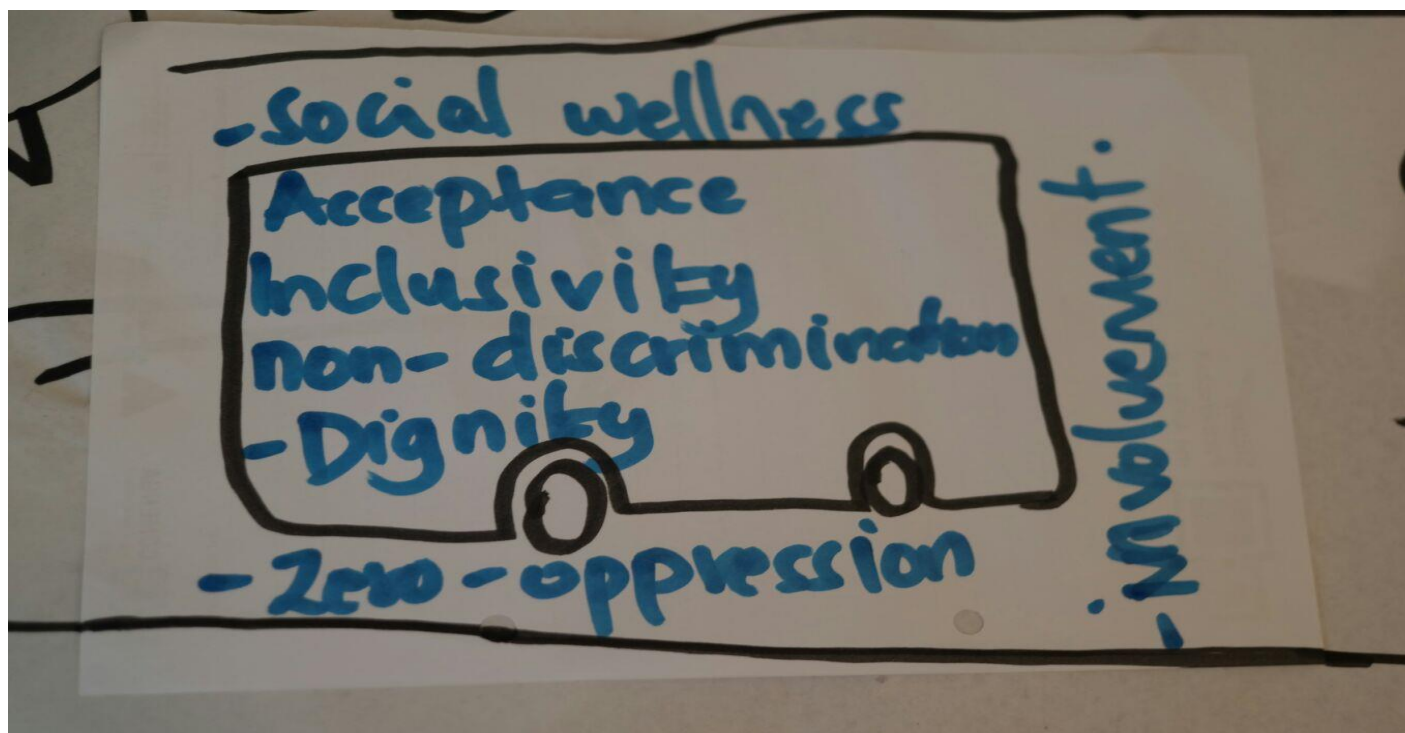




## GUIDE TO KEY RESOURCES FOR PSYCHOSOCIAL WELFARE OF LESBIAN, GAY, BISEXUAL AND TRANSGENDER [LGBT] YOUTH IN NAIROBI



NAIROBI COMMUNITY ACCESS, KEY SERVICES, SECURITY, PARTICIPATION AND INTEGRATION



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## YOUTH HEALTH AND PSYCHOSOCIAL SUPPORT PROGRAM

### WHO WE ARE

Youth Health and Psychosocial support Program – [YHEPP] is a youth-led community-based organization advancing mental wellness and repairing social lives of LGBT youth (18-27) in Nairobi. This program looks into mind-related issues and social difficulties caused by HIV, sexual orientation and gender identity.

### WHO WE WORK WITH

We work with identifying individuals or groups of LGBT youth of ages 18-27 and; who (i) have been victims of, (ii) are still facing mind-related issues and social difficulties e.g. insecurity, stigma, stress, PTSD, depression, anxiety, agoraphobia, withdrawal, and suicide. Other connected issues include involuntary aggressive behavior and Drugs and Substance Abuse (DSA).

### WHO ARE OUR FRIENDS?

Our friends are all individuals, groups, organizations and nations who respect, protect and observe rights and dignity of the person. Anyone in the world; including the Arab world, who works to ensure that Faith is used to advance social inclusion, equality and safety of sexual and gender minorities has a loyal friend in us. Any person, group, organization or nation that has challenges with understanding LGBT people, respecting human diversity and observing human dignity, has a willing friend in us.

### THE ROLE OF THIS RESOURCE GUIDE

Youth who are Lesbian, Gay, Bisexual and Transgender experience a relatively higher chance of social withdrawal because of homophobia or transphobia. This fear of social spheres is deepened by SOGI-based abuse or violence that is consistent, persistent and expected. Withdrawing from social activity results into exclusion of LGBT youth from socio-economically useful activities like recreation, art, entertainment, sport, education, entrepreneurship, and governance -even when they have relevant skills and/or abilities. Because of consistent, persistent and expected homophobia or transphobia, many LGBT youth keep away from college, some hospitals, the Church and; a substantial number do not apply for scholarship or job vacancies even when they meet required standards. Transgender and intersex youth often shy away from administration and administrative activities such as registering for National Identity cards. It is difficult to be actively involved in community activities especially when a majority of people in that community fear or hate you.

Access to and utilization of social centers/services is challenged when people hardly know about them or how to get to them. This challenge with access and assurance affects many LGBT youth in Nairobi and; is relatively higher among most LGBT migrants and some visitors in Nairobi. Below is a summary of the roles of this guide;

- To give **reference** to selected centers and services in Nairobi known or perceived to be able to advance psychosocial welfare of LGBT youth, migrants and visitors/tourists.
- To **support access and utilization** of key social resources in Nairobi.
- To provide pathways to social development and social integration through **community participation**.
- To encourage **pride/patriotism, demonstrate possibility**.



## FIRST, LETS TALK ABOUT SOMETHING;

- The presence of names or symbols of certain institutions in this document do not necessarily express their (the institutions') opinions and beliefs regarding the subject.
- This document is selective and as such, it may not cover details of all social centers or services.
- Every person has the Right of Access to information – Article 35(a)(b) of the Constitution of Kenya, 2010.

## WHAT YOU NEED TO KNOW

Certain words used here could be new or difficult for you or someone else. So, we have briefly described them below as per the context of this guide;

<b>Agoraphobia</b>	-Irrational fear of public spaces and crowded places.
<b>Bisexual</b>	-A human being who has involuntary physical and intimate attractions to both people of male and female gender.
<b>CBD</b>	-Central Business District.
<b>Community Participation</b>	-Being involved in the activities of your surrounding and; making contributions like other members of your surrounding do.
<b>DSA</b>	-Drugs and substance abuse.
<b>FSW</b>	-Female sex worker.
<b>Gay</b>	-A male human being who has involuntary physical and intimate attraction to fellow males only.
<b>HIV</b>	-Human Immuno-deficiency Virus.
<b>Lesbian</b>	-A female human being who has involuntary physical and intimate attraction to fellow females only.
<b>LGBT</b>	-Lesbian, Gay, Bisexual and Transgender.
<b>Migrant</b>	-A person who has moved from one original point to another because of reasons that can be voluntary or forceful.
<b>Mind -related issues</b>	-Challenges that occur in the brain or thought center of the person.
<b>MSW</b>	-Male sex worker.
<b>Nairobi</b>	-The capital city of the Republic of Kenya.
<b>Peer support</b>	-Mutual or one-way help that comes from people of your age group and/or your social level.
<b>Psychosocial</b>	-Something to do with the combination of one's mental status and physical interaction with other people and objects.
<b>PTSD</b>	-Post-Traumatic Stress Disorder.
<b>SGBV</b>	-Sexual and Gender-Based Violence.
<b>SGM</b>	-Sexual and Gender Minority.
<b>SOGI</b>	-Sexual Orientation and Gender Identity.
<b>SRH</b>	-Sexual and Reproductive Health.
<b>Safe Space</b>	-Places, points or zones that have been tested and as such, considered safe and secure.
<b>Social difficulties</b>	-Hardships or problems faced in the physical and tangible world around us.
<b>Social practices</b>	-Physical actions in the tangible world around us.
<b>STDs</b>	-Sexually transmitted diseases.
<b>Stigma</b>	-Irrational fear or hate from within yourself.
<b>Transgender</b>	-A person whose perceived social role does not match part of, or the whole of their body at birth.
<b>Welfare</b>	-Goodness to an extent of comfort / fair and okay.
<b>YHEPP</b>	-Youth Health and Psychosocial support Program.

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HISTORY

The British begun constructing a railway line in Nairobi about 1896. This was the first train station in Nairobi sitting on Maasai land and connecting Nairobi to Kisumu and Mombasa. This location was good because it was centrally located between Mombasa and Kampala, and so was fit for trade. Nairobi also had many wild animals and a network of rivers and forests like Karura, Ngong Hills among others. Documented activities include early trade, game hunting, fishing, tourism, deforestation, among others. There are no clear documentation of activities such as commercial sex work and same-sex relationships during this time. By 1919, the British had declared Nairobi a municipality and with anti-colonial movements like MAU MAU, Kenya got independence by 1963.

Kenya grew rapidly and by 1975, Nairobi hosted the 5<sup>th</sup> assembly of World Council of Churches. On the 7<sup>th</sup> day of August 1998, Al-Qaida bombed a Nairobi building that hosted the US Embassy in a city area that had about 5,000 people. In this attack alone, over 200 people died, and about 213 others were injured. Nairobi still battles Al-Shaabab who have used tactics of terror like random hand grenade attacks at crowded bus stations.

Today, Nairobi is bigger and hopeful for the untold future. A large population of the city are youthful people. There are advances made in tourism with the Kenya Wildlife Services headquarters strategically located along Lang’ata Road. Apart from infrastructural development, learning institutions such as the University of Nairobi and Kenyatta University have made education more accessible through campus branches located closer to youth. The department of health is bigger now than it was 50 years ago and; the Ministry of Health through programs like National AIDS and STIs Control Program (NASCOP), has been able to reach key population in Nairobi, and provide unlimited access to contraceptives and lubricants Made in Kenya. Girls and women are more included and are bolder than they have been in over 50 years. Civil society is more involved and diverse than ever in over 40 years, with major thematic areas including constitutional implementation, violence, corruption, inclusion, maternal health, gender, climate change and equality. Security system has improved over the years, with the intelligence community in Nairobi now able to monitor you, your friends and your activities in the streets and at your community. Because of technology and communication companies like Safaricom, youth in Nairobi can use a click of a button to access information larger than Kenya Wildlife Service, Kenya National Archives and the National Museums of Kenya combined.



GEOGRAPHY

Nairobi City is located at 1°17’S 36°49’E / 1.283°S 36.817°E over a land that stretches about 696 square kilometers. Ngong Hills lie on the Western part of Nairobi City and adjacent to the Rift Valley in the east. River Nairobi and its tributaries pass through the city. Nairobi experiences warm and cool weather in December/March and June/July respectively. The late Prof. Wangari Maathai is remembered for her efforts to protect the Karura Forest and Central Park.

CULTURE AND SPORTS

Nairobians majorly use Swahili and English although many still use their original languages. The cradle of the popular street language known as ‘sheng’ is Nairobi; with most involuntary users (of sheng) being youth in Nairobi. A substantial number of Nairobi youth love to get social in parties or pubs/clubs, which usually begin on Fridays through the weekend. People in Nairobi including the youth are very keen on global trends. Indicators include art and fashion, music orientation, technology (windows 10, the I-phone among others) and lifestyle (fast foods, liquor joints and entertainment). Most youth in Nairobi make good use of the internet and social media, and to match this, Kenyans on social media go by their own name as #KOT (Kenyans on Twitter). Based on results we gathered from 122 youth who identify as SGMs; 191 of them said they liked the graffiti on matatus, especially from Buru Buru, Umoja, Thika Road hoods, and the Rongai’s military mimic bus from Orokise Sacco known as “Kifarur.” Being a city with a relatively higher number of Christians, religious opinion or attitude is likely to influence social behavior to a substantial level.



Gor Mahia and AFC leopards are the two major football clubs in Nairobi, whose soccer battles in Nairobi are always felt Nairobiwide. Major football grounds in Nairobi include Nyayo, City and Kasarani stadia. Other activities include golf, horse racing in Ngong, athletics, skating near Nairobi Cinema among others.



POLITICS AND GOVERNANCE

The head of Nairobi City County is the governor. Nairobi County Council watches over Nairobi community activities with their headquarters located at City Hall along City Hall way. The county council ensures that the city is accessible, safe, clean, and remain as organized as the original plan. County council askaris are deployed all over Nairobi in uniform or plain clothes, with community patrol vehicle always on the move. Civilized conduct must be observed in Nairobi at all times.

People most famous amongst youth in Nairobi include the Nairobi senator Mike Sonko, Maina Kiai, Raila Odinga, Benson Mwangi, Lupita Nyong’o, Uhuru Kenyatta, Eric Gitari, Sauti Soul, William Ruto, Larry Madowo, Anne Waiguru and Mrs. Margaret Kenyatta. There are police stations located in all neighborhoods in Nairobi, and the business districts. All locations in Nairobi have local administration officers who are key officials in due process of applying for National Identity cards among others.

Major political parties include Orange Democratic Movement (ODM) led by Raila Odinga and the Jubilee Alliance Party (JAP) led by Uhuru Kenyatta. Many people in Nairobi are political and so are a substantial population of youth. Leading reporters on politics and governance include The Standard and the Daily Nation.


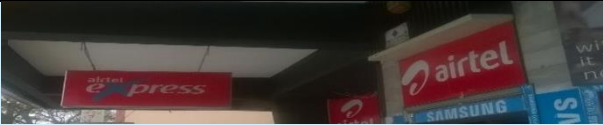

Selected political and governance topics among youth in Nairobi include; HIV, Hepatitis, the promulgation of the Constitution of Kenya-2010, the KDF invasion of Somali, the Westgate mall attack, The Kenya Supreme Court ruling on Lesbian and Gay unions, Democracy, Hostage and shooting of students at Garissa University, unemployment and President Obama’s Speech in Kasarani. International topics include the US Supreme Court ruling on gay marriage, The Iranian Nuclear deal, the migrant crisis in Europe, Xenophobia in South Africa, ISIS and Boko Haram.

The boundaries of civilized conduct must be observed in Nairobi at all times.



## COMMUNICATION

There are three major telecommunications service providers namely; Safaricom, Airtel and Orange Telecom. Kenya's country code is **+254**.

COMPANY	SIGN/SYMBOL	COST OF SIM CARD	NORMAL CALLING RATES
Safaricom		KSH 100	Safaricom to Safaricom calls – Ksh 3 Safaricom to other networks – Ksh 4
Airtel		KSH 100	Airtel to Airtel calls - Ksh 3 Airtel to other networks - Ksh 4
Orange		KSH 50	Orange to orange calls - Ksh 2/- Orange to other networks - Ksh 3/

With Nairobi's consumption of internet growing rapidly, high speed broadband internet is mainly provided by companies like Safaricom, Jamii telecom, Faiba, Access Kenya and Zuku. Most youth in Nairobi have network and communication gargets from companies like Samsung, Apple, LG, SONY, HTC and the I-Phone. With such gargets, youth in Nairobi can access information from the internet, local radio and TV stations such as Kenya Television Network (KTN), Nation Television (NTV) and Citizen Television. Most media stations in Nairobi report news at 7pm, 1pm, 9pm and other custom hours. 7 o'clock news is majorly reported in Kiswahili. Youth-friendly radio stations include HomeBoyz radio (103.5FM), X FM (105.5FM), KISS FM (100.3FM), Classic 105 (105.2), Capital FM (98.4FM) and Hope FM.

Below are examples of English words as used in Kiswahili and sheng'. These might be useful for communication and helpful at bus stops and other social centers.

ITEM	KISWAHILI	SHENG
"Hello" or "Hi"	"jambo"	"niaje"
"How are you?"	"habari yako?" or "u hali gani?"	"kunaendaje?"
"Thank you"	"Asante", "shukran"	"Thanx"
"Okay"	"sawa"	"fiti",
"Sorry"	"pole"	"iza"
"God"	"Mungu", "Mola", "mwenyezi mungu"	"jah",
50 shillings	Hamsini, Shilingi hamsini	"chuani", "niche" "fifty"
100 shillings	Mia moja	"soo", "os"
200 shillings	Mia mbili	"rwas", "rwabe"
500 shillings	Mia tano	"punch", "soo tano"
1000 shillings	Elfu moja	"ngiri", "thao", "brown", "k", "g"
Police	Polisi, askaris	"polisi"
Nairobi County Council	Askari	"kanju"



The yellow pages directory is also useful for contact details about companies, NGOs, Hospitals and Government agencies.

## TRANSPORT


Major border towns used for immigration and/or emigration include; Namanga, Busia, Mandera, Lodwar, Sirare and Mombasa. Air transport is possible via airports like Jomo Kenyatta international airport (JKIA), Mombasa international airport, Kisumu international airport, and Eldoret airports. The JKIA have a new terminal 1, where one can pick a taxi to the CBD at a cost of between K.sh.1,500-1,800. Bus companies like Kenya Bus Service (KBS), Double M and city hoppa can pick you along Mombasa Road into the CBD.

Nairobi gets a lot of traffic snarl ups. Roads prone to traffic jam include outerring road, Jogoo road, Waiyaki Way, parts of Mombasa road and Ngong road. Bus fare is influenced even by natural events like rain, and so, one could be charged twice above normal rates.

Below is a summary of major bus stations in Nairobi and some of their destinations.

MAJOR BUSSTOP	VISUAL	LOCATION	MAJOR BUS COMPANY OR SACCO	DESTINATIONS
Kencom		Opposite Hilton Hotel/Opposite Ambassador on Moi Avenue	City Hoppa, Kenya Bus service, Double M, City shuttle	Kawangware, Riruta, Ngong Road, Hurlingham, Village market, Lavington, Nairobi hospital, HIAS, Prestige, Nakumatt Junction, Kenyatta Hospital, Nairobi Hospital, Nairobi Women's Hospital, Yaya Center, Daystar University, Coptic Church, China Center, Ngong Hills Hotel, Chaka place, LVCT Head office, Adams Arcade, Jamhuri,
Odeon		Latema Road, Near Nairobi Aviation College	Star Bus, Latema Sacco, KMO sacco,	Kangemi, Uthiru, Westlands, UNHCR, Safaricom headquarters, Villa Rosa, Sankara, The mall, Lavington, Runda, Gigiri, Limuru Road, Aga Khan, Parklands, Ngara, Fig tree, Lyons place
Bus Station		Two blocks behind Afya Center	Kenya Bus Services, Citi Hoppa, double M, Mwi Sacco, Indimanje, West Madaraka sacco, St. Mary's sacco , Ngumo line sacco,	Langata, Madaraka, Strathmore University, Uhuru Gardens, Tmall, Nyayo stadium, Nairobi West, South C, South B, Pipeline, Langata, Kibera, KNH, Imara Daima, Highrise, Mbagathi ,Ngumo, Riara University, Ishtar  Thika Road, Mwiki
Gill House		Along Tom Mboya Street, Opposite Little Temple	River of God (ROG) Sacco, Double M	Jogoo Road, Komarock, Outerring Road, Pipeline, Tassia, Civil servants, Buru Buru, Jerusalem
Railways		Roundabout at the junction between Moi Avenue and Haile Selassie Avenue	Orokise Sacco, Serian sacco, Kamas Sacco, NMO Reliable, County link sacco, Easy Coach, Guardian coach Buses, The Premier	Nairobi Baptist, KNH, The junction, Rongai, Langata, Nairobi national park, Galleria, Tmall, Kibera, Ngong, Kitengela, Kiserian, Ngong town, Mlolongo, Toi Market



Ambassador		Opposite Kencom on Moi Avenue / Near Kenya National Archives	Connections, Kenya Bus, Double M, City Shuttle	Embakassi , Tassia, Karen , Hardy, Ngong, JKIA , Bomas of Kenya, Buruburu, JKIA, Greenspan Mall, Capital Centre, Pipeline, Nairobi National park, Bomas of kenya, Mombasa Road
Ronald Ngala		Along Ronald Ngala Street	Umoinner, Superhighway Sacco, Idi Usafiri, Forward travellers, Nazigi Sacco, Rukagina Sacco	Githuria 44, Githurai 45, Huruma, Rounda, Mathare, Baba Dogo, Dandora, Lakisama , Allsopes , Zimmerman, Roysambu, Donholm, komarock, Jogoo Road, Manyanja Road, Umoja
Commercial		Behind Kenya National Archives on Tom Mboya Street.	Embassava sacco, Metro Shuttle, BHM sacco, Kaka travelers	Buruburu, Kaloleni, City Stadium, Embakasi, Jericho, Jerusalem, Runda, Jogoo Road, Greenspan mall,

#### Taxi Services






TAXI COMPANY	LOCATION	CONTACTS
Delight Cabs	Nairobi	+2540722104242 +254(20)2305697 <a href="mailto:info@delightcabs.co.ke">info@delightcabs.co.ke</a>
Pewin Cabs	Nairobi	+254709801000 <a href="mailto:info@pewin.co.ke">info@pewin.co.ke</a>
Jatco Taxis	Nairobi	+254722648383/+254733701494 +254(20)4446096/+254(20)4448162 <a href="mailto:jatco@jatcotaxis.com">jatco@jatcotaxis.com</a>


Nairobi also has a railway transport service that cuts through Kibera, Langata, Dagoretti, Buruburu Dandora Mwiki, 45 and Donholm.

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## SOCIAL CENTERS

These are places in Nairobi where you come into contact with other people in closed or open spaces. They could be service centers, recreation grounds, markets, joints among others.

WHAT?	VIEW	WHERE?
<p>Schools and Libraries, and Art</p> <p>University Of Nairobi, Kenyatta University, African Nazarene University, Macmillan Library, Kenya National Library Services, Kenya College of Accountancy (KCA), Go Down Arts Center, Sarakasi Dome, Alliance Francais, Kenya School of Law</p>		<p>University of Nairobi located along University Way            Kenyatta University opposite Technical University of Kenya            Kenya National Library along Ngong Road near NHIF building            Kenya College of Accountancy located on Thika Road near Survey            Go Down arts Centre in South B            Sarakasi Dome in Ngara            Alliance Francais in the CBD opposite View Park Towers            Kenya School of Law in Caren</p>
<p>Recreational centers</p>		<p>Parts of Ngong Forest, Ngong Race course, Uhuru Park, Kasarani Stadium, Bomas of Kenya, City Stadium, Central Park, City Park, Uhuru Park, Carnivore</p> <p>Imax Cinema, Nairobi Cinema,</p>
<p>Fast Foods</p>		<p>KFC, Altona, McDees, Sanfrod Fries, Bakers Inn, Subway, Gallitoes, Sundries</p>
<p>Shopping</p>		<p>Malls like: Yaya, Garden City mall, Galleria, Taj Mall, Westgate, Village Market</p> <p>Supermarkets like: Tuskys, Nakumatt, Naivas, Cleanshelf,</p>
<p>Hotels</p>		<p>Villa Rosa opp Chiromo mortuary, Hilton hotel opposite Kenya National Archives on Moi avenue, Intercontinental Hotel along City hall way, Safari Park along Thika Road, Panafric Hotel opp. Integrity Centre</p>



Markets		Muthurwa, Gikomba, City Market, Toi Market  Auto parts shops are majorly available in South B
Bars, Clubs.		Roast House, Njugunas Bar and Rest, Gypsy, Reke Marie, Simmers, Scratch, Silk, Mars, Tribeka, Secrets Lounge, Little Temple,
Playgrounds	Football, Basketball, Netball, Volley ball, Athletics, Cycling, Skating	Kasarani (near Sports view Hotel behind the stadium), Zimmerman (at Zimman Settlement scheme area), Umoja (near Deliverance Church), Buruburu Phase 2, Langata, madaraka (Near Weche court), Githurai 44 (around bypass area and near chiefs camp), Kayole (around Equity Bank area), and Dagoretti Corner (at Posta near kenol petrol station)  There is also skating every weekend near Nairobi Cinema.

Other social centers include Afya center, Mr. Price and Kenya Cinema areas.

## HOUSING

LOCATION	BUS STATION (CITY CENTER)	HOUSE DESCRIPTIONS	COMMENTS
Kasarani	Tom mboya street near Tuskys bebabeba, and Bus Station	Several apartments and bedsitters, no single rooms	Policed by Kasarani police station Rooms vary from Ksh. 5,000 and over
Langata	Bus Station	Mostly gated apartments homes	Near Carnivore, Kibera, Kenya wildlife Service Hqs, Kenya Army barracks
Umoja	Ronald Ngala	Majorly apartments	Mostly middle class Kenyans Rooms vary from Ksh. 5,000 and over
Kayole	Ronald Ngala,	Single rooms, double rooms, Bedsitters and some apartments	Average of Ksh. 4,000 for single rooms
Nairobi West	Bus station	apartments and bedsitters	Near Nyayo Stadium, rooms vary from Ksh. 7,000 and over
Pipeline	Ambassadeur	Near Mombasa Road	Rooms vary from Ksh. 5,000 and over
Komarock	Ronald Ngala	Umoja neighborhood	Rooms vary from Ksh. 7,000 and over
Buru Buru	Gill House, Commercial	Mostly gated homes	Rooms vary from Ksh. 7,000 and over
Mathare	Ronald Ngala	Near Eastleigh	Rooms vary from Ksh. 5,000 and over
Kangemi	Odeon	After Westlands	Rooms vary from Ksh. 5,000 and over
Githurai	Ronald Ngala	Thika Highway route	Rooms vary from Ksh. 5,000 and over
Kibera	Haile Selassie Avenue, Railways	Wide variety of housing	Rooms vary from Ksh. 5,000 and over
Kawangware	Kencom, Railways, Ambasaduer	Wide variety of Housing	Rooms vary from Ksh. 5,000 and over

## MONEY AND INSURANCE

SERVICE	LOCATION	ACCESS	CONTACTS
M-Pesa	CBD, residential areas and markets	Service providers located in the CBD and all residential areas	Safaricom Customer: 100 (for Safaricom users only)
Equity Bank 	CBD, residential areas	Offices and ATMs in CBD and selected points	Center: +254763 063 000 <a href="mailto:feedback@equitybank.co.ke">feedback@equitybank.co.ke</a> Pilot line: +25476302600
KCB 	CBD and some residential areas	Offices and ATMs in CBD and selected points	Tel: +254(0)2287000/3270000 Cell: +254711012000/734108200 <a href="mailto:contactcenter@kcb.co.ke">contactcenter@kcb.co.ke</a>
Kenya Women Finance Trust (KWFT)	CBD and some residential areas	Offices and ATMs in CBD and selected points	Customer Care: +254703067700 Pilot line: +254703067000 <a href="mailto:info@kwftdtm.com">info@kwftdtm.com</a>
Cooperative bank	CBD and some residential areas	Offices and ATMs in CBD and selected points	Customer Care : +254703027000 02027760000 WhatsApp: 0736690101 <a href="mailto:customerservice@coopbank.co.ke">customerservice@coopbank.co.ke</a>
Family Bank	CBD and some residential areas	Offices and ATMs in CBD and selected points	+254(0)703095445/+254(0)203252445 +254(0)705325325 <a href="mailto:customerservice@familybank.co.ke">customerservice@familybank.co.ke</a>
Jubilee Insurance	CBD near City hall	Located in CBD and selected points	Tel: +254(0)203281000 Cell: +254709901000/+254719222111
Britam Insurance	Upperhill and Nairobi CBD	Located in CBD and selected points	Tel: (020) 2833000 Cell: +254703094000 <a href="mailto:info@britam.co.ke">info@britam.co.ke</a>
Shujaa Self-help Group	YHEPP offices	Located in Nairobi	Cell: +254722939039
Big Dreams Club	Nairobi	Located in Nairobi	Cell: +254704636368

One very useful Safaricom program is the M-Pesa; which has enabled storage and/or transfer of intangible money from one registered user to another. To register for M-pesa, you must have already acquired the Safaricom sim card. Safaricom customer care agents can start up your M-pesa count in about 2 minutes. Another useful advancement of the M-pesa is the M-shwari, where you can save, store, withdraw and even take a loan.

## HEALTH SERVICES, SUPPORT AND PLACES TO HANG OUT

SERVICE PROVIDER	SERVICES AND CENTERS	GROUP (S)	LOCATION	CONTACT
HOYMAS	VCT services, HIV and STI treatment, protection services and hang-out	MsM	Pangani	Tel: +254721241144/+254722828166 Mail: <a href="mailto:info@hoymas.org">info@hoymas.org</a>
Liverpool VCT (LVCT)	VCT services, HIV and STI screening and treatment, social support	Youth including LGBTIQ youth	Hurlingham	Tel: +254202646692/2633212 Cell: +25473333268/722203610 Mail: <a href="mailto:enquiries@lvcthealth.org">enquiries@lvcthealth.org</a>
Jinsiangu	Transgender and Intersex youth	Transgender and Intersex youth	Counselling	Mail: <a href="mailto:barbramuruga@gmail.com">barbramuruga@gmail.com</a>
YHEPP	Counselling, social support, life skills training and hang-out.	LGBT youth (18-27)	South B	Cell: +254728547757 Mail: <a href="mailto:yhep015@gmail.com">yhep015@gmail.com</a>
Mbagathi District Hospital	General illnesses, Emergency, and STI treatment	Youth including LGBTIQ youth	Off Mbagathi way	Tel: 020 2728530/020 2724712
Transgender Education and Advocacy (TEA)	Capacity building, Advocacy, Mental health e.g. suicide, depression, identity crisis	Transgender Youth	Nairobi	Mail: <a href="mailto:audreymbugua@gmail.com">audreymbugua@gmail.com</a>
Hebrew Immigrant Aid Society (HIAS)	Protection, Psychosocial wellness and Emergency response -(These services are offered on referral basis only)	Refugee youth including LGBTIQ Refugees	Hurlingham	Cell: +254728547757 Mail: <a href="mailto:yhep015@gmail.com">yhep015@gmail.com</a>
Mama Lucy	General illnesses, Emergency, HIV and STI treatment	Youth including LGBTQ youth	Kayole	Tel: 020 8022676
Nairobi Women's Hospital	General illnesses, VCT services, Emergency, HIV and STI treatment, Gender	Youth, including lesbian and bisexual youth.	Hurlingham	Tel: +254728249825/733618353 Cell: +254704873197 Mail: <a href="mailto:info@nwch.co.ke">info@nwch.co.ke</a>
Istar MsM	VCT services, Sexual and reproductive health education, Referral for HIV and STI treatment, social wellness services, hang-out	MsM	South B	Tel: 020 2497228 Cell: +254713797157 Mail: <a href="mailto:info@ishtarmsm.org">info@ishtarmsm.org</a>

## PLACES OF WORSHIP

Churches	Nairobi Baptist Church , Nairobi Pentecostal Church, Mavuno, Baptist Church, Winners Chapel in Imara Daima , Jubilee Christian Church, Cosmopolitan Affirming Church (CAC), Riruta Hope Community Church, Deliverance Church
Mosques	Jamia Mosque, Park Road Mosque, Khoja Mosque, Muthurwa Mosque, Umoja mosque, Buruburu Mosque, Zimmerman mosque opposite St Andrews church.
Temples	BAPS Shri Swaminarayan mandir, Ramgarhia Sikh Temple

## ESCORT AND PRIVATE SERVICES

PLACE	LOCATION
Parklands	Nairobi
River Road	Nairobi
Sabina Joy	Nairobi
Jerry's Bar	Nairobi
Lithuli Avenue	Nairobi
Tahiti	Nairobi
Koinange Street	Nairobi
Argwings Kodhek Road	Nairobi
Reke Marie	Nairobi
Gypsy	Nairobi
Little Temple	Nairobi
Kwa Mathe	Nairobi
Others (Planet Romeo, tagged, grinder, etc.)	Online

## SECURITY AND EMERGENCY

ORGANIZATION	NATURE	HOTLINES
Red Cross	Blood and Health emergencies	1199, 20-395-0395
St John Ambulance	Blood and Health emergencies	+25420340262/+25420340274
Nairobi City Fire Brigade	Fire emergencies	020-2222181
Kenya Power and Lighting Company (KPLC)	Electricity faults, Fires	0735333222
Nairobi City Water and Sewerage Co. (NAWASCO)	Water issues	+254724253582/+254717356578/+254800720018
Ethics and Integrity	Corruption, conduct, etc	+254700332355
Ishtar MsM	Pep, HIV counseling	020 2497228
Hebrew Immigrant Aid Society (HIAS)	Protection	+254722284703/+254733703726 (from 8.30am – 5.00pm)
National Gay and Lesbian Human Rights Commission (NGLHRC)	Legal support	0204400525
HOYMAS	Security, Pep, HIV counseling	+254721241144/+254722828166
NAIROBI WOMENS HOSPITAL	Health and Gender Violence	+254704873197
YHEPP	Suicide prevention, Directions/guide, safety	+254728547757
KITUO CHA SHERIA	Legal support	+254727773931
United Nations High Commissioner for Refugees (UNHCR)	Protection	020 4232000
KENYA POLICE	Maintenance of Law and Order	Kenya Police Hqs : 2240000/020341411 +254726035455 Kasarani Police: 0208563222/0208564310 Pangani Police: 020760322 Mathare Police: 0203764118/0203762698 Central Police: 020225685 Shauri Moyo Police: 020652124/020652125 Buru Buru Police: 020792900/+254721327999



*Our friends in other towns include*

GROUP	LOCATION	THEMATIC AREA
Salina Youth Initiative	Kisumu County	Security, Economic empowerment of LGBT youth
PEMA Kenya	Mombasa County	LGBT Sexual and Reproductive Healthcare
SEV	Kisii County	Security, Sexual and Reproductive Healthcare

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### **Contributors**

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**YOUTH HEALTH AND PSYCHOSOCIAL SUPPORT PROGRAM**

**YHEPP**

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