

Resource List for Transgender Health & Wellness

Basic Information

LGBTQIA+ Glossary of Terms for Health Care Teams:

Becoming familiar with terms used by lesbian, gay, bisexual, transgender, queer, intersex, asexual, and other sexual and gender minorities (LGBTQIA+) can help you provide patients with the highest quality care. In this glossary, you will find terms relevant to the health care and identities of LGBTQIA+ people.

<https://www.lgbtqiahealtheducation.org/publication/lgbtqia-glossary-of-terms-for-health-care-teams/>

Working 2SLGBTQIA+ Terminology List

A working 2SLGBTQIA+ Terminology List that is constantly updated and revised over time.

<https://docs.google.com/document/d/1bDeuhO3rIFfdgTJhNeJgfFZt4TqsfPF9E4aP4hgKTu w/edit>

National Transgender Awareness Week: Nov. 12-19th

National Transgender Day of Remembrance: Nov. 20th

<https://www.glaad.org/transweek>

International Transgender Day of Visibility: March 31st

<https://www.glsen.org/activity/transgender-day-visibility>

Gender Dysphoria FAQ

<https://www.oregon.gov/oha/HPA/DSI-HERC/FactSheets/Gender-dysphoria.pdf>

OHSU Transgender Health Program - Guides and Handouts

[Phalloplasty booklet](#)

[Vaginoplasty booklet](#)

[Metoidioplasty booklet](#)

[Vulvoplasty booklet](#)

UCSF Trans 101: Transgender People in Everyday Work and Life (7 Learning Modules):

Seven interactive, multi-media modules covering core concepts related to transgender people and communities.

<https://prevention.ucsf.edu/transhealth/education/trans101>

OHSU Transgender Health Program Request for Service (Online Form)

<https://www.ohsu.edu/transgender-health/transgender-health-program-request-service-patients>

OHSU Transgender Health Program – Events

<https://www.ohsu.edu/transgender-health/transgender-health-program-patient-education-and-events>

Health & Wellness

Crisis Hotlines that Welcome LGBTQIA+ Youth and/or Young Adults

The Trevor Project

Text 'START' to 678-678

Call 1-866-488-7386

Chat at <https://www.thetrevorproject.org/get-help/>

Trans Lifeline

Call 1-877-565-8860

*Family & Friends can also call and ask for the "Family and Friends Line"

The Gender Affirmative Letter Access Project

The GALAP is a grassroots, volunteer project that aims to increase access to free letters for gender-affirming medical care. I encourage all clinicians to sign this pledge and add their name to the registry.

<https://thegalap.org/>

Trans Affirming Care (last updated: 12/14/2022)

This is a list of gender-affirming service providers, organizations, and resources in and around Oregon. It was initially created to support care coordinators working with trans and non-binary folks, however, this resource list is welcome to be shared and used by anyone. Most resources have been recommended by folks within the trans and non-binary community and others have been provided through general searching and cross-referencing for LGBTQ+ or trans, non-binary, and intersex communities.

https://docs.google.com/spreadsheets/d/1-Fh4BcgC3z0lcg93nNVb-Nh6R_1jvubl83SWIwvFM8k/edit#gid=745301004

Resource for Insurance Denial for Trans and Queer Oregonians

<https://www.basicrights.org/news/heres-a-free-helpful-resource-for-trans-and-queer-oregonians-facing-insurance-denials?rq=transgender>

UCSF Guidelines for the Primary and Gender-Affirming Care of Transgender and Gender Nonbinary People

These guidelines aim to address [health disparities affecting transgender and nonbinary people] by equipping primary care providers and health systems with the tools and knowledge to meet the health care needs of their transgender and gender nonconforming patients.

<https://transcare.ucsf.edu/guidelines>

WPATH Standards of Care (SOC)

The overall goal of the SOC is to provide clinical guidance for health professionals to assist transsexual, transgender, and gender nonconforming people with safe and effective pathways to achieving lasting personal comfort with their gendered selves, in order to maximize their overall health, psychological well-being, and self-fulfillment. This assistance may include primary care, gynecologic and urologic care, reproductive options, voice and communication therapy, mental health services (e.g., assessment, counseling, psychotherapy), and hormonal and surgical treatments. While this is primarily a document for health professionals, the SOC may also be used by individuals, their families, and social institutions to understand how they can assist with promoting optimal health for members of this diverse population.

<https://www.wpath.org/publications/soc>

Standards of Care version 8 - World Professional Association for Transgender Health

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www.wpath.org

Advocacy, Community, & Legal

Sexual & Gender Minority Youth Resource Center (SMYRC) – New Avenues for Youth

Here at SMYRC, we provide a safe, harassment-free space for queer and trans youth ages 13-23, where

you can create art, play music, and join in on our open mic nights, drag shows, and support groups. You can access services like counseling, school support, and much more. Whatever you are looking for, we are here to honor, empower, and support you.

<https://newavenues.org/smyrc/>

Affinity and Support Groups - Portland Q Center

Our support and activity groups are community-based and peer-led!

<https://www.pdxqcenter.org/groups>

TransPonder – Eugene, OR Nonprofit Resource Center

TransPonder is a transgender founded and led nonprofit based in Eugene, Oregon providing support, resources, and education for the transgender and gender diverse community and our allies.

<https://transponder.community/>

Brave Space

Resources and gender-affirming service providers and organizations in and around Oregon.

<https://www.bravespacellc.com/resource-list>

Transgender Law Center

National trans-led legal advocacy organization

<https://transgenderlawcenter.org/>

TransActive Gender Project

The TransActive Gender Project at Lewis & Clark provides a holistic range of services and expertise to empower transgender and gender expansive children, youth, and their families in living healthy lives that are free of discrimination.

https://graduate.lclark.edu/programs/continuing_education/transactive/

Books & Media

The Transgender Child: A Handbook for Families and Professionals

By Stephanie Brill and Rachel Pepper

This comprehensive first of its kind guidebook explores the unique challenges that thousands of families face every day raising their children in every city and state. Through extensive research and interviews,

as well as years of experience working in the field, the authors cover gender variance from birth through college.

<https://www.simonandschuster.com/books/The-Transgender-Child/Stephanie-Brill/9781573443180>

The Transgender Teen: A Handbook for Families and Professionals

By Stephanie Brill and Lisa Kenney

<https://www.simonandschuster.com/books/Transgender-Teen/Stephanie-Brill/9781627781749>

Camp Wild Health Podcast

Your audio guide for raising a transgender kid and nurturing affirming family.

<https://www.wildheartsociety.org/podcast>

Beyond the Gender Binary, Femme in Public, Your Wound/My Garden

By Alok Vaid-Menon

<https://www.alokvmenon.com/#new-page>

Amos Mac

Los Angeles-based writer, artist, and founder of Original Plumbing magazine.

<https://www.amosmac.com/>