

Trans Day of Snack Resource List

Last updated: April 2, 2024

General Resources

Trans Resistance Network: <https://transresistancenetwork.wordpress.com/>

National Black Trans Advocacy Coalition: <https://blacktrans.org/>

General support hotlines:

- <https://translifeline.org/hotline/>
- <https://www.lgbthotline.org/> (they also have specific lines for youth and seniors)

Trans Rescue (nonprofit that helps trans people escape dangerous areas):

<https://transrescue.org>

Q Chat Space (online community for LGBTQ+ teens): <https://www.qchatspace.org/>

National Queer & Trans Therapists of Color Network: <https://nqttcn.com/en/>

Disordered eating support for trans & intersex folks: <https://fedupcollective.org/>

Gender Reveal Slack (a community space to ask for/offer support not listed here):

https://join.slack.com/t/gendereveal/shared_invite/zt-2ff8v0x9c-xputw032uIJ7kcBcOicBmQ

(This link expires every 30 days, so contact us if you need a new one)

Financial Resources

Other grant and mutual aid programs:

- [Trans Lifeline Microgrants](#)
- <https://www.littlepetalalliance.org/contact> (prioritizes Black and Indigenous applicants, individuals experiencing homelessness, formerly incarcerated folks, and sex workers)
- <https://www.dembois.org/> (for transmasculine people of color)
- <https://www.loftgaycenter.org/transmission> (prioritizes residents of New York's Hudson Valley)
- <https://jimcollinsfoundation.org/apply/> (applications open in June)
- [Point of Pride's Annual Transgender Surgery Fund](#) (applications open in November)

Legal Resources

Know Your Rights: <https://transequality.org/know-your-rights>

Legislation tracker: <https://translegislation.com/>

Legal help lines:

- <https://lambdalegal.org/helpdesk/>
- <https://transgenderlawcenter.org/resources>
- <https://www.glad.org/know-your-rights/glad-answers/>
- State-specific legal resources: <https://lgbtqbar.org/programs/bar-affiliates/>

Places to find info on how to change name and gender markers in every state:

- <https://translifeline.org/resource/id-change-library/>
- https://www.lgbtmap.org/equality-maps/identity_document_laws
- <https://transequality.org/documents>

Transition-Related Resources

Elevated access (free flights to access healthcare):

<https://elevatedaccess.org/>

Free HRT injection supplies (hormones not included!):

<https://transneedles.org/>

Free gender-affirming clothing and other supplies:

<https://queertransproject.org/pages/build-a-queer-kits>

How to access HRT:

<https://www.vice.com/en/article/dyv33x/how-to-start-hrt-hormone-replacement-therapy>

List of companies that pay for trans healthcare:

<https://www.hrc.org/resources/corporate-equality-index>

The Gender-Affirming Letter Access Project (help accessing therapist letters for gender-affirming care): <https://thegalap.org/>

Transition-related telemedicine: <https://queerdoc.com/>

Online HRT access:

<https://trueuclinic.com/about-us-transgender-clinic/>

Planned Parenthood (offers HRT telemedicine in many states): www.plannedparenthood.org

How to self-inject: <https://queerdoc.com/self-injections/>

How to bind safely:

- <http://www.transyouthequality.org/binders>
- <https://drive.google.com/file/d/1DrUhYfLMcyKNFNiFA5qkY4Vpw2p78SD/view>

How to tuck safely:

- <http://www.transyouthequality.org/tucking>
- https://drive.google.com/file/d/1p0X_mbEq87un2vL3Hz8GSfCUxsoDQp4f/view

Misc. tips on dressing to alleviate dysphoria:

<https://static1.squarespace.com/static/530651b5e4b0b4d1ce2d7a88/t/60d4d5c3aa6c35315992bf33/1624561091594/Summer+Handout.pdf>

Tuck's guide to changing your name:

<https://www.npr.org/2022/08/01/1114846410/you-can-choose-a-new-name-for-yourself-heres-how>

Youth Resources

Free binders for youth who can't afford them or whose parents won't buy them one:

https://docs.google.com/forms/d/e/1FAIpQLScLT0itaJB3bsAhhVh2A7eZ2KeOOuAylgsrJ0_GaiE870nVug/viewform

Tips for how to talk to young children about gender:

- <https://www.todaysparent.com/family/parenting/how-to-talk-to-kids-about-gender-age-by-age-guide/>
- https://www.dropbox.com/s/cw4irt6jt85vbp8/07_Teaching_About_Gender-Common%20Questions_and_Concerns.2014.pdf?dl=0

Trans-inclusive sex ed:

- <https://www.scarleteen.com/> (specifically geared towards youth)
- <https://girlsex101.com/>
- <http://fuckingtranswomen.org/>
- https://assets2.hrc.org/files/assets/resources/Trans_Safer_Sex_Guide_FINAL.pdf?_ga=2.247781447.1550754120.1679942842-773864830.1678224812 (up-to-date info on safe sex research)

National youth protest network:

<https://queeryouthassemble.org/>

Youth mentorship program with LGBTQ+ elders:

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

Youth and family support groups: <https://transfamilies.org/>

State-by-state youth resources:

https://legacy.lambdalegal.org/sites/default/files/publications/downloads/fs_resources-for-lgbtq-youth-by-state_1.pdf

LGBTQ+ Student Scholarship Database: <https://www.hrc.org/resources/scholarships>

Region-Specific Resources

Trans in the South guide to trans-competent legal and medical providers:

<https://southernequality.org/resources/transinthesouth/>

Southern Trans Youth Emergency Project:

<https://southernequality.org/styep/>

Southern transition funding resources:

<https://southernequality.org/resources/transinthesouth/funding-your-transition/>

Regional support in Alabama, Louisiana, North Carolina, and Tennessee:

<https://southernersonnewground.org/our-work/freefromfear/our-chapters/>

Regional youth organizing in West Virginia, Kentucky, and Tennessee:

<https://www.thestayproject.net/>

OutList LGBTQ+ Affirming Healthcare Directory:

<https://www.outcarehealth.org/outlist/>

List of Southeast-based trans-competent health care providers (Georgia-focused, but includes a few resources for nearby states as well): <https://queermed.com/resources/>

Search for more local resources here:

- <https://www.transgendermap.com/guidance/resources/usa/>
- <https://www.lgbtnearme.org/>

State-specific resources:

Alabama:

- <https://www.magiccityacceptancecenter.org/links-we-love>
- <https://www.tkosociety.org/>
- <https://transfamilysos.org/alabamachapter/>
- <https://linktr.ee/bigfeelingsqueercollective>
- https://docs.google.com/document/d/19kwvkfUIApta4dyJi5V18HmHUSgNc_SBiY9MqxBM1Kw/edit
- <https://montgomeryprideunited.org/>
- <https://www.takebhm.org/>
- <https://altgo.us/pages/local-resources.html>

Arizona:

- <https://www.tqpueblo.org/>
- <https://www.aztypo.com/>
- <https://storage.googleapis.com/production-bluehost-v1-0-5/655/1275655/1OxetodZ/9d2ac1346ec64a8fa1b86ccbfb03fab?fileName=Trans-Resource-Guide-6-13-16-edited.pdf>
- <https://www.swcenter.org/trans-program>
- <https://www.validusa.org/active-affirming-wardrobes>
- <https://onenten.org/youth-centers/>
- <https://tsaz.org/>
- <https://linktr.ee/sagatucson>
- <https://phoenixpride.org/communityfoundation/scholarships/>

Arkansas:

- <https://www.intransitive.org/>
- <https://www.nwaequality.org/>
- <http://www.luciesplace.org/>
- <https://www.theequalitycrew.org/>
- <https://www.cocooncollective.org/>
- <https://www.facebook.com/rainbowfashioncharity/>
- <https://www.diversityfamilyhealth.com/primary-care-details#GAC>

Florida:

- <https://www.strivepensacola.com/>
- <https://www.sunserve.org/>
- <https://www.alsoyouth.org/programs-services/youth-centers>
- <https://capitaltea.org/>
- <https://gainesvillepride.org/transgender-resources/>
- <https://zebrayouth.org/programs-services/youth-care-coordination/>
- <https://www.transsocial.org/>
- <https://www.jasmyn.org/>
- <https://thecenterorlando.org/transgender-services/>
- <https://spektrum.health/>
- <https://www.floridanamechange.org/>
- <https://linktr.ee/queerexpressionstpete>

- <https://gulfcoastlgbtqcenter.org/>
- <https://www.unspokensociety.org/>
- <https://www.instagram.com/amberhousejax/>
- <https://www.campoutflorida.com/>
- <https://pridelines.org/>
- <https://www.themckenzieproject.org/>
- <https://www.pridecenterflorida.org/resources/lbt-health-directory/>
- <https://www.transinclusivegroup.org/>
- <https://www.instagram.com/divasindialogue/>
- <https://compasslgbtq.com/>
- <https://www.prismfl.org/>
- <https://careresource.org/services/transgender-care/>
- <https://peersupportspace.org/community-gatherings-1>
- <https://fltranq.com/wp/>
- <https://www.instagram.com/queerexpressionstpete/>
- <https://www.thefitzlaneproject.org/apply-for-assistance>
- <https://thelotusflowerproject.org/services/kamalas-kloset/>
- [https://eqfl.org/sites/default/files/Trans%20Resource%20Guide%20Apr%202022%20\(1\).pdf](https://eqfl.org/sites/default/files/Trans%20Resource%20Guide%20Apr%202022%20(1).pdf)
- <https://form.jotform.com/240818020348047>

Georgia:

- https://atltransguide.com/wp-content/uploads/2023/01/The-Essentials_-_Atlanta-Trans-Resource-Guide-v1.pdf
- <http://www.southernfriedqueerpride.com/>
- <https://www.transhousingcoalition.org/>
- <https://transhousingatlanta.org/>
- <https://northcentralhealthdistrict.org/hope/>
- <https://www.starlandfp.com/>
- <https://www.firstcitypridecenter.org/resource-directory>
- <https://www.emoryhealthcare.org/centers-programs/transgender-clinic/index.html>
- <https://www.positiveimpacthealthcenters.org/gender-affirming-care-2/>
- <https://www.lnfy.org/>
- <https://www.charisbooksandmore.com/event/trans-friends-youth-group-40>
- <https://linktr.ee/theerainbowcollective>
- <https://www.allyprimarycare.com/services>
- <https://www.modernpath.net/services>

Idaho:

- <https://transboise.squarespace.com/>
- <https://www.nipridealliance.com/>
- <https://wrest.coop/>
- <https://www.clutchnampa.org/>

- https://docs.google.com/forms/d/e/1FAIpQLSe_n5EuKYfaxDIph7eQuxmuW4xs1k0DVsip_iTTkQCfdVXuA/viewform

Indiana:

- <https://www.gendernexus.org/>
- <https://transindy.org/>
- <https://www.eskenazihealth.edu/health-services/gender-health>
- <https://www.transsolutionsrrc.org/>
- <https://www.yallforall.org/funding>
- <https://www.pridelafayette.org/trans/>
- <https://indypride.org/community-resources/>
- <https://mosaichha.org/>
- <https://damien.org/clinic/gender-affirming-care>
- <https://www.indianayouthgroup.org/resources>
- <https://www.thelgbtqcenter.org/rainbow>
- <https://trinityhavenindy.org/>

Iowa:

- <https://oneiowa.org/resources/transresources/>
- <https://www.iowatransmutualaidfund.org/apply>
- <https://lgbtqiowa.org/>
- <https://www.facebook.com/transformationsiowa>

Kansas:

- <https://ourspotkc.org/contact/>
- <https://evolvemd.org/>
- www.loudlight.org

Kentucky:

- <https://www.fairness.org/kypride/>
- <https://www.kentuckyhealthjusticenetwork.org/trans-health-resources.html>
- <https://www.kentuckyhealthjusticenetwork.org/transhealth.html>
- <https://sweeteveningbreeze.org/>
- <https://queerkentucky.com/>

Louisiana:

- <https://houseoftulip.org/>
- <https://www.crescentcare.org/>
- <https://linktr.ee/realnamecampaignnola>
- <https://www.latransadvocates.org/resources>
- <https://caresouth.org/>
- <https://www.instagram.com/transqueeryouth.nola/>
- <https://www.instagram.com/qtcarehouse/>

Mississippi:

- <https://www.transprogram.org/>
- <https://hattiesburgpride.com/>
- <https://www.otherclinic.org/>
- <https://www.gulfcoastequalitycouncil.org/>

Missouri:

- <https://www.stlmetrotrans.org/>
- <https://centerproject.org/>
- <https://www.stlnamechange.com/home>
- <https://promoonline.org/resources/>
- <https://transformationskc.org/>
- <https://www.inclusivekc.org/>
- <https://www.thesqsh.org/resources>
- <https://www.glocenter.org/>
- <https://www.facebook.com/people/START-Springfield-Transgender-and-Ally-Resource-Team/100089029249854/>
- <https://www.transjoykc.com/>
- <https://www.facebook.com/groups/EQUALTransSupport/>
- <https://thi-stl.org/>
- <https://www.mohojustice.com/>
- <https://www.universityhealthkc.org/locations/university-health-lgbtq-specialty-clinic/>

Montana:

- <https://www.lgbtmontana.org/>
- <https://www.glacierqueeralliance.org/>
- <https://transvisiblemontana.wordpress.com/>
- <https://www.mttwospirit.org/>
- <https://www.allfamilieshealth.org/services>
- <https://static1.squarespace.com/static/5a2314a3a803bbf60aea3d4d/t/5fad61df9488406ed97b104b/1605198306048/Trans+Resource+Booklet+-+Montana+-+Web+Version+-+Updated+3-22-2019.pdf>
- <https://www.empowermt.org/>
- <https://www.406pride.org/>
- <https://pridefoundation.org/community-impact/initiatives/open-to-all/>
- <https://www.tumbleweedprogram.org/about-tumbleweed/drop-in-center-youth-resource-center/>
- <https://www.facebook.com/groups/181941579095249/>

Nebraska:

- <https://outnebraska.org/>
- <https://www.nap.org/>
- <https://maddelynbal.wixsite.com/transstitchin>
- <https://proudhorizons.wordpress.com/>

- <https://www.panhandleequality.org/resources>
- <https://transnebraska.org/transgender-rights-resources-in-nebraska>
- <https://www.rcga.co/>

North Carolina

- <https://tranzmission.org/>
- <https://transempowerment.org/>
- <https://www.soenc.org/>
- <https://www.transcendcharlotte.org/>
- <https://charlottetranshealth.org/>
- <https://www.lgbtcenterofraleigh.com/trans-gender-expansive>
- <https://www.lgbtqcenterofdurham.org/transgender-and-gender-affirming-resources/>
- <https://www.rainbowcollectiveforchange.org/>
- <https://www.northstarwsnc.org/>
- <https://timeoutyouth.org/>
- <https://www.youthoutright.org/>
- <https://www.dukehealth.org/treatments/adult-gender-medicine/gender-affirming-hormone-therapy>
- <https://quilfordgreenfoundation.org/guide/>

North Dakota

- <https://dakotaoutright.org/>
- <http://tristatetransgender.weebly.com/>
- <https://harborhealthinitiative.org/>
- <https://www.canopymedicalclinic.com/transgender-care>
- <https://und.edu/npsc/ files/docs/handbook-lgbtq-resources-nd.pdf>

Ohio:

- <https://bqic.net/>
- <https://linktr.ee/heartlandtranswellness>
- <https://www.transformcincy.org/>
- <https://lgbtcleveland.org/programs/trans-plus/>
- <http://transohio.squarespace.com/>
- <https://equalityohio.org/legal-clinic/>
- <https://transadvocacycouncil.org/>
- <https://livingwithchange.org/support/>
- <https://equitashealth.com/our-services/gender-affirming-care/>
- <https://www.margieshope.org/>
- <https://www.kycohio.org/>
- <https://www.fullspectrumcommunityoutreach.org/>
- <https://www.mozaicohio.org/>
- <https://www.transohio.org/>
- <https://www.centraloutreach.com/>
- <https://equalityohio.org/legal-clinic/>

- <https://www.colorsplus.org/>
- <https://equalitytoledo.org/resource-guide/>
- <https://www.facebook.com/p/TransToledo-100092542351534/>
- <https://stonewallcolumbus.org/programs/support-groups/transgender-therapy-group/>

Oklahoma:

- <https://www.okeq.org/>
- <https://linktr.ee/ticn>
- <https://www.yst.org/programs>
- <https://www.transpireok.org/>
- <https://transadvocacyok.org/>
- <https://www.freedomoklahoma.org/ngmc-clinic>
- <https://www.okequalitylaw.com/>
- <https://www.diversityfamilyhealth.com/primary-care-details#GAC>
- https://www.instagram.com/qspace_ok/

South Carolina:

- <https://wearefamilycharleston.org/tlf>
- <https://pridelink.org/>
- <https://864pride.org/>
- <https://harriethancockcenter.org/trans-support-resource-guide>
- <https://www.taagg.org/>
- <https://upliftoutreachcenter.org/>
- <https://genderbenders.org/name-change/>

South Dakota:

- <https://www.transadvocacysd.org/>
- <https://www.transformationprojectsd.org/>
- <https://bhcf.org/resources/medical/>
- <https://www.pierreareaequality.com/>
- <https://www.siouxfallspride.org/pages/transgender-resources-1>

Tennessee:

- <https://www.outmemphis.org/>
- <https://www.inclusiontn.org/yaya>
- <https://yourchoices.org/lgbtq-health-services/>
- <https://middletntrans.org/>
- <https://www.nashvillelaunchpad.com/>
- https://www.tnep.org/counseling_unconditionally
- <https://pridetrities.com/>
- <https://www.transaidnashville.org/>
- <https://www.wecaretn.org/>
- <https://www.nashvillecares.org/gender-affirming-healthcare/>
- <https://www.instagram.com/transliberationcollective>

- <https://b4ck.org/b4ck/>
- <https://static1.squarespace.com/static/5b2bedd8f2e6b18c0de8d577/t/609588bb102ab66c40e86e2c/1620412708277/TTF+Resource+Guide+PDF+V+1.0.pdf>

Texas:

- <https://www.latinatranstexas.org/>
- <https://www.transtexas.org/resources>
- <https://www.outyouth.org/>
- <https://montrosecenter.org/services/gender-services/>
- <https://www.lgbtgsaves.org/>
- <https://www.borderlandrainbow.org/>
- <https://www.houseofrebirth.org/>
- <https://linktr.ee/genderbrave>
- <https://texashealthaction.org/resources/>
- <https://pridecentersa.org/>
- <https://sagender.net/>
- <https://btla.squarespace.com/>
- <https://www.finnsplacetx.org/>
- <https://kindclinic.org/gender-care-services/>
- <https://www.fiesta-youth.org/>
- <https://www.themahoganyproject.org/community-center>
- <https://sosuinc.org/>
- <https://translegalaidtx.com/>
- <https://linktr.ee/tecctx>
- <https://myresourcecenter.org/health/gender-affirming-services/>
- https://docs.google.com/document/d/e/2PACX-1vS30pdYMZJU-ZyGxf4ZGldP62oxdq3IT6IHng8DVgPRBnwzTlz_9vOvPMunNtnC3YxEI9ozJ8SqSRTA/pub

Utah:

- <https://www.undertheumbrellabookstore.com/>
- <https://utahpridecenter.org/>
- <https://healthcare.utah.edu/transgender-health/about-us>
- <https://encircletogether.org/services/youth>
- <https://flourishtherapy.org/>
- <https://www.instagram.com/nuanua.collective/>
- <https://encircletogether.org/therapy>
- <https://healthcare.utah.edu/transgender-health>
- <https://affirmation.org/>

West Virginia:

- <https://fairnesswv.org/transhealthguide/>
- <https://www.drrainbow.org/>
- <https://fairnesswv.org/resources/>
- <https://harmonyhousewv.com/>

- <https://www.branchesdvs.org/lgbtq-services>
- <https://www.facebook.com/wvtranscoalition/>
- <https://www.projectrainbowwv.com/>
- <https://fairnesswv.org/wp-content/uploads/2019/07/WV-Name-Gender-Change-Guide.pdf>

Wyoming:

- <https://casperprideguide.com/resources/>
- <https://www.wyomingequality.org/findcare>
- <https://casperprideguide.com/fund/>
- <https://www.wyomingequality.org/wehabs-groups>
- <https://www.wyomingequality.org/findcare>