**Transgender Adult Resources**

*Local Community Support*

**Human Dignity Coalition**

Works to advance and safeguard human rights. “We promote equality for the lesbian, gay, bisexual, transgender, queer, (LGBTQ) and allied community in Central Oregon.”

[www.humandignitycoalition.org](http://www.humandignitycoalition.org)

**OUT Central Oregon**A meet-up group that schedules outings and gatherings for LGBTQ Central Oregonians and their families.www.meetup.com

**PFLAG** (Parents and Friends of Lesbians and Gays)

www.pflagcentraloregon.webs.com
Bend: 6:30-8:00PM, 2nd Tuesday of each month, Nativity Lutheran Church
Madras: 6:30-8:00PM, Last Thursday of each month, Madras United Methodist Church

**Saving Grace**

Domestic violence and sexual assault support

www.saving-grace.org
541-389-7021

**The LOFT** (Living Options for Teens) – transitional living program for people 16-20 years old who are currently homeless or in unstable housing.

www.cascadeyouthandfamilycenter.org
541-318-3436

*Statewide Support*

*Resource Guide for Support Groups*

www.tgguide.com/transgender-resources/support-groups/us-states-o-s/oregon/

**Basic Rights Oregon**
LGBT advocacy and social justice organization
[www.basicrights.org](http://www.basicrights.org/)

**Brave Space, LLC**
Creates community and facilitates access to knowledgeable and expert providers for transgender and gender queer children, youth, adults, and their loved ones
[www.bravespacellc.com](http://www.bravespacellc.com/)

**Bridges to Work (Cascade Aids Project)**
[www.cascadeaids.org/programs/employment-assistance](https://www.cascadeaids.org/programs/employment-assistance/)

**NW Gender Alliance**
A non-profit social, support and educational group
[www.nwgenderalliance.org](http://www.nwgenderalliance.org/)

**Outside In**
Offers transgender-specific resources for name and gender change on identity documents.
[www.outsidein.org](http://www.outsidein.org/)

*National & International Resources*

**FTM International** [www.ftmi.org](http://www.ftmi.org/)
Educational organization serving FTM transgendered people and transsexual men.

**Gay, Lesbian, and Straight Education Network (GLSEN)** [www.glsen.org](http://www.glsen.org)

GLSEN strives to combat the harassment and discrimination leveled against students and school personnel.

**Gay Men of African Descent** www.gmad.org

Gay Men of African Descent is an organization that provides community forums and support for gay and transgender Black males.

**Gender.Org – Gender Education & Advocacy, Inc.**www.gayalliance.org/gard/gender-education-and-advocacy-gea

Gender Education and Advocacy (GEA) is a national organization focused on the needs, issues and concerns of gender variant people in human society. They are an education and advocacy group.

**National Center for Transgender Equality**
Advocacy organization for transgender people. [www.transequality.org](http://www.transequality.org/)

**National LGBT Health Education Center**
Educational programs, resources, and consultation with the goal of optimizing health care for lesbian, gay, bisexual, and transgender people. [www.lgbthealtheducation.org](http://www.lgbthealtheducation.org/)

**Transgender Law Center**
Civil rights organization advocating for transgender communities. [transgenderlawcenter.org](http://transgenderlawcenter.org/)

**Transgender Law & Policy Institute (TLPI)** [www.transgenderlaw.org](http://www.transgenderlaw.org/)

[**Transgender Zone**](http://www.transgenderzone.com/)[www.transgenderzone.com](http://www.transgenderzone.com)

**World Professional Association for Transgender Health**
Promotes evidence based care, education, research, advocacy, public policy, and respect in transgender health [www.wpath.org](http://www.wpath.org/)

*HELP LINES*

**Gay, Lesbian, Bisexual, and Transgender National Help Center**
[http://www.glnh.org](http://www.glnh.org/)
*National Hotline* 1-888-THE-GLNH (1-888-843-4564)
*National Youth Talk Line* 1-800-246-PRIDE (1-800-246-7743)

[**The GLBT Project**](http://theglbtproject.org/) [www.theglbtproject.org](http://www.theglbtproject.org)

Provides free and confidential support and services for **gay, lesbian, bisexual, transgender**, and queer survivors of **domestic** and sexual **violence.**

**LGBT Helpline (25+)**

617.267.9001

Toll-Free 888.340.4528

Monday – Saturday, 6:00 – 11:00 pm

**Parents, Families, and Friends of Lesbians and Gays (PFLAG)**[www.pflag.org](http://www.pflag.org) (301) 439-FLAG (Helpline)

**Trans Life Line** [www.TransLifeLine.org](http://www.TransLifeLine.org)

National Crisis Hotline (all staff members are transgender)
Peer Support and assistance with federal and state documents ( passports, driver’s license, name change)

(877) 565-8860

Available hours:

EST 11 a.m. to 5 a.m. CST: 10 a.m. to 4 a.m.

MST: 9 a.m. to 3 a.m. PST: 8am to 2am

**Trans Mentors**

[www.Transmentors.org](http://www.Transmentors.org) (Online support MTF and Phone support for FTM)

**TransMan’s Information Project** [www.trans-man.org](http://www.trans-man.org/) Provides information about FTM resources.

*Social Networking*

**Gender Spectrum** – online education, support and social networking for transgender teens and families. genderspectrum.org

**The Gender Book** – Facebook community and online resources.
thegenderbook.com

**Trevor Space** – social networking site for LGBTQ youth ages 13-24 and their friends.
trevorspace.org

**TransFamily** – online discussion boards for transgender youth and their parents or partners, spouses, and children of transitioning adults.
transfamily.org

*Health Resources*

**CDC National Prevention Information Network**1-800-232-4636
http://www.cdcnpin.org

This is a health information site, managed by the Center for Disease Control and Prevention, on health promotion and disease prevention.

**Gay and Lesbian Medical Association**[www.glma.org](http://www.glma.org/index.cfm?nodeid=1)
Lists programs, such as a lesbian health fund and a physician referral. They also publicize medical news and information.

**National AIDS Hotline**
1-800-342-AIDS
1-800-344-7432 (Spanish)
1-800-243-7889 (TTY)

**OHSU Transgender Health Program**

503-494-7970
transhealth@ohsu.edu

**Shout for Health**http://www.shoutouthealth.com

 1-800-810-9143

**Transgender Health Rights**

[www.transequality.org/know-your-rights/healthcare](http://www.transequality.org/know-your-rights/healthcare)

[www.cdc.gov/lgbthealth](https://www.cdc.gov/lgbthealth/index.htm)

[wwwtranshealth.ucsf.edu](http://transhealth.ucsf.edu/trans?page=home-00-00)

[**Association of Gay and Lesbian Psychiatrists Online Referral System**](http://aglp.memberclicks.net/aglp-referral)

www. aglp.memberclicks.net/aglp-referral Find Psychiatric Providers in your area

[**GLMA Provider Directory**](http://www.glma.org/index.cfm?fuseaction=Page.viewPage&pageId=939&grandparentID=534&parentID=938)

www. glmaimpak.networkats.com/members\_online\_new/members/dir\_provider.asp

*VA and Military LGBT Organizations*

If you are a Veteran, dependent, or support person and would like information about VA services for LGBT Veterans, contact the LGBT Veteran Care Coordinator (LGBT VCC) at your local facility or, visit the [LGBT Program, Office of Patient Care Services Web site](http://www.patientcare.va.gov/LGBT/VAFacilities.asp).

If you are in crisis, **PLEASE** call the 24 hour **Crisis Hotline at 1-800-273-8255 option 1** or visit [http://www.veteranscrisisline.net](http://www.veteranscrisisline.net/).

**American Veterans for Equal Rights**
<http://aver.us/aver>

**Blue Alliance (LGBT Alumni US Air Force)**
<http://blue-alliance.org/>

**Federal Globe**
<http://www.fedglobe.org/home.html>

**Gay and Lesbian Alliance Against Defamation**
[http://www.glaad.org](http://www.glaad.org/)

**Gay Military Signal**
<http://www.gaymilitarysignal.com/index.html>

**Human Rights Campaign**
[http://www.hrc.org](http://www.hrc.org/)

**Knights Out (LGBT West Point Alumni)**
[http://knightsout.org](http://knightsout.org/)

**Lambda Legal Defense and Education Fund**
[http://www.lambdalegal.org](http://www.lambdalegal.org/)

**National Black Justice Coalition**
[http://nbjcoalition.org](http://nbjcoalition.org/)

**National Center for Lesbian Rights**
[http://www.nclrights.org](http://www.nclrights.org/)

**National Center for Transgender Equality**
[http://transequality.org](http://transequality.org/)

**National Gay and Lesbian Task Force**
[http://www.thetaskforce.org](http://www.thetaskforce.org/)

**Old Lesbians Organizing for Change**
[http://www.oloc.org](http://www.oloc.org/)

**Out and Equal**
[http://outandequal.org](http://outandequal.org/)

**Out Professionals**
[http://www.outprofessionals.org](http://www.outprofessionals.org/)

**Out Serve** -free and direct legal assistance to service members and their families
[http://outserve.org](http://outserve.org/)

**Parents and Friends of Lesbians and Gays**
[http://www.pflag.org](http://www.pflag.org/)

**Senior Action in a Gay Environment**
[http://www.sageusa.org](http://www.sageusa.org/)

**Service Women’s Action Network**
[http://servicewomen.org](http://servicewomen.org/)

**The American Military Partner Association**
[http://militarypartners.org](http://militarypartners.org/)

**Transgender American Veterans Association**
[http://transveteran.org](http://transveteran.org/)

**Transgender Law Center**
[http://transgenderlawcenter.org](http://transgenderlawcenter.org/)

**USNA OUT (UC Naval Academy Alumni)**
[http://usnaout.org](http://usnaout.org/)

***LGBTQ National Print Resources***

* *Beyond Acceptance* (1997). Griffin, C. W. & Wirth, M. J., St. Martin’s Press.
* *Dear Sir or Madam: The Autobiography of a Female-to-Male Transsexual* (1999). Rees, Mark Nicholas Alban, Alban Press.
* *Gender Outlaw: On Men, Women, and the Rest of Us* (1994). Bornstein, K., Routledge Press.
* *Hello Cruel World: 101 Alternatives to Suicide for Teens, Freaks, and Other Outlaws* (2006). Bornstein, K., Seven Stories Press.
* *Inspiration for LGBT Students & Their Allies* (2002). D’Angelo, A.J., Collingsworth, S.D. Jr., Esposito, M., and Hermelin, G., The Collegiate EmPowerment Company.
* *My Gender Workbook: How to Become a Real Man, A Real Woman, the Real You, or Something Else Entirely* (1998). Bornstein, K., Routledge Press.
* *Now That I’m Out, What Do I Do?: Thoughts on Living Deliberately* (1998). McNaught, B., Saint Martin’s Press.
* *Out and About Campus: Personal Accounts by Lesbian, Gay, Bisexual, & Transgendered College Students* (2000). Howard, K., & Stevens, A. (Eds.), Alyson Books.
* *The Tranny Guide* (2001). Lee, V., Way Out Publishing.
* *Trans Liberation: Beyond Pink or Blue* (1998). Feinberg, L., Beacon Press.
* *Transmen and FTMs: Identities, Bodies, Genders, and Sexualities* (1999). Cromwell, J., University of Illinois Press.
* *True Selves: Understanding Transsexualism: For Family, Friends, Coworkers, and Helping Professionals* (1996). Brown, M., & Rounsley, C. A., Jossey-Bass, Inc.
* *The Sexual Spectrum: Why We’re All Different.* Olive Skene Johnson
* *The Gender Book.* Mel Reiff Hill & J. Mays
* *An act of love* (1991). Eichberg, Rob, New York: Penguin.
* *What Becomes of the Brokenhearted: A Memoir* (2003). Harris, E.L. New York: Doubleday.
* *Gender failure* (2014). Spoon, R., & Coyote, I. E., Vancouver: Arsenal Pulp Press.
* *Letters for my sisters: transitional wisdom in retrospect* (2014). James, A., & Thornton, D., Oakland, CA: Transgress Press.
* *Redefining realness: my path to womanhood, identity, love & so much more* (2014). Mock, J., New York: Atria.
* *Show Trans: A Nonfiction Novel* (2014). DeLine, E., CreateSpace Independent Publishing Platform.
* *Stuck in the middle with you: a memoir of parenting in three genders* (2013). Boylan, J. F., New York: Broadway Books.
* *Transselves: a resource for the transgender community* (2014). Erickson-Schroth, L., Oxford: Oxford University Press, USA.

***DOCUMENTARIES -Transgender youth***

* Growing up Coy
* Raising Zoe
* Real Boy
* Becoming More Visible
* Expanding Gender: Youth Out Front
* PBS Frontline- Growing up Trans. Season 34 (2015)
* Kia Shippley: Trans Girl Growing up in Texas
* Transgender Kids (Frontline)

***DOCUMENTARIES -Transgender Adults***

* My Transgender Life (www. kanopy.com)
* Prodigal Son (2008)
* The Trans List (2016)
* A Boy Named Sue- FTM transition
* Becoming Julia (2017)
* Kuma Hina (2014)
* Red Without Blue)- MTF transition (2007)
* The Pearl of Africa (2016)
* Trans (2012)
* She's A Boy I Knew (2017)
* TransParent -FTM- raising child during FTM transition
* From This Day Forward – Growing up with a transgendered parent

***DOCUMENTARIES -TV Series***

* Gender Revolution (2017) -National Geographic
* We Exist
* Born In the Wrong Body (2007-2008) - MSNBC
* Trans Generation-(2004-2005)
* ***PODCASTS***One from the Vault- Exploration of transgender history

*Resources for Transgender College Students*

* **Transgender Rights Toolkit for College Students:** A legal guide for transgendered people and their advocates. [www.lambdalegal.org/publications/trans-toolkit.org](http://www.lambdalegal.org/publications/trans-toolkit.org)
* **Trans Student Educational Resources (TSER):** Links to educational, medical, legal, and informational resources and services. [www.transstudent.org](http://www.transstudent.org)
* **OUT for Work:** Organization that works with LGBTQ and Ally college students to help prepare them in the transition from academia into the workplace. http://www.outforwork.org

*Financial Aid*

* **Financial Aid for Lesbian, Gay, Bisexual, and Transgendered Students**:
* Smart Guide to Financial Aid. [www.finaid.org/otheraid/gay.phtml](http://www.finaid.org/otheraid/gay.phtml)
* **Gay, Lesbian, Bisexual, and Transgender Scholarship Resources** [www.hrc.org/resources/entry/scholarship-database](http://www.hrc.org/resources/entry/scholarship-database)
* **Point Foundation: The National LGBT Scholarship Fund:** [www.pointfoundation.org](http://www.pointfoundation.org)
* **College Scholarships for LGBT Students**. [www.collegescholarships.org/scholarships/lgbt-students.htm](http://www.collegescholarships.org/scholarships/lgbt-students.htm)
* **PFLAG** [www.pflag.org/scholarship](http://www.pflag.org/scholarship)
* **LEAGUE Foundation LGBTQ Scholarship** [www.leaguefoundation.org/league-foundation-scholarships/scholarships](http://www.leaguefoundation.org/league-foundation-scholarships/scholarships)
* **National Organization of Gay and Lesbian Scientists and Technical Professionals**[www.noglstp.org/programs-projects/scholarships](http://www.noglstp.org/programs-projects/scholarships)
* **UNIGO LGBT Scholarship**[www.unigo.com/scholarships/by-type/lgbt-scholarships](https://www.unigo.com/scholarships/by-type/lgbt-scholarships)
* **Pride Foundation** www.pridefoundation.org/what-we-do/scholarships/scholarship-funds
* **Best Colleges LGBTQ Scholarships** www.bestcolleges.com/financial-aid/lgbtq-scholarships
* *The Advocate College Guide for LGBT Students: A Comprehensive Guide to Colleges and Universities with the Best Programs, Services, and Student Organizations for LGBT Students* (2006). Windmeyer, Shane L. New York: Alyson Books.