**

www.steelcityaccounting.com

(412) 626-7851 | meg@steelcityaccounting.com

Provides accounting, budgeting and tax services to communities often marginalized by traditional accounting firms.

## **Erica Moulinier, Moulin Consulting**

www.moulinconsulting.com

(215) 870-2655 | moulinconsulting@gmail.com

Accounting and Tax Preparation Services for Dreamers and Misanthropes.

## **Daphne Roberts, Professional Accountant and Tax Preparer**

daphe.ltd@gmail.com

East End, Pittsburgh, PA

## **Just Harvest - Tax Services**

Text your zip code to 898-211

2-1-1 or 1-888-553-5778

Walk-ins for tax services are not permitted. Please call for an appointment.

There are three ways to schedule an appointment.

## **Safeword Tax Service**

www.safewordtax.com

From website:

“Providing tax planning, return preparation, and advocacy for members of alternative communities, including sex workers, pro dom(me)s, exotic dancers, burlesque performers, kink retailers, sex-positive professionals, sex educators, polyamorous families, and LGBTQ+ individuals.”

# ...AND BOOKS!

**Coming Out like a Porn Star: Essays on pornography, protection, and privacy**, edited by Jiz Lee

**Hustling Verse: An anthology of sex workers' poetry**, edited by Amber Dawn & Justin Ducharme

**To Live Freely in this World: Sex worker activism in Africa**, by Chi Adanna Mgbako

**Insatiable: Porn - a Love Story**, by Asa Akira

**Wayward Lives, Beautiful Experiments: Intimate Histories of Social Upheaval** by Saidiya Hartman

**Revolting Prostitutes: The Fight for Sex Workers' Rights**, by Molly Smith & Juno Mac

**Thriving in Sex Work: Heartfelt Advice for Staying Sane in the Sex Industry**, by Lola Davina

**Playing the Whore: The Work of Sex Work**, by Melissa Gira Grant

**Challenging Perspectives on Street-Based Sex Work**, by Katie Hail-Jar es, Corey S. Shdaimah, & Chrysanthi S. Leon

**Sex Work Matters: Exploring Money, Power and Intimacy in the Sex Industry**, by Melissa Hope Ditmore

**Sex Lies & Statistics**, by Dr Brooke Magnanti

**Rent Girl**, by Michelle Tea

**Youth Who Trade Sex in the U.S. : Intersectionality, Agency, and Vulnerability**, by Carisa R. Showden, Samantha Majic

# COVID-19



## Pittsburgh Restaurants Workers Aid

info@pghrwa.org

Email for inquiries. Go online to apply to receive PRWA care package, and to see map of distribution centers around the city.  
pghrestaurantworkersaid.org/



## East End Community Health Center

(412) 244-4700

pchspitt.org

1 N. Linden St. Duquesne, PA 15110

Primary Care Health Services Inc. schedules COVID-19 testing & vaccinations.

Locations: Braddock, Homestead, Oakland, Hazelwood, McKees Rocks, West End, & Wilkinsburg.



## Hugh Lane Wellness Center

(412) 973-5053

nfo@hughlane.org

Food delivery services. Call to place delivery order.

# MENTAL HEALTH

## SW-RECOMMENDED THERAPISTS & SUPPORT

### Diane Dahm, LCSW

dianedahmcounseling@gmail.com | (878) 217-0693

5908 Bryant St, Pittsburgh, Pa 15206

### Gretchen Hoffer, NCC, LPC Village Center for Holistic Therapy

(412) 339-1787 x4 | gretchen@villagetherapy.org

From their website:

*"I am fluent in American Sign Language (ASL) and have been working to increase services for the deaf, deafblind, and hard of hearing in the Pittsburgh area. I work in the fields of trauma/PTSD, substance abuse, relationship issues, and managing mood disorders."*

Referral from sex worker:

*"She pushes the idea that other people's responses/behaviors/actions are not your responsibility. Highly recommend her."*

West End

68 Wabash Street, Suite 100  
Pittsburgh, PA 15220

Shaler

1407 Mt. Royal Blvd.  
Glenshaw, PA 15116a

### Pineapple Support: Stigma-Free Therapy

pineapplesupport.org | contact@pineapplesupport.org

*\*Jamila Dawson is recommended!*

Professional mental healthcare for performers and producers working in the adult industry. Additionally offers LGBTQ+-focused therapy, sexual trauma support, and HIV support groups.

### Lumos Transforms | <https://lumostransforms.com>

(323) 254-7775 | info@lumostransforms.com

Multi-modality and personalized transformative services for recovery, deep healing, and personal growth. Woman-of-color owned.

Referral:

*"The facilitators teach a toolkit of mindfulness practices that enable you to better handle working on our own shit and the world. There are free workshops and they also offer scholarships. I highly recommend...has helped me recognize what's happening to my body when I'm triggered. Great for people with trauma."*



## AIDS/HIV SUPPORT



### AIDS Free Pittsburgh

(412) 586-6706

<https://www.aidsfreepittsburgh.org>

[info@aidsfreepittsburgh.org](mailto:info@aidsfreepittsburgh.org)

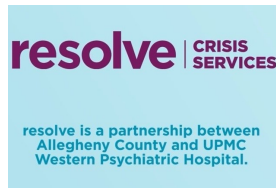
EQT Plaza

625 Liberty Ave, Ste. 2500

Pittsburgh, PA 15222

AIDS Free Pittsburgh is a public health movement to end the HIV epidemic in Allegheny County by 2030. Individuals can search for service providers and other support using this website.

## CRISIS SUICIDE HOTLINES



### Resolve Crisis Center

Crisis line: 1-888-7YOU-CAN (796- 8226)

Non-urgent line: (412) 864-5004

333 North Braddock Ave, Pittsburgh, Pa 15208

Offers:

- Phone counseling
- Mobile crisis unit
- Walk-in center
- Residential services
- Child and adolescent crisis team



### National Suicide Hotline

1-800-273-TALK(8255)

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

## FOOD



### Just Harvest

(412) 431-8960 x602

Food stamp Access assistance.



### Greater Pittsburgh Community Food Bank

(412) 460-3663

1 N. Linden St. Duquesne, PA 15110

Collect and distribute food to neighborhood food pantries. You can call to find out if you qualify for food pantry support and which pantry you should go to. They also have programs providing fresh produce and food for kids. [Pittsburghfoodbank.org](http://Pittsburghfoodbank.org)



### Foodpantries.org

National listing of food pantries that you can search by state.

## HOUSING



### Hearth

(412) 366-9801

[www.hearth-bp.org](http://www.hearth-bp.org)

Suburban transitional housing program for homeless women with children and survivors of domestic abuse.

# HOUSING (continued)



## **sisTersPGH**

(412) 259-3091

info@sisterspgh.org

2014 Monongahela Ave, Pgh, PA 15218

Supports the trans and non-binary community through multiple programs including transitional housing assistance and food aid.



## **Women's Center & Shelter of Greater Pittsburgh**

(412) 687-8005 (24 hr hotline)

www.wcspittsburgh.org/

Provides 24-hour hotline, emergency shelter, child-care, legal advocacy, medical advocacy, and support groups.



## **Proud Haven**

(412) 953-4666

www.proudhaven.org/

admin@proudhaven.org

517 E. Ohio St. Pittsburgh, PA 15212

Helping housing-insecure LGBTQ+ youth and adults find housing and resources.



## **True T: Op**

(412) 366-9801

<https://www.truetpgh.com/option-u>

info@truetpgh.com

Trans-focused LGBTQIA+ emergency housing program that creates a safe space for individuals to obtain stable housing while achieving personal and professional goals.

# LGBTQIA+ HEALTHCARE & SUPPORT (continued)



## **Central Outreach Wellness Center (cont.)**

### **Central Outreach Wellness Center –Washington**

(724) 993-8000

817 Jefferson Ave,  
Washington, PA 15301

### **Central Outreach Wellness Center –Aliquippa**

(724) 707-1155

2360 Hospital Drive, Upper Suite 1,  
Aliquippa, PA 15001

### **Central Outreach Wellness Center –Erie**

(814)19-4009

3104 State Street,  
Erie, PA 16508

Referral:

*“Extremely welcoming to all. Highly recommend.”*

*For physician Dr. Stacey Lane*



## **Allies for Health + Wellbeing**

(412) 345- 7456

<https://www.alliespgh.org>

Online appointment scheduling available

nfo@alliespgh.org

5913 Penn Ave, 2nd Floor,  
Pittsburgh, PA 15206

Offers:

- STI testing
- Counseling
- PrEP, PEP, HIV support services & treatment
- Hep C treatment
- Gynecological care
- Trans care
- Contraception Services



## HARM REDUCTION + RESOURCE LINKAGES



### Bridge Outreach

(412) 699-0462

info@bridgepgh.org

1526 Rhine St, Pittsburgh, PA 15212

A team of dedicated individuals connecting those in all walks of life to resources meant to alleviate a myriad of challenges.

Including, but not limited to:

- housing instability
- food insecurity
- medical and mental health inaccessibility
- unsafe substance-use.

## LGBTQIA+ HEALTHCARE & SUPPORT



### Central Outreach Wellness Center

<https://www.centraloutreach.com>

Online appointment scheduling available

Offers:

- Comprehensive Gay & Transgendered Health Care
- HIV Primary Care
- Hep C Primary Care
- PrEP & nPEP HIV Prophylaxis
- Drug and Alcohol Rehab
- Housing Resources and Referrals
- Women's healthcare
- Non-emergency contraceptives
- Clothing center

### Central Outreach Wellness Center –Pittsburgh

(412) 322-4151

127 Anderson Street, Suite 101

Timber Court Building, Pittsburgh, PA 15212

## HEALTHCARE

### ***Your Rights as a Patient:***

- To **NOT** answer questions from health professionals and to refuse any testing or treatment;
- To use a friend's or a public address if you don't have your own;
- To communication accommodations (like translation). Try to give clinics a heads up about your needs before visiting for best results, but accommodations should be available.

## REPRODUCTIVE HEALTHCARE



### Planned Parenthood—Greater Pittsburgh

Appointments encouraged—Walk-ins welcome  
Book online for virtual & in-person appointments:

<https://www.plannedparenthood.org/planned-parenthood-western-pennsylvania>

Offers:

- Hormone Therapy
- Gynecological care
- Contraceptive services
- Pregnancy testing
- Colposcopy and cryotherapy
- Pelvic and breast exams
- STI testing & treatment
- Emergency contraception (by location)
- Mental Health Counseling services
- Medical and surgical abortion
- Professional counseling

## REPRODUCTIVE HEALTHCARE



**Planned Parenthood—Greater Pittsburgh** con't

**Pittsburgh Family Planning Health Center**

(412) 434-8971 or 1-800-230-7526  
933 Liberty Ave,  
Pittsburgh, PA 15222

**Bridgeville Health Center**

(412) 257-9880  
533 Washington Pike, Suite 203,  
Bridgeville, PA 15017

**Moon Township Health Center**

(412) 264-7205  
935 Beaver Grade Road, Suite 12,  
Moon Township, PA 15108

**Greenburgh Health Center**

(724) 552-0352  
125 Nature Park Road,  
Greenburgh, PA 15601

**Somerset Health Center**

(814) 443-6549  
118 South Kimberly Ave, Suite 201,  
Somerset, PA 15501

**Johnstown Health Center**

(814) 535-5545  
817 Franklin Street,  
Johnstown, PA 15901

## REPRODUCTIVE HEALTHCARE (continued)



**The Midwife Center for Birth & Women's Health**

(412) 321-6880  
info@midwifecenter.org  
2831 Penn Avenue Pittsburgh, PA 15222  
Offers:

- Pregnancy
- Childbirth
- Primary gynecological clinic
- Contraceptive clinic

To minimize the risks of exposure to Covid-19, With Woman Fridays now uses same day scheduling  
To make an appointment, call (412) 321-6880 (option 4) any Friday between 9:00 am—2:00 pm to schedule an appointment between 1:00—5:00 pm.



**Allegheny Reproductive Health Center**

(412) 661-8811  
arhc@alleghenyreproductive.com  
5910 Kirkwood St, Pittsburgh, Pa 15206  
Offers:

- Abortion
- Gynecological care
- Prenatal care
- Contraception services
- STD testing
- Hormone therapy
- GYN services,
- Surgery services
- Fertility services

Dr. Sheila Ramgopal got a particular recommendation in our survey!  
Call for appointment options.