

## Resources

### Sexuality

#### For Students:

\*Aven.....Asexuality website/support

<https://www.asexuality.org/>

\*Gay and Lesbian National Hotline <http://www.glnh.org/>

\*The Trevor Project 1-866-488-7386 (suicide hotline for lgbtq people)

\*Planned Parenthood text line: **Sex Ed Text Line**

Text “safersex” to 69866 to get your questions about sex, sexuality, and relationships answered by an Embody educator.

\*LGBTQ Inclusion Clinic <https://www.google.com/amp/s/amp.jsonline.com/amp/685381002>

\*Regularly updated resource list

[https://docs.google.com/document/u/1/d/1R5CY76HSJ5TQMLrcaiFMAs0o0P6K8cfwWljFWU\\_D9zl/mobilebasic](https://docs.google.com/document/u/1/d/1R5CY76HSJ5TQMLrcaiFMAs0o0P6K8cfwWljFWU_D9zl/mobilebasic)

### Gender

#### For Students:

\*Transgender survivor’s guide to accessing therapy <https://forge-forward.org/wp-content/docs/Lets-Talk-Therapist-Guide.pdf>

\* Trans-friendly Providers (physical and mental health) in Wisconsin: <https://forge-wi.org/providers/>

\*Suicide Prevention Lifeline: 1-800-273-8255 (English), 1-888-628-9454 (Spanish)

\*The Trevor Project (LGBTQ Crisis and Suicide Hotline) 866-488-7386

\*Trans Lifeline 877-565-8860 ..... More state by state resources  
<https://www.translifeline.org/resources>

\*Veteran Crisis Line 1-800-273-8255, Press 1.....  
<https://www.veteranscrisisline.net/about/what-to-expect>

\*Teen Crisis Line 310-855-4673

\*Hopeline Text Service- Text “Hopeline” to 741741

\*Self-care with chest binding:

[https://gabrieljoffelmt.com/blog/2019/1/1/self-care-resources-for-people-who-chest-bind?fbclid=IwAR0AkgJtnJzDrhNMe4sYca1fvoKPQOTpykc\\_gMVEIz7Pon2kFUyr\\_zLOH6w](https://gabrieljoffelmt.com/blog/2019/1/1/self-care-resources-for-people-who-chest-bind?fbclid=IwAR0AkgJtnJzDrhNMe4sYca1fvoKPQOTpykc_gMVEIz7Pon2kFUyr_zLOH6w)

\*“Voice Tools: Pitch and Volume” app for voice therapy

\* <https://transcapsule.com/> is a new app launching this summer. It helps individuals track changes and the effects of HRT overtime.

\*Wisconsin Transgender Health Coalition <https://witranshealth.org/>

\*Gay and Lesbian National Hotline

<http://www.glnh.org/>

\*TRANS FAITH

<http://www.transfaithonline.org/>

TransFaith is a national non-profit that is led by transgender people and focuses on issues of faith and spirituality. They work closely with many allied organizations, secular, spiritual, and religious, transgender-led and otherwise. They bring people together to develop conversation, strategy, and community in order to help us all reach our full potential.

\*The Trevor Project 1-866-488-7386 (suicide hotline for lgbtq people)

\*Trans toolkit for employers <https://www.hrc.org/campaigns/trans-toolkit>

\*Trans youth employment toolkit [http://fosteringsuccessmichigan.com/uploads/misc/YS2016\\_Trans-Youth-Employment-Toolkit.pdf](http://fosteringsuccessmichigan.com/uploads/misc/YS2016_Trans-Youth-Employment-Toolkit.pdf)

\*Toolkit for students in school- how you’re your school measure up?

[https://www.lambdalegal.org/sites/default/files/publications/downloads/btm\\_bending-the-mold\\_0.pdf](https://www.lambdalegal.org/sites/default/files/publications/downloads/btm_bending-the-mold_0.pdf)

\*Activism in school

[https://www.lambdalegal.org/sites/default/files/publications/downloads/btm\\_bending-the-mold\\_0.pdf](https://www.lambdalegal.org/sites/default/files/publications/downloads/btm_bending-the-mold_0.pdf)

\*Trans employment publication of resources and publications

<http://transemploymentprogram.org/resources/>

\*Trans in the Workplace <https://www.learnhowtobecome.org/career-resource-center/workplace-guide-for-transgender-students/>

\*Trans school toolkit (MN based)

<file:///C:/Users/moonenj/Downloads/A%20Toolkit%20for%20Ensuring%20Safe%20and%20Supportive%20Schools%20for%20Transgender%20and%20Gender%20Nonconforming%20Students%209-25-2017.pdf>

\*“Trans Teen Survival Guide” book by Owl and Fox Fisher (nonbinary authors)

\*“The Gender Quest Workbook” by Ryan Jay Testa, PhD, Deborah Coolhart, PhD, and Jame Peta, MA

\*TGNC substance use resource in Milwaukee [https://forge-wi.org/resources/blog-post/seeking-recovery-services-in-milwaukee/?utm\\_source=%5BGearbits%5D+March+2019&utm\\_campaign=2019-01-Gearbits%28mini%29&utm\\_medium=email](https://forge-wi.org/resources/blog-post/seeking-recovery-services-in-milwaukee/?utm_source=%5BGearbits%5D+March+2019&utm_campaign=2019-01-Gearbits%28mini%29&utm_medium=email)

\*Trans and Queer online support and connection <https://www.facebook.com/forge.wi/>

\*Transbucket.com (forum for folks exploring surgery) <http://www.transbucket.com/>

\* Center for Community Healing – LGBTQ Counseling Center <https://www.arttherapyadison.com/>

\*United Healthcare is lgtbq affirming (potentially covers 80% of top surgery)

\*Healthcare coverage and pre-authorization guide <https://transequality.org/health-coverage-guide>

## For Parents:

\*\*“Gender Revolution” .....Documentary with Katie Couric, helpful for parents

\*\*3rd Sunday each month, from 2-4pm.....parents with tgnc children group

Friends Meeting House, 1704 Roberts Ct, Madison

(Parking available in the Wingra Lot, next to Monroe St. Public Library)

(262) 689-3239

[pflagmadison@yahoo.com](mailto:pflagmadison@yahoo.com)

[www.pflag-madison.org](http://www.pflag-madison.org)

24 Hour Pflag Line: 608-848-2333 (voicemail)

\*\*3rd Sunday each month, from 5:00 to 7:15pm.....parents with tgnc children group

Martin Luther Church, 9235 W. Bluemound Road, Wauwatosa

(414) 299-9198

[pflagmilwaukee@hotmail.com](mailto:pflagmilwaukee@hotmail.com)

[www.milwaukee-pflag.org/index.htm](http://www.milwaukee-pflag.org/index.htm)

“Red: A Crayon’s Story” Michael Hall.....Children’s book

“Gender Outlaw: On Men, Women, and the Rest of Us” Kate Bornstein..... Adult book