

## LGBTQ+ RESOURCES

### THERAPY SERVICES

#### WSU Counseling and Psychological Services: 316-978-45WC (4792), Steve Clark YMCA, wichita.edu/caps

- LGBTQ+-specialized therapist, Rachel Amerson, Ph.D. (she/hers), is available to address issues related to gender and sexual minority stress, including but not limited to: gender dysphoria, gender- and sexual-identity based discrimination and stigma, and gender/sexual identity exploration
- Transgender and Gender Nonconforming Support Group: Thursdays, 1-2 pm via Zoom Email <u>Rachel.amerson@wichita.edu</u> to sign up
- Provides letters for HRT, top/bottom surgery
- U LGBT+ Health Coalition: https:// wichitalgbthealth.org/select-your-countyto-see-providers-near-you/primary-care/ behavioral-health-providers/

The link will take you to a page with several mental health providers who have signed up to be listed for those who are seeking LGBTQ+ affirming mental healthcare.

## NAME CHANGE RESOURCES

Kansas Name Change Project, through Kansas Legal Services, Inc.

Free legal representation and resources to transgender, nonbinary, and gender-diverse Kansans

Wichita State University

There is a form available that provides students the ability to change their name in the WSU system. It can be found by following this link: <a href="https://www.wichita.edu/services/registrar/documents/NAMECHANGE.pdf">https://www.wichita.edu/services/registrar/documents/NAMECHANGE.pdf</a>

### VOICE THERAPY

#### **WouTube:** Trans Voice Lessons

A guide to vocal feminization, the creator provides education and step-by-step lessons on adjusting the resonance of one's voice to be more feminine

## WSU's Speech Therapy Clinic: Speech and Language Clinic on campus Gender Affirming Speech Therapy

- With Carly Thomas
- Accepts insurance, without insurance there is a sliding scale of \$18-\$60
- · Hybrid model, though mostly on Zoom
- M-CARE: 316-461-0339, 941 W 27th St S., Wichita, KS 67217; <a href="https://mcarehc.com/">https://mcarehc.com/</a> Offer Speech therapy
- The Transgender Institute: 816-305-0943, 8080 Ward Pkwy, Ste 400, Kansas City, MO 64114; <a href="https://transinstitute.org/Offer Voice lessons">https://transinstitute.org/Offer Voice lessons</a>

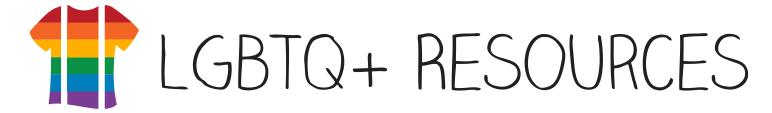
# SPECIAL TOPICS IN LGBTQ+ WFLL-BFING

#### Wichita LGBTQ+ Health Coalition:

https://wichitalgbthealth.org/resources/ Provides resources on several different topics, including, but not limited to:

- · Binder safety and usage
- Gender dysphoria education and options for combatting it
- Information on the college experience for LGBTQ+ people, guides to finding an affirming school, and how to protect yourself on campus
- STIs
- Terminology
- · Other really interesting topics





## HORMONE REPLACEMENT THERAPY (HRT), SURGERY, AND GENERAL HEALTH CARE

- WSU Student Health Services: 316-978-4792, Steve Clark YMCA, wichita.edu/shs Make an appointment with CAPS to obtain letter for HRT you will receive the letter in that appointment Make an appointment with SHS for HRT
  - Step 1: Consultation (history, background info.)
  - Step 2: Examination (full physical, bloodwork, etc)
  - · Step 3: Receive HRT
  - Step 4: Follow-up appointments
- M-CARE: 316-461-0339, 941 W 27th St S., Wichita, KS 67217; <a href="https://mcarehc.com/">https://mcarehc.com/</a>
  - Full healthcare for LGBTQ+ people, including HRT, PReP, STI testing, and other medical services in an affirming environment
  - · Also offers voice/speech therapy
- Trust Women Wichita: 316-260-6934, 5107 E. Kellogg Drive, Wichita KS, 67218; <a href="https://trustwomen.org/clinics/wichita/patient-care-services/transgender-health-services">https://trustwomen.org/clinics/wichita/patient-care-services/transgender-health-services</a>

Reproductive health care, as well as LGBTQ+ services, including:

- Sexual health
- HRT
- Referrals to other LGBTQ+ physicians and genderaffirming surgeons
- The Transgender Institute: 816-305-0943, 8080 Ward Pkwy, Ste 400, Kansas City, MO 64114, <a href="https://transinstitute.org/">https://transinstitute.org/</a>
  Offers a myriad of services, including therapy, mentoring, referral letters, Voice lessons, HRT, surgery Feminine Immersion Program assists transwomen with developing their femininity
- Planned Parenthood, Wichita Health Center: 316-263-7575, 2226 E Central, Wichita, KS 67214 Offer HRT, as well as other healthcare related services

The International Center for Transgender Care: 469-429-7557 (Surgery Center), 6020 W Plano Pkwy, Ste 100, Plano, TX 75093; https://thetranscenter.com/

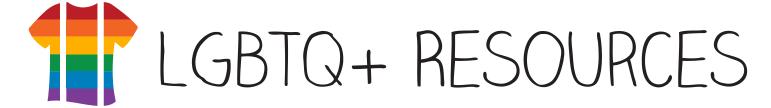
Offers gender-affirming surgeries:

- Facial Masculinization/Feminization surgery
- Mastectomy
- Breast Augmentation
- Body Masculinization/Femininization procedures
- · Gender Confirmation Surgery
- Orchiectomy
- Hanna Gender Center: 972-327-5524; 4333 N Josey Ln Ste 100, Professional Plaza II, Carrollton, TX 75010; <a href="https://hannagendercenter.com/">https://hannagendercenter.com/</a>
  - Gender affirming surgeon dedicated to serving the trans and nonbinary community
  - Find more information on Dr. Dany Hanna's TikTok and Instagram, @drdanyhanna

## STIGMA/DISCRIMINATION ON CAMPUS

- WSU CARE Team: wichita.edu/care
  - CARE Team is equipped to investigate instances of discrimination and prejudice on campus. Complete a CARE Report at: https://www.wichita.edu/ services/careteam/index.php
  - To reference student conduct policies: https:// www.wichita.edu/about/student\_conduct/ student-code-of-conduct-handbook.php
  - The Bias Response Team will receive your report if it is an issue related to bias against others





## GENDER-AFFIRMING HAIR STYLISTS

- Strands for Trans: https://www. strandsfortrans.com/ A worldwide database of salons and stylists who provide gender-affirming hair care. Filter by location. There are several in the Wichita area
- Dress Code Project: https://www. dresscodeproject.com/services-locator A database of salons and stylists who provide gender-affirming hair care. Filter by location.
- Arocha Hair Restoration and Transplant
  Center: https://arochahairrestoration.com/
  gender-reassignment/hair-transplantsgender-reassignment-surgery/
  Offers hair transplantation as a part of gender
  reassignment. MTF options include filling in areas
  that are related to male pattern balding and providing
  a "lower, flatter, rounder shape more in line with a
  natural feminine hairstyle. FTM options include hair
  transplants for beards, mustaches, and sideburns

## LGBTQ+ AFFIRMING CHURCHES IN THE AREA

- Ocllege Hill United Methodist Church: 316-683-4643, 2930 E 1st St N, Wichita, KS 67214; collegehillumc.org
- Table of Hope Metropolitan Community Church: 316-267-1852, 156 S Kansas, Wichita, KS 67211; godlovesyouperiod.com Protestant Christian
- Pine Valley Christian Church: 316-685-2421; 5620 E 21st St. N, Wichita, KS 67208; pvcconline.org Christian Church (Disciples of Christ)
- Riverside Christian Church: 316-263-0900, 1001 N Litchfield Ave, Wichita, KS 67203; riversidedisciples.org Christian Church (Disciples of Christ)
- St. John's Episcopal Church: 316-262-0897, 402 N. Topeka, Wichita, KS 67202; stjohnswichita.org

### QUEER INFLUENCERS ON SOCIAL MEDIA

#### Instagram

- · @elle.deran
- @thequeertriangle
- · @prideknights
- · @gleefullytim
- @estrogen\_and\_lithium
- @thatgaydoctor
- @ericcervini
- @thejeffreymarsh
- @ivn
- @pseudobro (primarily TikTok)



## Queer-affirming religious content creators

- @conversations official
- @sanctified.sapphic
- @rainbowtheology
- @godly\_andgay
- @queertheology
- @thereformationproject
- @qchristianorg
- @beloved\_arise
- @thekevingarcia
- @revkarla
- @nakedpastor