

Labeling your gender:

We use “trans” as an umbrella term to describe a diverse group of individuals who transcend societally-defined categories of gender. How an individual experiences (or doesn't experience) gender is different for each person, **everyone's gender is unique.**

The term trans encompasses (but is not limited to) those who identify as transgender, genderqueer, trans, non-binary, androgynous, agender, bigender, two spirit, and gender non-conforming.

On Brown's campus **queer is often used as an umbrella term** that can include all (a)genders and (a)sexualities outside of cisgender/heterosexual.

If you do not feel comfortable using the trans, queer, or any other label, **you do not need to.**

*This pamphlet is specifically directed for students who identify as trans, though it may also contain information relevant to ace-spectrum folks, LGBQ folks, or folks with other identities.

Resources

Interpersonal and community resources you can turn to:

On Campus:

LGBTQ Center (lgbtq@brown.edu)
Stephen Robert '62 Campus Center
(Faunce) 3rd Floor

Off Campus:

Go Ask Alice is an LGBTQ-friendly question-and-answer website where you can anonymously email any health questions you have.

<http://www.goaskalice.columbia.edu>

Individuals in crisis can call the Trans Lifeline at 877-565-8860 or the National Suicide Prevention Lifeline at 1-800-273-8255.

The Trevor Project: resources for queer and trans folks can be found at <http://www.thetrevorproject.org/pages/trans-gender-identity>

Thundermist Health Center's Trans* Health Access Team can connect you to hormones and other medical options at 401-615-2800

Counseling and Psychological Services (CAPS)

J Walter Wilson, Room 512
Hours Mon-Fri 8:30am-5pm
Phone 401-863-3476

If you have a psychiatric emergency when CAPS is closed, follow the prompts to reach the psychotherapist on call at the above #

RESOURCES AND STRATEGIES

TRANS MENTAL HEALTH



QUEER PEOPLE AND ALLIES
FOR THE ADVANCEMENT OF MEDICINE

FINDING THE RIGHT PROVIDER FOR YOU:

Do research about provider expertise and experience. Mental (and all) health professionals **should affirm rather than pathologize your identity**. However, not all providers will have experience with trans patients, and that's OK. The important thing is that it is a comfortable space for you. If it is not, **you can seek out a different provider**.



Conversation Tools

- Establish the relationship with your provider on your terms. You can discuss expectations of the relationship, such as what is expected of you and what you expect of your provider. It can be productive to discuss your goals for therapy early on.
- Speak up! Mental health providers are there to serve you! If you are particularly nervous to speak about a topic, try practicing what you're going to say beforehand or writing it down.
- Don't let your provider make the conversation about your trans experience if that's not what you came to talk about.
- Ask to establish boundaries. Certain topics can be "off limits." You have agency in this interaction! You can guide the conversation.



Provider Options

There are many professionals who can help improve your mental wellbeing.

Psychiatrists - prescribe and manage medications

Psychologists, LMHC, LICSW - talk therapy, counseling

Cognitive Behavioral Therapists - changing behavioral and thought patterns

Social Workers - relationship, personal, and family issues

Neurologists - diagnosis and treatment of nervous system, generally by referral

It is up to you what type of provider you seek out. You can also ask your general practitioner for their recommendation.



Financing

- CAPS offers free appointments but is a short-term care model.
- If you have insurance, you can ask CAPS providers for "in network" positively reviewed providers with trans patient experience for long-term care.
- You can also search your insurance company website to "find a provider near you" and see if they have experience working with trans folks.

"I always call ahead to ask what experience my provider has working with queer patients."
- Brown Student '16

- Community Support Groups at Brown:
- Queer Alliance (Faunce 4th floor)
 - Project LETS
 - Active Minds

How to make a CAPS appointment:
Call (401) 863-3476 or go to JWW Room 512