

RESOURCES FOR QUEER CARE AND WELLBEING IN MAASTRICHT AND LIMBURG



Have you ever found yourself struggling to find a queer-friendly “huisarts” in Maastricht, Limburg or the Netherlands?

Wondering where to find support or how to access services in Limburg?



You're not alone.

Whether you're seeking healthcare that affirms your identity or social/cultural groups that celebrate who you are, there are options for you! Pride Maastricht in collaboration with QueerCare NL have curated a list of resources for queer individuals in the Limburg area.

Here is a list of general resources for care and wellbeing available for queer populations in Maastricht/Limburg area

1. COC Limburg

COC Limburg is one of the oldest queer organizations of the Dutch province of Limburg, advocating for LGBTQ+ rights and social acceptance. COC Limburg supports and empowers the queer community in Limburg.

Location: Maastricht

Website: www.coclimburg.nl

2. Queer Art Club

Queer Art Club organizes bottom-up workshops and events that focus on the connection of queer people within the community. Through the Queer Art Club, (mainly) young queer people are guided and encouraged to shape their experiences as a queer person through artistic expression, creation and community.

Location: Maastricht

Website: www.instagram.com/queerartclubmaastricht/

3. Transgender Limburg

Transgender Limburg (TGL) is the emancipation and interest group for trans* people in Limburg. Once a month TGL organizes a meeting for trans* people in Limburg. This is both for the trans* people, but also their social circle and ‘allies’ where people can socialize and talk in a safe environment. TGL supports the meetings of “Ouders van Transgender Limburg”, a support group for parents of trans* people located in Sittard.

Location: Maastricht/Limburg

Website: <https://coclimburg.nl/english/for-trans-non-binary-people/>

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4. Cocktail Limburg

Cocktail Limburg is a so-called 'buddy project' by COC Limburg for lesbian, gay, bisexual, transgender, and intersex people. Cocktail puts new LGBTI-refugees in contact with a buddy, a volunteer who almost always belongs to the Limburg LGBTI community themselves. Cocktail regularly organizes various events and activities to help create a social network as well as individual contacts between the various LGBTI refugees, while also helping them integrate with the Dutch LGBTI community.

Location: Maastricht/Limburg

Website: <https://coclimburg.nl/english/for-refugees-asylum-seekers/>

5. European Test Finder

The European Test Finder (ETF) is a webtool which enables people to find the nearest place to get tested for HIV, hepatitis B and C and sexually transmitted infections (STIs) in countries across the WHO European region. It is a free online tool that facilitates easy access to services that fit the needs of the user.



Location: WHO European Union

Website: <https://www.testfinder.info/>

6. Love4EU

Lov4EU is a part of the EuRegion Project of Maastricht University. Their goal is getting to zero new infections in the Euregion Meuse-Rhine. The Lov4EU project provides a platform to share your experiences and access information about prevention, testing, treatment and other aspects of sexual health. By and for people living in the region.

Location: Maastricht, Aachen, and Liège

Website: <https://www.lov4eu.com/>

7. Katja Geiser

Katja Geiser is a physical therapist specializing in LGBTI and additional sex counseling and pelvic floor therapy. (Dutch, German, English). Services are sometimes reimbursed by health insurance companies. info@katja-geiser.com. +49 176 95297832

Location: Online/Gangelt-Breberen

Website: <https://www.katja-geiser.com/>

8. Jongeren en geld

The project Jongeren en geld Zuid Limburg is there for all young people (15 – 25) in South Limburg who need more information about administration and finances, who would also like to learn how to manage their finances properly. They offer a buddy for young people from South Limburg between the ages of 15 and 25.. This is a volunteer who will help you to get an overview of your income and expenses and who will teach you how to properly organize your administration and finances.

Location: Zuid Limburg

Website: <https://www.humanitas.nl/afdeling/maastricht-heuvelland/activiteiten/get-a-grip-jongeren-en-geld-zuid-limburg/>



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9. SoZo Limburg

SoZo Limburg is there for lesbians, gays, bisexuals, transgenders and intersex people (LGBTI) with a mild intellectual disability and their environment in Limburg. SoZo organizes a monthly meeting where people with disabilities can talk to other people with disabilities, as well as volunteers, in a safe environment. These volunteers are also there to answer any practical questions, and to make social problems discussable and where possible, to offer tools for solving them.

Location: Limburg

Website:

<https://coclimburg.nl/werkgroepen/sozo/>

10. RozeinWit

RozeinWit stands for more visibility of LGBTIQ+ in the healthcare sector. Are you looking for a doctor who is open to sexual, gender and sex diversity? RozeinWit's list of LGBTIQ+ friendly doctors can help you. NOTE: not every doctor on the list has specific knowledge in the field of LHBTIQ+ related health problems and does not guarantee specific treatments (for example hormone therapy).

Location: Several places in the Netherlands

Website: <https://www.rozeinwit.nl/zoek-arts/>

11. Trans in eigen hand

Trans in eigen hand hosts a map of trans-friendly GPs. The GPs listed here can be divided into the following categories: those who followed the Trans In Eigen Hand webinar; those on the RozeinWit list; those who are on the PrepNU list; those who support self-starters with, for example, blood testing; those who provide hormone therapy based on self-determination; those who work with shared-care agreements (GenderGP).

Location: Several places in the Netherlands

Website: <https://transineigenhand.nl/voor-transgender-personen/landkaart-transvriendelijke-huisartsen/>

12. Psymobil

Psymobil is an integrative practice of psychology. Psymobil aims to provide an empathic understanding and a safe(r) space to work together and meet your needs. Care at Psymobil is provided by Clem Mondot (they/them), a psychologist currently training as a sexologist and relationship therapist. Main topics that Clem works on include: expatriation, migration, survivors of violence, LGBTQIA+ affirming care, regulation of emotions, relationship dynamics, and sex worker awareness.

Location: Online/Utrecht

Website: <https://www.psymobil.com/>

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13. The Safo Space

The Safo Space provides psychological services with a focus on gender and in contextual therapies, with a preference for acceptance and commitment therapy. The Safo Space aims to be an aware space, understanding what is our departing point that configure us as individuals and the context in which we are immersed as social beings. It intends to recognize and validate us, and so the violence(s) that we suffer daily because of our living conditions, identities and our diversities. Care at the Safo Space is provided by Ángela Cáceres. (ENG/SPA).



Location: Online/Utrecht

Website: <https://www.thesafospace.com/>

14. Regenbogenzentrum Geilenkirchen

Youth center for lesbian, gay, bisexual, trans*, inter* & queer youth and young adults up to 27 years of age in Geilenkirchen. The Rainbow Center is now an open youth center with counseling services, supervised by educational professionals and further supported by many volunteers. It is run by the Förderverein Jugendhaus Franz von Sales eV (Friends of Youth Center Franz von Sales), a recognized provider of independent youth welfare services.

Location: Geilenkirchen

Website: <https://www.regenbogenzentrumgk.de/>

15. Transgender wegwijzer

Online care map (including lawyers and coaches) on transgender care.

Location: Several places

Website: <https://transgenderwegwijzer.nl/>

16. Limburg4Zero

Routine STI testing is part of taking care of yourself and your partners. As residents of Maastricht, free at home self-tests are available for some at risk communities.

Location: Limburg

Website: <https://www.ggdzl.nl/onderwerpen/seksuele-gezondheid/limburg4zero/>

17. GGD Zuid-Limburg

Pre- and post-exposure prophylaxis are powerful HIV prevention tools. As residents, you can also access affordable PrEP from GGD ZuidLimburg.

Location: South Limburg

Website: <https://www.ggdzl.nl/onderwerpen/seksuele-gezondheid/prep/>

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As new providers and initiatives serving queer-friendly, queer-led, and queer-centered services in Maastricht and the Limburg region we will continue updating this list.

From inclusive and affirming mental health providers to community centers run by and for LGBTQIA+ folks, these initiatives and providers not only offer essential care and wellbeing services but also foster belonging and resilience in a world that doesn't always make space for queer identities.

Whether you're looking for culturally competent healthcare, financial advice, wellbeing and mental health resources, legal advocacy, or simply a place to gather and feel seen, the services highlighted here reflect a commitment to equity, accessibility, and community empowerment.



THE QUEER COMMUNITY IN MAASTRICHT, LIMBURG AND THE REGION CONTINUES TO BUILD POWERFUL NETWORKS OF SUPPORT, CARE, AND AFFIRMATION.



We hope this list serves as both a practical resource and a reminder that you're not alone, there's a vibrant, supportive network here in Maastricht/Limburg ready to stand with you.

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