


ultimate

TRANS



*survival
guide*

columbus edition



Thank you for looking into our version of the Ultimate Trans Survival Guide, a carefully curated compilation of resources designed to support and empower transgender individuals on their journey towards authenticity, acceptance, and well-being. We were inspired by the numerous LGBTQ+ community centers and collegiate/university groups who created their version of similar documents. Whether you're navigating gender identity exploration, seeking affirming healthcare, or simply looking for community connections, this guide aims to provide a roadmap to invaluable support networks, educational materials, and essential services throughout Columbus and Central Ohio.

As we embark on this journey together, it's important to acknowledge the unique challenges that transgender individuals often face in a world that may not always understand or validate their experiences. From systemic discrimination to societal stigma, the path to self-discovery and acceptance can be fraught with obstacles. However, it is our firm belief that every individual deserves access to the resources and support necessary to live authentically and thrive.

In this guide, you will find a wealth of information covering a broad spectrum of topics relevant to the transgender community. From mental health resources to legal aid, from hormone therapy providers to LGBTQ+ affirming spaces, we have endeavored to assemble a comprehensive directory that addresses the diverse needs and concerns of transgender individuals.

Moreover, this guide is not merely a static compilation of resources; it is a living document that we intend to continually update and expand with new information and insights. We welcome feedback from our readers and encourage you to share your own experiences, suggestions, and success stories. Together, we can build a stronger, more inclusive community that uplifts and empowers each and every member.

Whether you are just beginning to explore your gender identity or have been on this journey for years, know that you are not alone. Within the pages of this guide, you will find a supportive network of organizations, professionals, and fellow individuals who are here to offer guidance, solidarity, and hope.


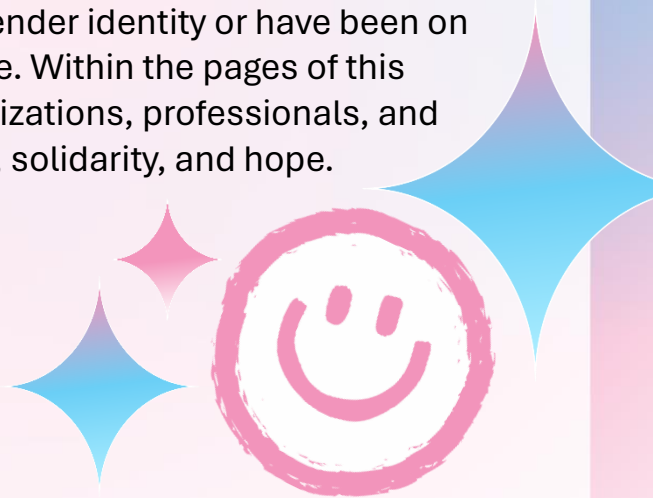


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Q. Who can I turn to in a crisis?

General Help:

- Trans Lifeline (Transgender Support) – (877) 565-8860
- Thrive Lifeline (Trans-led crisis text line) – Text "THRIVE" to 313-662-8209
- The Trevor Project Hotline (LGBTQ+ Support) – (866) 488-7386 or text START to 678678
- The Trevor Project (Online chat option) – <https://www.thetrevorproject.org/get-help/>
- LGBT National Hotline – (888) 843-4564

Coming Out Support:

- LGBT Peer Support Online Chat – <https://www.lgbthotline.org/chat>
- LGBT National Coming Out Support Hotline – (888) 688-5428
- LGBT National Youth Talkline – (800)-246-7743
- LGBT National Senior Hotline – (888) 234-7243

Suicide Prevention:

- BlackLine (for BIPOC LGBTQ+ folks) – (800) 604-5841
- National Suicide Prevention Hotline – Dial 988 or Text 988
- Línea Nacional de Prevención del Suicidio – (888) 628-9454 or SMS 988
- National Suicide Prevention Hotline (Deaf/Hard of Hearing Options) – For TTY users: Use your preferred relay service or dial 711 then 988
- Crisis Text Line – Text HOME to 741741

Substance Abuse & Mental Health:

- National Alliance for Mental Illness (NAMI) Columbus – (800) 686-2646 or text NAMI to 741741
- Substance Abuse and Mental Health Services Administration National Helpline – (800) 662-4357 or Text your 5-digit zip code to 435748
- Substance Abuse and Mental Health Services Administration National Helpline (Deaf/Hard of Hearing Options) – For TTY users: (800)-487-4889

Abortion Access:

- National Abortion Federation Hotline (Abortion referrals and financial assistance) – (800) 772-9100

STI/HIV:

- OHIV.org AIDS/HIV & STD Hotline – (800) 332-2437
- OHIV.org AIDS/HIV & STD Hotline (Deaf/Hard of Hearing Options) – For TTY users: (800) 332-3889

Child Abuse:

- Childhelp National Child Abuse Hotline – Call or Text (800) 422-4453
- National Runaway Hotline – (800) 786-2929

Sexual Assault, Domestic Violence, & Intimate Partner Violence:

- National Sexual Assault Hotline – (800) 656-4673
- National Domestic Violence Hotline – (800) 799-7233 or Text START to 88788
- National Domestic Violence Hotline (Deaf/Hard of Hearing Options) – By video phone: 855-812-1001

Q. Where can I find stories of trans joy?

- TransOhio Trans Joy Zine - <https://www.transohio.org/community-resources>
- Black Queer Intersectional Collective Zines (Obsidian and Onyx) - <https://bqic.net/zines/>
- Amateur: Finding Joy and Power in Being a Trans Person – <https://www.them.us/story/amateur-finding-trans-joy>
- Trans People Share What Trans Joy Means to Them – <https://www.cosmopolitan.com/uk/love-sex/relationships/a35987328/transgender-joy-visibility/>
- I Feel Privileged to Be Trans: 5 Writers on What Trans Joy Means to Them – <https://www.vice.com/en/article/v7mkda/what-trans-joy-means-to-me>
- Trans Joy: An Invitation to Dream – <https://betterhumans.pub/trans-joy-an-invitation-to-dream-e5cde82bfc68>
- First Person Singular: Celebrating my Trans Body and the Joy of Transition – <https://progressive.org/magazine/celebrating-my-trans-body-brinks/>
- The World Isn't Built To Celebrate Trans Joy, but After 9 Years, I've Finally Found It – <https://www.refinery29.com/en-au/finding-trans-joy>
- Gender Euphoria: Stories of Joy from Trans, Non-binary, and Intersex Writers – <https://www.amazon.com/Gender-Euphoria-Stories-non-binary-intersex-ebook/dp/B08KH2J16N>
- When I Was Me: Moments of Gender Euphoria – <https://www.quindriepress.com/pdfs/p/wiwmpdf>
- To Be A Trans Man: Our Stories of Transition, Acceptance, and Joy – <https://www.barnesandnoble.com/w/to-be-a-trans-man-ezra-woodger/1141123913>
- ACLU Ohio Transgender Ohioans Stories - <https://www.acluohio.org/en/stories-transgender-ohioans>
- Translash Media (Black Trans-led nonprofit news organization) - <https://translash.org/>

Q. Where can I access gender-affirming healthcare in Central Ohio?

- Equitas Health – <https://equitashealth.com/find-a-location/>
 - Services offered include:
 - Primary Care
 - Specialized HIV care
 - Gender affirming care
 - Mental Health & Recovery Services
 - HIV/STI testing and treatment
 - HIV advocacy
 - Dental Services
- Ohio Health – <https://www.ohiohealth.com/health-and-wellness/lgbtq-healthcare>
 - Services offered include:
 - Primary Care
 - Gender Affirming Procedures
 - Therapy
 - Gynecology Services
- Central Outreach Columbus – <https://www.centraloutreach.com/>
 - Services offered include:
 - HIV & STI testing
 - PrEp Services
 - Gender Affirming Hormones and Surgery
 - Laser Hair Removal
 - Behavioral & Mental Health Services
- Ohio State University Wexner Medical Center – <https://wexnermedical.osu.edu/gender-affirming-care>
 - Services offered include:
 - Bottom surgeries
 - Chest masculinizing and feminizing surgeries
 - Dermatology
 - Facial feminizing surgery
 - Hair removal
 - Hormone replacement therapy
 - Mental health services
 - Obstetric and gynecologic care and fertility preservation (family planning)
 - Physical therapy
 - Primary Care
 - Prosthetics

- Transition-related medical care
- Voice surgery
- Voice therapy
- Planned Parenthood of Greater Ohio – <https://www.plannedparenthood.org/planned-parenthood-greater-ohio/patient-resources/what-we-offer/gender-affirming-care>
 - Services offered include:
 - Testosterone hormone therapy
 - Estrogen/antiandrogen hormone therapy
 - Birth control
 - STI testing and treatment
 - HIV prevention, testing and counseling
 - Cancer screenings
 - Primary care
- Akron Children’s Hospital Center for Gender Affirming Medicine – <https://www.akronchildrens.org/locations/Gender-Affirming-Medicine.html>
 - Services offered include:
 - Pubertal suppression
 - Gender-affirming hormones for older adolescents and young adults
 - Mental health care coordination
 - Well checks/preventive visits
 - Education
 - Supportive care for LGBTQ+ youth and their families

Q. Where can I find resources for free medical care?

- Midwest Access Coalition: Free Emergency Contraception – <https://airtable.com/appmjtHqKwzwCRpNx/shr0cnbbhwor4R6rC>
- Naloxone Ohio (free narcan) – <https://naloxone.ohio.gov/get-naloxone>
- NEXT Distro (Free narcan and fentanyl test strips) – <https://nextdistro.org/ohio>
- Trans Empowerment Project – <https://transempowerment.org/>
- Jim Collins Foundation (grants for gender affirmation surgery) - <https://jimcollinsfoundation.org/>

Q. Where can I get a letter of recommendation for surgery?

- Central Outreach Columbus – <https://www.centraloutreach.com/>
- Ohio State University Wexner Medical Center – <https://wexnermedical.osu.edu/gender-affirming-care>
- Ohio Health – <https://www.ohiohealth.com/health-and-wellness/lgbtq-healthcare>
- Equitas Health – <https://equitashealth.com/find-a-location/>

Q. Where can I learn more about transgender health?

- Transgender Health: What You Need to Know – <https://www.hopkinsmedicine.org/health/wellness-and-prevention/transgender-health-what-you-need-to-know>
- Health Concerns for Transgender People
 - <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/transgender-health/art-20154721>
- Ten Things Transgender Persons Should Discuss with Their Health Care Provider
 - https://glma.org/10_things_transgender_people_s.php
- Ten Trans Questions to Ask a Doctor – https://www.transhub.org.au/s/FactSheet_10Questions.pdf
- Transgender Health Program: Resources – <https://www.ohsu.edu/transgender-health/transgender-health-program-resources-patients-families-and-allies>
- Trans Health Project – <https://transhealthproject.org/>
- WPATH Provider Directory Search – <https://www.wpath.org/provider/search>
- LGBTQ+ Affirming Provider Directory – <https://www.outcarehealth.org/outlist/>
- Lavender Listings – <https://www.lavenderlistings.com/listing/health-medical>
- Find LGBTQ+ Friendly Healthcare Near You – <https://lgbtqhealthcaredirectory.org/>
- FTM Resource Guide - <https://www.ftmguide.org>
- Scarleteen.com, Sex Ed for Teens and Young Adults – <https://www.scarleteen.com/tags/transgender>

Q. Where can I learn about gender affirming mental health care?

- What Gender Affirmative Therapy Is and Is Not – <https://www.rewriting-the-rules.com/gender/what-gender-affirmative-therapy-is-and-is-not/>
- Questions to Help QTBIPOC Find Affirming Mental Healthcare Providers – <https://screening.mhanational.org/content/https-screening-mhanational-org-content-questions-help-qtbipec-find-affirming-mental-health-providers/>
- National Queer and Trans Therapists of Color Network – <https://nqttcn.com/en/>
- World Professional Association for Transgender Health – www.wpath.org
- TransHealth - www.trans-health.com

Q. Where can I find resources for health workers to better understand and support transgender folks?

- Debunking the Myths: Transgender Health and Well-being – <https://www.hrc.org/resources/debunking-the-myths-transgender-health-and-well-being>
- Affirmative Services for Transgender and Gender-Diverse People: Best Practices for Frontline Healthcare Staff – https://www.lgbtqiahealtheducation.org/wp-content/uploads/2020/03/TFIE-40_Best-Practices-for-Frontline-Health-Care-Staff-Publication_web_final.pdf
- Transgender Affirming Hospital Policies – <https://assets2.hrc.org/files/assets/resources/TransAffirming-HospitalPolicies-2016.pdf>
- Patient Centered Care for Transgender People: Recommended Practices for Health Care Settings – <https://www.cdc.gov/hiv/clinicians/transforming-health/health-care-providers/affirmative-care.html>
- Healthcare Equality Index Resource Guide (Best practices and resources) – <https://www.thehrcfoundation.org/professional-resources/hei-resource-guide>
- HEI Training Options (Free LGBTQ+ education training for HEI participating institutions) – <https://www.thehrcfoundation.org/professional-resources/hei-training-options>
- Additional Transgender Resources for Health Care Providers – <https://www.cdc.gov/hiv/clinicians/transforming-health/health-care-providers/additional-resources.html>
- Learning Resources: Transgender Health – <https://www.lgbtqiahealtheducation.org/resources/in/transgender-health/>
- Learning Resources: LGBTQIA+ People of Color – <https://www.lgbtqiahealtheducation.org/resources/in/lgbtqia-people-of-color/>
- Transgender Research and Medicine SIG – <https://www.endocrine.org/our-community/special-interest-groups/transgender-research-and-medicine>
- All Resources: Transgender Aging – <https://www.lgbtagingcenter.org/resources>
- LGBTQIA+ Inclusion Resources for Prevention Practitioners: Guides and Toolkits – <https://www.preventconnect.org/2023/06/lgbtqia-inclusion-resources-for-prevention-practitioners-guides-and-toolkits/>
- Substance Abuse and Mental Health Services Administration: LGBT Publications – https://store.samhsa.gov/?v=professional_and_research_topics&f%5B0%5D=population_group%3A5310
- Our Lives, Our Choices, Our Rights: Guidebook for LGBTQ+ and Intellectual Disabilities – <https://rainbowguidebook.com/chapters/introduction/>

Q. Who can help me with food?

- LGBTQ friendly organizations
 - Mid-Ohio Food Bank - <https://mofc.org/>
 - All People's Fresh Market - <https://www.heal4allpeople.org/all-people-s-fresh-market>
 - Have a Gay Day Food Pantry, Dayton - <https://haveagayday.org/pantry/>
- Other Resources
 - SNAP Eligibility - <https://www.fns.usda.gov/snap/recipient/eligibility>
 - WIC Eligibility - <https://www.fns.usda.gov/wic/who-gets-wic-and-how-apply>
- For Pets
 - Columbus Humane Pet Food Pantry - <https://www.columbushumane.org/petfood>

Q. Where can I find free gender affirming clothing?

- Point of Pride (chest binders and shapewear) - <https://www.pointofpride.org/free-chest-binders>
- Gender Junk Program (binders, gaffs, etc. for trans youth) – <https://transfamilysos.org/genderjunk/>
- Free Youth Binder Program (for people 24 and under) - <https://www.ftm essentials.com/pages/ftme-free-youth-binder-program>
- Stonewall Columbus Trans Binding Tips PDF - <https://stonewallcolumbus.org/wp-content/uploads/2016/12/SWC-Trans-Binding-Tips-Pamphlet.pdf>
- Guide to LGBTQ organizations in Greater Columbus, by The Columbus Dispatch, June 2022 - <https://www.dispatch.com/story/news/2022/06/14/guide-greater-columbus-lgbtq-organizations-support-groups/7469625001/>

Q. Where can I buy gender affirming clothing?

- Trans Gear Links - <https://transfamilysos.org/trans-gear-links/>
- Out Of The Closet - <https://outofthecloset.org/>

Q. Where can I get gender affirming hair care?

- Strands for Trans – www.strandsfortrans.com

Q. Who can help me with housing?

- HUD Exchange - <https://www.hudexchange.info/housing-and-homeless-assistance/>
- Black LGBTQIA+ Emergency Funds in Columbus Ohio - <https://bqic.net/emergency-fund/>
- Kaleidoscope Youth Center – www.kycohoio.org
- YMCA of Central Ohio - <https://ymcacolumbus.org/locations/vanburen>

- Tenant Rights, Laws, and Protections: Ohio – <https://www.hud.gov/states/ohio/renting/tenantrights>
- Ohio Bar Law Facts: Tenant & Landlord Rights and Obligations – <https://www.ohiobar.org/public-resources/commonly-asked-law-questions-results/law-facts/law-facts-tenant--landlord-rights-and-obligations/>

Legal Support

Q. Who can help me change my name and gender marker on legal documents?

- ACLU Ohio – <https://www.acluohio.org/en/gender-and-name-change-id-documents>
- Equitas Health – <https://equitashealth.com/our-services/gender-affirming-care/gender-marker-name-change-guide/>
- Transequality Name and Gender Change Guide – <https://transequality.org/sites/default/files/docs/id/Name%20and%20Gender%20Change%20Guide%20%28Adults%29%20%28December%202017%29%20-%20for%20website%20%28002%29.pdf>

Q. Who can help me with additional transgender legal resources?

- Transgender Legal Defense and Education Fund – <https://transgenderlegal.org/>
- National LGBTQ+ Bar Association – www.lgbtqbar.org
- Lambda Legal – www.lambdalegal.org
- National Center for Lesbian Rights – www.nclrights.org
- National Center for Transgender Equality – www.transequality.org

Q. Who can help me with legal needs related to domestic and sexual violence?

- Buckeye Region Anti-Violence Organization Helpline (BRAVO) – (866) 86-BRAVO or (866)-862-7286
- Access Community Health Network, LGBTQIA Intimate Partner Violence – (866)-267-2353 www.achn.net

Q. Where can I find help with career building?

- Diversity Columbus – <https://diversitycolumbus.org>

Community

Q. Where can I find local queer and trans community groups?

- Ace and Aro Alliance of Central Ohio – www.acearoalliance.org
- Black Queer and Intersectional Coalition – 614-746-2377, www.bqic.net
- Gay, Lesbian, Straight Education Network (GLSEN) Columbus – www.glsen.org/chapter/central-ohio
- Kaleidoscope Youth Center, 603 East Town St., 614-294-5437 – www.kycohoio.org

- PFlag Columbus, 4739 Riverwood Drive, Hilliard – www.columbuspflag.com
- Mozaic a wellness program and community space for transgender, gender non-conforming, and non-binary – www.equitashealth.com/locations/mozaic
- Black, Out, & Proud, 360 Olentangy Forest Drive – www.blackoutandproud.com
- Black Trans Men of Ohio – <https://www.btmohio.org/>

Q. Where can I find mental health resources?

- Stonewall Columbus Trans Therapy Group – <https://stonewallcolumbus.org/programs/support-groups/transgender-therapy-group/>
- Stonewall Columbus In-House Counseling – <https://stonewallcolumbus.org/counseling/>
- TransOhio Support Groups – <https://www.transohio.org/supportgroups>

Faith

Q. Where can I find local LGBTQIA affirming faith groups?

- Affirming and Welcoming Worldwide Church Directory – <https://www.gaychurch.org/>
- Kings Avenue United Methodist Church – <http://www.kingave.org/>
- LGBTQ Jewish Orgs – <https://www.jqyouth.org/lgbtq-jewish-orgs/>
- Muslim Alliance for Sexual and Gender Diversity (MASGD) Resource Guide: Orgs in the US – <https://www.themasgd.org/orgs-united-states>

Q. Where can I find faith resources for transgender folks and their loved ones?

- Coming Home: To Faith, To Spirit, To Self (Interfaith) - <https://www.hrc.org/resources/coming-home-to-faith-to-spirit-to-self>
- Affirming Resources for Queer Youth of Faith (Interfaith) - <https://www.belovedarise.org/resourcesforyouth>
- Black Trans Prayer Book (Interfaith) – <https://theblacktransprayerbook.org/>
- What Does the Bible Say About Transgender People? (Christian) – <https://www.hrc.org/resources/what-does-the-bible-say-about-transgender-people>
- Transgender & Christian - <https://www.queertheology.com/transgender/>
- Resources for Trans and Gender Expansive People (Christian) - <https://transmissionministry.com/resources/trans-resources/>
- Family Resources (Christian) – <https://www.qchristian.org/resources/family>
- JQ Helpline (Jewish) – <https://jqinternational.org/helpline/>
- JQ Helpline Community Resource Manual (Jewish) - <https://jqinternational.org/resources>
- Resources: Browse by Topic (Jewish) - <https://www.keshetonline.org/resources-and-events/browse-by-topic>

- Resources: Gender Identity (Jewish) - <https://www.keshetonline.org/resources/topic/gender-identity/>
- RMN's Resources Library (Methodist) – <https://rmnetwork.org/resources>
- Stories and Resources (Mormon) – <https://affirmation.org/resources/>
- Stories and Resources: Transgender (Mormon) – <https://affirmation.org/resources/gender-identity/transgender/>
- LGBTQI Resources (Muslim) – <https://www.mpvusa.org/lgbtqi-resources>
- Articles & Excerpts (Muslim) – <https://www.themasgd.org/articles-and-excerpts>
- Videos & Podcasts (Muslim) – <https://www.themasgd.org/videos-podcasts-blogs>

Q. Where can I find resources for faith workers to better understand and support transgender people?

- Trans ACTION: A Transgender Curriculum for Churches and Religious Institutions – http://welcomingresources.org/transaction_final.pdf
- Community Inclusion Guides (for synagogues, day schools, summer camps, Hillels, and Jewish youth groups) – <https://www.keshetonline.org/resources-and-events/community-inclusion-guides/>

Q. Where can I find resources to support transgender families?

For people with a transgender parent:

- Resources for People with a Transgender Parent - <https://www.familyequality.org/resources/resources-for-people-with-a-transgender-parent/>
- Connect with COLAGE – <https://colage.org/connect>

For parents of transgender children:

- PFLAG Ohio – <https://pflag.org/resource/resources-for-oh-trans-nonbinary-youth/>
- Families For Trans Equality – <https://transequality.org/families-for-trans-equality>
- Parenting a Transgender or Gender-Expansive Child: How to Protect Your Family – <https://transequality.org/sites/default/files/docs/resources/One%20Pager%20re%20OCPS.4.28.17docx.pdf#overlay-context=issues/families>

Adoption:

- Adoption by Family Type: LGBTQ+ Families - <https://www.childwelfare.gov/topics/adoption/adoptive/family-type/lgbtq-families/>
- How Can I Find an LGBTQ+ Friendly Adoption or Foster Care Agency? – <https://www.hrc.org/resources/how-can-i-find-an-lgbt-friendly-adoption-agency>
- Support for Foster Parents – <https://www.adoptuskids.org/adoption-and-foster-care/parenting-support/for-foster-parents>

- Support for Parents who Adopt from Foster Care – <https://www.adoptuskids.org/adoption-and-foster-care/parenting-support/for-adoptive-parents>
- Financial resources for adoption, assisted reproduction, and surrogacy:
- The Costs of LGBTQ+ Family Planning - <https://www.investopedia.com/the-costs-of-lgbtq-family-planning-5180217>
- LGBTQ Financial Family Building Support - <https://www.gayparentstobe.com/financial/grants-charities/>
- Affording Surrogacy Guide - <https://www.familyequality.org/resources/affording-surrogacy-guide/>
- Legal resources for trans parents:
 - Protecting the Rights of Transgender Parents and their Children: A Guide for Parents and Lawyers – <https://www.aclu.org/report/protecting-rights-transgender-parents-and-their-children>
 - FAQs About Transgender Parenting – <https://www.lambdalegal.org/know-your-rights/article/trans-parenting-faq>

Q. Where can I find resources about gender-neutral parenting?

- Gender-Neutral Parenting: What It Is, Pros, & Cons – <https://www.choosingtherapy.com/gender-neutral-parenting/>
- Raising Them: Our Adventure in Gender Creative Parenting by Kyl Myers – <https://www.kylmyers.com/book>
- Gender Creative Parenting Resources – <https://www.kylmyers.com/resources>

Q. Where can I find resources about coming out?

- The Coming Out Handbook – <https://www.thetrevorproject.org/resources/guide/the-coming-out-handbook/>
- Coming Out: Living Authentically as Transgender or Non-binary – <https://reports.hrc.org/coming-out-living-authentically-as-transgender-non-binary>
- Coming Out as Trans and/or Nonbinary – <https://www.plannedparenthood.org/learn/gender-identity/transgender/coming-out-trans>
- 5 Tips on How to Come Out to Your Family as Nonbinary – <https://www.them.us/story/how-to-come-out-to-your-family-as-nonbinary>
- Coming Out: Living Authentically as Black LGBTQ People – <https://jeunesidentitescreatives.com/upload/ressources/files/Black-ComingOut-Resource-02122020.pdf>
- Coming Out: Living Authentically as LGBTQ Latinx Americans – https://assets2.hrc.org/files/assets/resources/HRC_Coming_Out_Latinx.pdf

- Coming Out: Living Authentically as LGBTQ Asian and Pacific Islander Americans – https://assets2.hrc.org/files/assets/resources/HRC-Coming_Out-API-FINAL-web-2018.pdf

Q. Where can I find resources to help educators and school employees better understand and support transgender students?

- Gender Spectrum: Resources – <https://www.genderspectrum.org/resources>
- Schools in Transition: A Guide for Supporting Transgender Students in K-12 Schools - <https://hrc-prod-requests.s3-us-west-2.amazonaws.com/files/assets/resources/Schools-In-Transition.pdf>
- Creating Safe and Welcoming Schools – <https://welcomingschools.org/>
- Gender-Inclusive Biology – <https://genderinclusivebiology.squarespace.com>
- The Teaching Transgender Toolkit – <http://www.teachingtransgender.org/>
- Transgender & Non-binary Affirming Resource Books for K-12 Educators – <https://bookshop.org/lists/transgender-non-binary-affirming-resource-books-for-k-12-educators>
- Check the Box: Trans Checklist for Colleges & Universities – <https://www.campuspride.org/resources/transgender-checklist-for-colleges-universities>
- Suggested Best Practices for Supporting Trans Students – https://issuu.com/lgbtcampus/docs/trans_student_inclusion
- Recommendations for Supporting Trans and Queer Students of Color – https://issuu.com/lgbtcampus/docs/tqsoc_support_2016

Q. Where can I find resources for transgender workers and job-seekers?

- Navigating Gender Identity and Expression During a Job Search – <https://www.insidehighered.com/advice/2019/06/24/advice-dealing-gender-identity-and-expression-job-interviews-opinion>
- 5 Interviewing Tips for Transgender and Non-Binary People – <https://www.indeed.com/career-advice/interviewing/5-interviewing-tips-for-transgender-and-non-binary-people>
- Where do employers stand in the movement for LGBTQ equality? – <https://www.hrc.org/resources/employers>
- How can I find an employer's non-discrimination policy? – <https://www.hrc.org/resources/how-can-i-find-an-employers-non-discrimination-policy>
- Coming Out at Work – <https://www.hrc.org/resources/coming-out-at-work>
- Transitioning in the Workplace: A Guide for Trans Employees – <https://www.hrc.org/resources/transitioning-in-the-workplace-a-guide-for-trans-employees>

- Out For Undergrad - <https://www.outforundergrad.org/>
- OutPro's Webinar Library – <https://www.outprofessionals.org/webinar-library>

Q. Where can I find resources to help colleagues and employers better understand and support transgender people?

- Trans Toolkit for Employers – <https://www.thehrcfoundation.org/professional-resources/trans-toolkit-for-employers>
- Employee Benefits & Policies (best LGBTQ practices for employers) – <https://www.thehrcfoundation.org/professional-resources/employee-benefits-and-policies>
- Out and Equal: Toolkits, Guides, & Reports – <https://outandequal.org/toolkits-guides/>
- Resources: Employment – <https://transgenderlawcenter.org/resources/employment>
- Trans Empowerment Project Employer Mailing List – <https://transempowermentproject.salsalabs.org/TransEmploymentProject/index.html>

Voting While Trans

Q. What are my voting rights in Ohio?

- ACLU Guide to Voting while Trans in Ohio – <https://www.acluohio.org/en/news/voting-while-trans-tips-successful-election-day>
- Election Protection – <https://866ourvote.org/>

Q. How can I file a voting discrimination claim?

- Ohio Elections Commission – <https://elc.ohio.gov/file-complaint>

Traveling While Trans

Q. Where can I find resources for trans travelers?

- Know Your Rights: Airport Security - <https://transequality.org/know-your-rights/airport-security>
- How to Mitigate the Stress of Flying While Trans - <https://medium.com/transequalitynow/how-to-mitigate-the-stress-of-flying-while-trans-7b63b36da669>
- X Gender Marker Available on U.S. Passports - <https://www.state.gov/x-gender-marker-available-on-u-s-passports-starting-april-11>
- LGBTQ+ Travel Guidance & Resources - <https://www.globalsupport.harvard.edu/travel/advice/lgbtq-travel-guidance-resources>
- LGBTQI+ Travelers - <https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations/lgbtqi.html>
- LGBTQ+ Safety Guide - <https://www.iglta.org/plan-your-trip/travel-guides/lgbtq-safety-guide/>
- June Anti-Trans Legislative Risk Map - <https://www.erininthemorning.com/p/june-anti-trans-legislative-risk>

- Snapshot: LGBTQ Equality by State – <https://www.lgbtmap.org/equality-maps>
- Mapping Attacks on LGBTQ Rights in U.S. State Legislatures - <https://www.aclu.org/legislative-attacks-on-lgbtq-rights>
- Maps of Anti-LGBT Laws by Country - https://internap.hrw.org/features/features/lgbt_laws/

Q. Where can I find resources for transgender people with diverse identities?

For people of color:

- Resources: Communities of Color – <https://www.hrc.org/resources/communities-of-color>
- Queer and Trans Black, Indigenous, People of Color – <https://lgbtq.ucla.edu/qt/bipoc-resources>
- Black LGBTQ+ Blogs & Podcasts – <https://centerforblackequity.org/blogs-podcasts>
- Black & LGBTQ: Approaching Intersectional Conversations – <https://www.thetrevorproject.org/resources/guide/black-lgbtq-approaching-intersectional-conversations/>
- Organizations Serving the Black LGBTQ+ Community – <https://itgetsbetter.org/blog/organizations-serving-black-lgbtq-community/>
- Tribal Equity Toolkit 2.0: Tribal Resolutions and Codes to Support Two Spirit & LGBT Justice in Indian Country – <http://graduate.lclark.edu/live/files/15810-tribal-equity-toolkit-20>

For disabled people:

- Gender Dysphoria Covered by Americans with Disabilities Act, Federal Court Rules - <https://www.pbs.org/newshour/politics/gender-dysphoria-covered-by-americans-with-disabilities-act-federal-court-rules>
- Finding Disabled Transgender Pride - <https://rootedinrights.org/finding-disabled-transgender-pride/>
- LGBTQ+ People with Disabilities - <https://www.respectability.org/resources/lgbtq/#articles>
- Disability and LGBTQ+ Resource Guide - https://lgbtq.arizona.edu/sites/default/files/DisabilityResourceGuide_June2018.pdf
- Learning About Queer and Trans Disability During Deaf History Month (scroll to the bottom of the page for resources) - <https://www.bestcolleges.com/blog/queer-trans-disability-deaf-history-month/>
- LGBTQ Wheelchair Users Share Their Stories - <https://unitedspinal.org/lgbtqia-wheelchair-users-stories/>

For older adults:

- Financial Wellness and Older LGBTQ+ People - <https://www.lgbtagingcenter.org/resources/resource.cfm?r=2155>
- Your Rights & Resources (scroll down to “Browse by Topic”) - <https://www.sageusa.org/your-rights-resources/>
- Retirement Guide for LGBTQ Americans - <https://www.forbes.com/advisor/retirement/lgbtq-retirement-guide>
- LGBTQ Retirement Communities and Cities in the US - <https://www.seniorliving.org/retirement/lgbt>
- To Survive on This Shore – <https://www.tosurviveonthishshore.com/>

Q. Where can I find helpful apps for trans people?

- Refuge Restrooms - Finds safe restrooms for transgender and gender non-conforming people. – <https://play.google.com/store/apps/details?id=org.refugerestrooms>
- Transtracks - A transition tracker that can change into a transit scheduling app for those who need to hide it. – <https://play.google.com/store/apps/details?id=com.drspaceboo.transtracks>
- Trans Memo - A hormonal tracker that ensures you never miss hormone day. – <https://play.google.com/store/apps/details?id=chrysalide.testomemo>
- Voice Tools - Real-time pitch, tone, and volume analyzer for voice therapy – <https://play.google.com/store/apps/details?id=com.DevExtras.VoiceTools>

In closing, remember that you are deserving of love, respect, and support. You are valid, you are seen, and you are valued. As you utilize the resources within this guide, may you find the strength and courage to embrace your true self and live authentically. Know that you are never alone, and that there is a community of individuals ready to stand beside you on your journey. Keep moving forward with Pride and confidence, knowing that brighter days lie ahead. With solidarity and hope, all of us at Stonewall.

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Do you have more resources we should add? Email us with the subject line “Trans Guide”
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