



SJSU Trans Student Resources Guide

This guide is designed to support the needs and well-being of trans, nonbinary, and gender questioning SJSU students. This is a living document and will continue to be updated by [TransTalk](#). If you want help accessing resources, are looking for additional resources, or have feedback/suggestions, please fill out [this anonymous form](#). <3

Last update 9/26/25: Added Outlet counseling services

Criteria for Inclusion

Resources are chosen for inclusion based on their alignment with the following criteria:

- ★ LGBT centered
- ★ SJSU campus service or accessible in San Jose
- ★ Free or sliding scale
- ★ Confidential (crisis resources)

Table of Contents

Access the guide at <https://bit.ly/TransSJSU>

[Crisis Resources](#)

[SJSU Campus Resources](#)

[Community Spaces](#)

[Mental Health](#)

[Domestic Violence](#)

[Transitioning](#)

[Healthcare](#)

[Clothing](#)

[Surgery](#)

[Guides](#)

[Name and Gender Change](#)

[Financial](#)



Crisis Resources

The following crisis resources are confidential and will not report calls to the police

[Trans Lifeline Hotline](#)

(877) 565-8860

[LGBT National Hotline](#)

(888) 843-4564

[SJSU Cares](#)

[Request assistance](#)

Non confidential Offers emergency housing, food assistance, case management, and a crisis grant for students facing hardships.

[Firewood Collective Crisis Toolkit](#)

Resources to support someone dealing with a mental health crisis

SJSU Campus Resources

Resources to find trans community at SJSU

[PRIDE Center](#)

 [1 Washington Sq, San Jose, CA 95192](#)

Offers events, student group meetups, and a community space for LGBTQIA+ students.

[TransTalk at SJSU](#)

SJSU student organization centered on trans, nonbinary, and questioning students.

[SJSU All Gender Bathroom Map](#)

Map of all gender bathrooms at SJSU.

[Updating Name and Pronouns](#)

Information on updating “preferred” name/pronouns and changing your legal name at SJSU.



Community Spaces

Resources to find trans community outside of SJSU and in San Jose

Billy DeFrank LGBTQ+ Community Center

📍 [938 The Alameda, San Jose, CA 95126](#)

Offers discussion groups, free HIV testing, and activities including crating, bingo, and meditation.

The LGBTQ Youth Space

📍 [2635 Zanker Road, San Jose, CA 95134](#)

Drop-in space for youth ages 13-25 with free snacks, clothing, connection to resources, and events. A program of Caminar: Family & Children Services.

The Q Corner

📍 [1870 Senter Rd, San Jose, CA 95112](#)

Groups, referrals, events, legal name and gender marker changes, gender affirming garments, and harm reduction services.

Bill Wilson Center

Email: bwconnections@billwilsoncenter.org

Drop-in space for LGBTQ+ youth 16-25 and linkage to medical, drug treatment, mental health, housing, employment, and education services.

Mental Health

Resources to find free/low cost therapy, peer support, and support for survivors of violence

SJSU CAPS

📍 [1 Washington Sq, San Jose, CA 95112](#)

Brief therapy and clinical case management

Gender Affirming Care Clinic

📍 [1870 Senter Rd, San Jose, CA 95112](#)

Therapy, peer support, psychiatry, and connections to gender affirming medical care for TGD folks in Santa Clara County with Medi-Cal or are uninsured. Drop-in space to TGD



folks of any age and any insurance on Tuesdays, Wednesdays and Thursdays from 3-5pm to ask questions or hang out.

The LGBTQ Youth Space

📍 [1870 Senter Rd, San Jose, CA 95112](#)

Email: YouthSpace@FCServices.org

Free counseling for youth ages 13-25 insured with Santa Clara County based Medi-Cal

Bill Wilson Center

📍 [10 Margaret St, San Jose, CA 95112](#)

Phone: (408) 278-2537

Email: bwconnections@billwilsoncenter.org

Therapy, psychiatry, and medication management for youth aged 6-25 with full-scope Medi-Cal or no insurance

Outlet

📍 [1779 Woodside Road, Suite 200 Redwood City, CA 94061](#)

Email: outletprogram@acs-teens.org

Phone: 650.424.0852 x108

[Screening form](#)

Social groups, therapy groups, and sliding scale counseling for youth ages 10-25 in Santa Clara and San Mateo County

Trans Advocacy & Care Team

[Application](#)

Virtual peer counseling providing listening and resources to help navigate gender congruence journeys

National Queer & Trans Therapists of Color Network

[Mental health fund application](#)

Provider directory to connect to queer and trans Black, Indigenous and People of Color (QTBIPOC) therapists. Offers a mental health fund to provide financial support for up to 8 sessions (closed for 2025),

Domestic Violence

SJSU Survivor Advocacy Services



Provides confidential education, accompaniment, and accommodations for people who have been impacted by sexual violence, intimate partner violence, domestic violence, and stalking

YWCA Golden Gate Silicon Valley

Phone: 800-572-2782

Free crisis intervention, support groups, case management, and crisis counseling for LGBTQ+ survivors of domestic violence, human trafficking, and sexual assault.

Transitioning

Resources to aid in the transition process, including hormone replacement therapy, voice therapy, surgical information, legal name and gender marker changes, and gender affirming clothing

Healthcare

SJSU Gender Affirming Care

📍 [Student Wellness Center, SJSU](#)

Online scheduling through the [SWC Patient Portal](#)

Phone: (408) 924-5678

Hormone replacement therapy and information on surgical options, procedures or other supportive approaches.

SJSU Gender-affirming Voice and Communication

📍 [Sweeney Hall Room 115, San Jose, CA 95112](#)

Phone: 408-924-3679

Email: armstead-center@sjsu.edu

Application

Feminizing and/or masculinizing voice, speech and communication services. Individual sessions with optional group sessions.

Gender Health Center

📍 [777 East Santa Clara Street 3rd Floor, San Jose, CA 95112](#)

Phone: (408) 977-4550

Medical care, mental/emotional health care, social work support for practical needs, and opportunities for community connection. Accepts Med-Cal, Medicare, and most PPO insurances (not free)



Planned Parenthood Mar Monte

📍 5 locations in Santa Clara County

Phone: (877) 855-7526

[Appointment link](#)

Sliding scale gender affirming hormone therapy, birth control, abortion, HIV services, and STD treatment

Better Health Pharmacy

📍 [725 E. Santa Clara Street, Suite 202, San Jose, CA 95112](#)

Provides free medication for anybody with a valid prescription regardless of insurance. Does not provide controlled substances.

TransFamily Support Services

[Information form](#)

Free support in navigating insurance for gender affirming care

Clothing

The following resources offer free clothing and/or gender affirming garments

The Q Corner

[Gender affirming garments request form](#)

Binders, trans tape, and tucking gaffs

The LGBTQ Youth Space

Clothing closet including binders and trans tape

Point of Pride

Free chest binders and femme shapewear/gaffs

SJ Clothing Swap

📍 [48 S 7th St #101, San Jose, CA 95112](#)

Monthly free clothing swap

SJSU Career Closet

📍 [Clark Hall, SJSU](#)



Professional clothing and headshots once per semester

[The Queer Trans Project](#)

Gender affirming kits four times a year with items including binders, trans tape, breast forms, packers, compression shapewear, makeup. Priority to those who are BIPOC and/or Disabled

Surgery

[FTM Surgery Guide](#)

Describes surgical procedures and what to expect before/after surgery for trans masc people

[Trans Surgeries Wiki](#)

Information on gender affirming procedures and provider reviews

Guides

[Hudson's FTM Resource Guide](#)

Describes testosterone, presenting as male, grooming, surgery, clothing, and resources for trans masc people

[Trans Femme Guide](#)

Resources on coming out, HRT, voice feminization and surgery for trans femme people

[Transgender Map](#)

Guide to social, legal, and medical transition for trans fem, trans masc, and nonbinary people

Legal

[San Mateo County Pride Center](#)

Virtual name and/or gender change support services

[Law Foundation of Silicon Valley](#)

 [4 North Second Street, Suite 1300, San Jose, CA 95113](#)

Phone: (408) 280-2420

Email: healthintake@lawfoundation.org



Help with completing name and/or gender marker change forms and changing ID documents to match. Intake form online, email, by phone, or drop in Tuesday 1 -3pm

Advocates for Trans Equality ID Documents Center

Legal Survival Guide

Up to date information on name and gender change laws and policies and current laws in areas including healthcare, anti-discrimination, travel, and finding legal help

Transgender Law Center

Basic information about laws and policies in the United States that affect transgender people across areas including employment, health care, housing, civil rights, immigration, prisoners' rights, and identity document changes

Financial

Financial support to afford transition and school.

Gender Affirming Grants/Funds

Funds for electrolysis, surgery, HRT access, and name changes

SJSU Cares Crisis Grant

A one time reward to support students dealing with personal crises or unforeseen situations

SF Bay Mutual Aid

Request form

Provides essential support including, financial aid, food, toiletries, and social support

California Medical Billing Advocates

Help negotiating reductions in medical bills by healthcare lawyers