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What Do We Do? What We Have Always Done: Keep Fighting Together

University of Northern Iowa. Gender & Sexual Services. UNI Proud.

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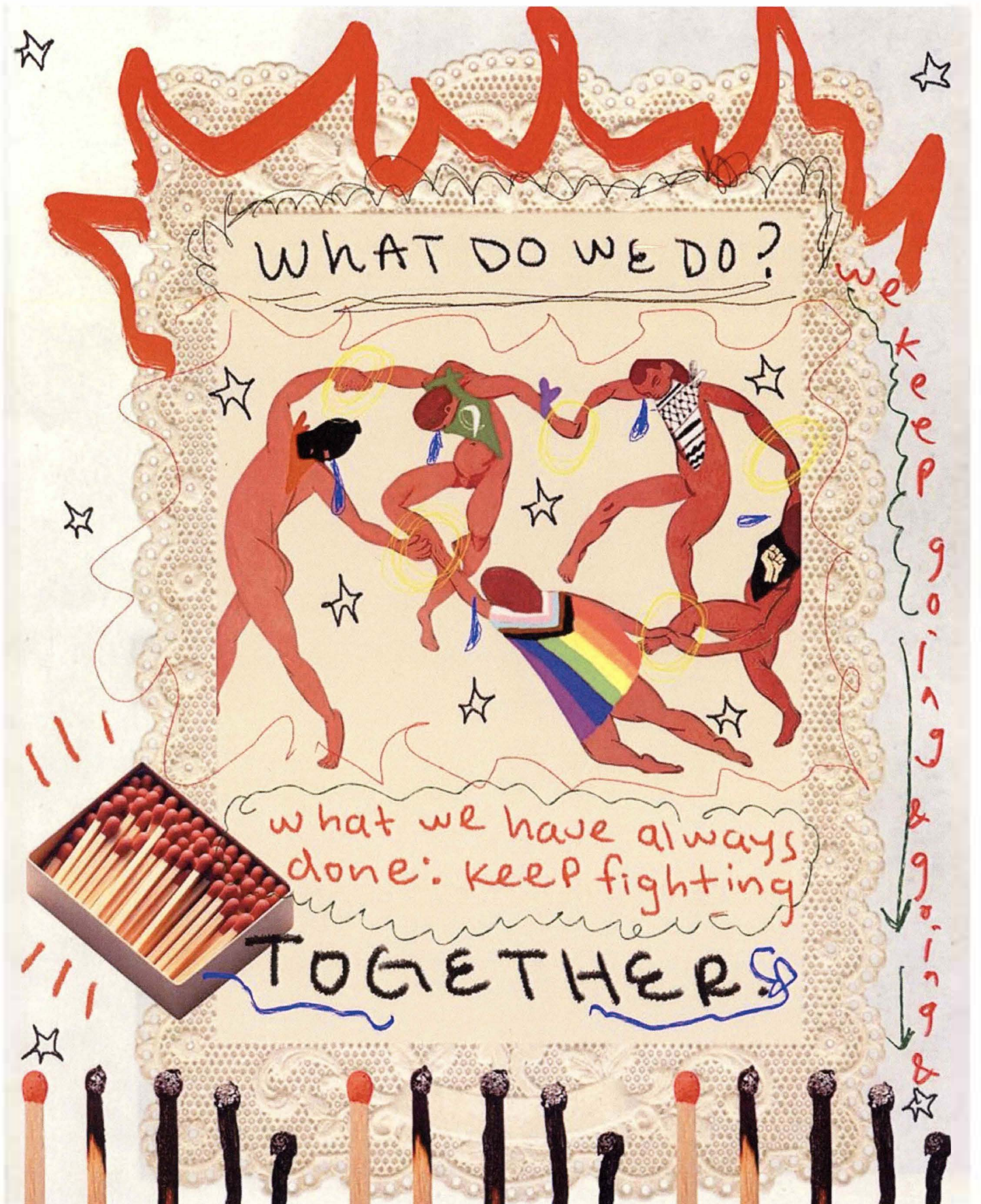
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Art by Vianney Hareilly

Crisis Support Lines that DON'T Call the Police

Trans Lifeline

877-565-8860

Run by and for trans people

LGBTQ National Help Center

888-843-4564

Call Blackline

800-604-5841

Centers BI&POC, LGBTQ+ Black Femme Lens

Wildflower Alliance Peer Support Line

888-407-4515

Trained Peer Supporters

Stronghearts Native Helpline

844-762-8483

Centering Native Americans & Alaska Natives

Mutual Aid- Iowa

Iowa Trans Mutual Fund

The ITMAF's goal is to provide financial assistance to Trans and Nonbinary individuals in the state of Iowa as they access gender-affirming care. We believe that every Trans, Nonbinary, and Gender Diverse Iowan should have access to gender-affirming care

www.iowatransmutualaidfund.org

Prairielands Freedom Fund

Our mission is to pay immigration bond and pretrial bail to free people from detention. We reject the assumption that imprisonment is necessary or inevitable, affirm the dignity and agency of imprisoned people, and minimize the harm imprisonment inflicts on families and communities. We are committed to acting in solidarity with all movements working to abolish the imprisonment of our fellow human beings.

www.prairielandsfreedomfund.org

Iowa Abortion Access Fund

The Iowa Abortion Access Fund is dedicated to the belief that the freedom to choose legal abortion should be available to all individuals. IAAF is committed to providing financial assistance and access to abortion services for people in Iowa, including the Quad Cities area, who lack the resources to pay for an abortion.

www.iowaabortionaccessfund.org

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www.iowaabortionaccessfund.org

Des Moines Mutual Aid

Provides material and court support for our houseless neighbors and bail, fund, and legal support for our street warriors. Organizes the Rent Relief Fund and the Panther Pantry. Works along with the Des Moines Black Liberation Movement Collective, Great Plains Action Society, and the Des Moines Chapter of the Black Panther Party.

iowamutualaid.org/des-moines-mutual-aid

Iowa Jane Collective

Free abortion pills, pregnancy tests, and contraceptive pills. Free and confidential access.

[@iowa.jane.collective](https://twitter.com/iowa.jane.collective)

515-782-2416

Midwest Access Coalition

Midwest Access Coalition (MAC) is a practical abortion fund that helps people traveling to, from, and within the Midwest to access a safe, legal abortion.

www.midwestaccesscoalition.org

For information about all
mutual aid in Iowa:

Iowa Mutual Aid Network
iowamutualaid.org

Des Moines BLM
www.desmoinesblm.org/mutualaid

Mutual Aid- USA

National Network of Abortion Funds

A network of almost 100 independent abortion funds. These member funds work to remove financial and logistical barriers to abortion access.

abortionfunds.org

The Okra Project

Our mutual aid collective is focused on supporting Black Trans people and alleviating the barriers that our community faces. We envision a safe, abundant, and equitable life for Black Trans people across the United States.

www.theokraproject.com

Trans Empowerment Project (TEP)

Our mission is to move our community out of crisis by creating equitable systems of support centered around Disabled 2TIGÉ-BIPOC (2Spirit, Trans, Intersex, and Gender Expansive members of the community who are also Black, Indigenous, and or People of Color), to ensure that we all get to thrive.

www.transempowerment.org

Abortion Freedom Fund

Abortion Freedom Fund is a national abortion fund that helps pay for abortion pills by mail, while also supporting and uplifting all avenues of abortion care and access. Our goal is to amplify the work of local abortion funds and their communities as well as support abortion pill providers and individual abortion seekers.

www.abortionfreedomfund.org

Dem Bois Inc

Provides financial assistance for female to male, FTM, trans masculine identifying person(s) of color, for them to obtain chest reconstruction surgery, and or genital reassignment surgery (gender-affirming surgery) to help them on their journey to live physically, and mentally authentic lives.

www.dembois.org

Genderbands

Helps pay for costs related to transition. These costs might be social, surgical/medical, or travel. They also provide free binders.

www.genderbands.org

Stimpunks

Exists for the direct support and mutual aid of neurodivergent and disabled people.

www.stimpunks.org

Cedar Falls Resources

Cedar Valley LGBTQ+ Coalition

The Cedar Valley LGBTQ+ Coalition is a nonprofit organization located in Iowa, specifically the Cedar Valley.

We connect with local organizations and resources to provide an affirming space for people who are members or allies of the LGBTQ+ community.

www.cvlgbtqcoalition.org

Threehouse Collaborative Ministries

Creating community and space for college-aged students and young adults. All Are Loved. All Are Welcome. The ThreeHouse staff and board of directors are committed to growth and being the best support and allies we can be, so our students and community know that they are loved, and they are enough, as they are, for who they are.

www.threehouse.org

24/7 BLAC

Aims to help unemployed and underemployed black professionals develop professional skills while connecting them with employment opportunities. Working to increase professional and personal development of professionals in Waterloo/Cedar Falls, with an emphasis on the black community.

www.twentyfoursevenblac.com

Iowa ACLU

We are a private, non-partisan organization that fights to advance civil liberties and uphold the Iowa and U.S. Constitutions.

www.aclu-ia.org

The Arc of Iowa

The Arc is the largest national community-based organization advocating for and with people with intellectual and developmental disabilities and serving them and their families

www.thearcofiowa.org

Iowa Legal Aid

Iowa Legal Aid Along with volunteer lawyers throughout the state, Iowa Legal Aid helps the legal system work for those who cannot afford help with legal issues.

www.iowalegalaid.org

Disability Rights Iowa

Provides legal protections and advocacy for individuals with disabilities. Helps Iowans with disabilities with their disability rights issues.

www.disabilityrightsiowa.org

Iowa Resources

OneIowa

One Iowa advances, empowers, and improves the lives of LGBTQ Iowans statewide. One Iowa seeks to improve the lives of LGBTQ Iowans by protecting and advancing equality and inclusiveness through education, improving workplace culture, and increasing access to quality healthcare across our state.

They provide education, advocacy and training.

Great Plains Action Society

A small society of Indigenous Folks living in the Great Plains region, resisting colonization and re-Indigenizing the land and the world around us.

www.greatplainsaction.org

Iowa Safe Schools

Iowa Safe Schools provides comprehensive support and resources to LGBTQ youth, educators, administrators, and helping professionals, and the families and community members of LGBTQ youth. We provide comprehensive support, victim services, resources, and events for LGBTQ and Allied youth.