APPALACHIAN STATE UNIVERSITY: HENDERSON SPRINGS LGBTQ+ CENTER

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Mental Health

- **Charlotte Transgender Healthcare Group**
  - A compassionate collective of healthcare providers from diverse backgrounds committed to a mission centered on reducing health and healthcare disparities for those with diverse sexual and gender identities.
  - [https://cthcg.org/](https://cthcg.org/)

- **National Queer and Trans Therapists of Color Network**
  - Organization committed to bettering the mental health of queer and trans people of color.
  - [https://www.nqttcn.com/](https://www.nqttcn.com/)

- **Guide to finding an affirming therapist**
  - [https://www.them.us/story/how-to-find-a-queer-therapist](https://www.them.us/story/how-to-find-a-queer-therapist)

- **Evergreen Counseling**
  - LGBTQ+ affirming therapy and mental health resources. Located in Boone.
  - [https://www.evergreencounselingwellness.com/lgbtq](https://www.evergreencounselingwellness.com/lgbtq)
Support Groups

- **Counseling Center LGBTQ+ Support Group**
  - Opportunity for students with diverse sexual orientations and gender identities to explore life challenges together.
  - Provides a supportive environment in which to address a variety of issues (e.g., coming out, spirituality, family relationships, depression, self-esteem, etc.).
  - Goals include reducing isolation, finding support, and making positive changes.
  - Interested?
    - Contact Sammi Brown at brownsa12@appstate.edu.
    - Meets Thursdays 1:30 to 3:00.
  - [https://counseling.appstate.edu/page smith/477](https://counseling.appstate.edu/page smith/477)
• **Trans and Non-Binary Virtual Support Group**
  ◦ Provided by Evergreen Counseling
    https://evergreenboone.com/groups
  ◦ Led by Liam -
    ▪ **Contact Information:**
      • Email:
        liam@evergreencounselingwellness.com
      • Phone: 828-338-3136
  ◦ Donation Based
  ◦ Sign Up through -
  ◦ Wednesdays 5:30-6:30

• **LGBTQIA+ Support Group**
  ◦ Provided by the Collegiate Recovery Community @ App State
  ◦ Every Thursday from 2-3 via Zoom.
Lifelines

- **LGBT National Help Center**
  - Serving LGBTQ+ Community by providing free and confidential peer-support and local resources
  - Hotline: 1-888-843-4564
  - [https://www.glbthotline.org/national-hotline.html](https://www.glbthotline.org/national-hotline.html)

- **Trans Lifeline**
  - Peer support phone service run by trans people for our trans and questioning peers.
  - Hotline: 1-877-565-8860
  - [https://translifeline.org/hotline/](https://translifeline.org/hotline/)

- **The Trevor Project**
  - World’s largest suicide prevention and crisis intervention organization for LGBTQ+ youth
  - Hotline: 1-866-488-7386
  - Trevor Text - Text START to 678-678
  - [https://www.thetrevorproject.org/get-help-now/](https://www.thetrevorproject.org/get-help-now/)
• Anti-Violence Project Hotline
  ◦ Empowers LGBTQ+ individuals, HIV-affected communities, and allies to end all forms of violence through organizing and education, and supports survivors through counseling and advocacy.
  ◦ Hotline: 212-714-1124
  ◦ https://avp.org/

• National Domestic Violence Hotline
  ◦ Provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.
  ◦ Hotline: 1-800-799-7233, Online Chat, or Text START to 88788
  ◦ https://www.thehotline.org/

• Love is Respect Hotline
  ◦ Advocates that can help with LGBTQ+ relationships and dating violence.
  ◦ Hotline: 1-866-331-99474 or Text “loveis” 22522
  ◦ https://www.loveisrespect.org/
• **National Suicide Prevention**
  - Provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones.
  - Hotline: 1-800-273-8255
  - [https://suicidepreventionlifeline.org/](https://suicidepreventionlifeline.org/)

• **National Sexual Assault Hotline**
  - RAINN is Nation's Largest Anti-Sexual Violence Organization and provides this hotline to talk to a trained staff member from your local sexual assault service provider.
  - Hotline: 1-800-656-HOPE (4673) and Chat online
  - [https://www.rainn.org/](https://www.rainn.org/)

• **National Eating Disorder Association Lifeline**
  - Contact the NEDA Helpline for support, resources, and treatment options for yourself or a loved one who is struggling with an eating disorder.
  - Hotline: 1-800-931-2237
  - [https://www.nationaleatingdisorders.org/help-support/contact-helpline](https://www.nationaleatingdisorders.org/help-support/contact-helpline)
• **SAMHSA (Substance Abuse and Mental Health Services Administration)**
  - A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
  - Hotline: 1-800-662-HELP (4357)
  - [https://www.samhsa.gov/find-help/national-helpline](https://www.samhsa.gov/find-help/national-helpline)

• **BlackLine**
  - A space for peer support, counseling, witnessing, and affirming the lived experiences to folxs who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens.
  - Hotline: 1-800-604-5841
  - [https://www.callblackline.com/](https://www.callblackline.com/)
• **GLAD LGBTQ+ Legal Advocates and Defenders**
  ◦ Through strategic litigation, public policy advocacy, and education GLAD works to create a just society free of discrimination based on gender identity and expression, HIV status, and sexual orientation.

• **Transgender Law Center**
  ◦ Largest national trans-led organization advocating self-determination for all people
  ◦ Legal expertise working to change law and policies
  ◦ [https://transgenderlawcenter.org](https://transgenderlawcenter.org)

• **Campaign For Southern Equality**
  ◦ List of LGBTQ+ friendly attorneys in NC
• **GLMA Provider Directory**
  - National organization committed to ensuring health equity for LGBTQ+ individuals.
  - [https://glmaimpak.networkats.com/members_online_new/members/dir_provider.asp](https://glmaimpak.networkats.com/members_online_new/members/dir_provider.asp)

• **CDC LGBT Index**
  - Resources regarding health, government, and legal rights when receiving health care.
  - [https://www.cdc.gov/lgbthealth/index.htm](https://www.cdc.gov/lgbthealth/index.htm)

• **Queer Friendly Doctors in Boone**
  - Dr. Erinn Murphy @ AppFamily Medicine
    - [https://apprhs.org/appfamily-medicine-providers/](https://apprhs.org/appfamily-medicine-providers/)

• **Informed Consent HRT Map**
  - Map with Locations in NC to receive HRT
  - [https://www.google.com/maps/d/u/0/viewer?mid=1DxyOTw8dl8n96BHFF2JVUMK7bXsRktzA&ll=36.12953988061109%2C-79.59636592448648&z=9](https://www.google.com/maps/d/u/0/viewer?mid=1DxyOTw8dl8n96BHFF2JVUMK7bXsRktzA&ll=36.12953988061109%2C-79.59636592448648&z=9)
• **Asheville Planned Parenthood**
  ◦ One of the nation’s leading providers of high-quality, affordable health care, and the nation’s largest provider of sex education.
  ◦ Offers Gender Affirming Hormone Therapy, HIV Services, Abortions, STD Services, etc.

• **AIDS Leadership Foothills Area Alliance, Inc**
  ◦ Works to improve the lives and health of those affected by HIV/AIDS while preventing transmission through education and testing. Eliminating stigma and barriers to care to create a future free of HIV.
  ◦ Serves Watauga
  ◦ [https://www.alfainfo.org/](https://www.alfainfo.org/)
- **LGBTQ+ Friendly Churches in Boone, NC**
  - High Country United Church of Christ
    - 8233 Highway 421-N Vilas, NC, 28692
    - [http://www.highcountryucc.org](http://www.highcountryucc.org)
  - Grace Lutheran Church
    - 115 E. King Street Boone, NC 28607
    - [https://www.gracelutheranboone.org](https://www.gracelutheranboone.org)
  - St. Luke's Episcopal Church
    - 170 Councill St, Boone, NC 28607
    - [https://stlukesboone.org/](https://stlukesboone.org/)
  - Boone Unitarian Universalist Fellowship
    - 381 E. King Street, Boone, NC 28607
    - [https://www.buuf.net/](https://www.buuf.net/)

- **LGBTQ+ Faith Resource Guide**
  - List of resources intended to help LGBTQ+ people, their families, friends, and allies, find powerful and transformative spaces to learn more about the intersection of their faith and LGBTQ+ issues.
  - [https://www.hrc.org/resources/faith-resources](https://www.hrc.org/resources/faith-resources)

- **Navigating LGBTQ+ Identities and Religion Article**
Sexual Violence/
Domestic Violence

- **FORGE**
  - Serves transgender and gender non-conforming survivors of domestic and sexual violence; provides referrals to local counselors
  - [http://forge-forward.org/](http://forge-forward.org/)

- **The Network La Red**
  - Serves LGBTQ, poly, and kink/BDSM survivors of abuse
  - [http://tnlr.org/](http://tnlr.org/)

- **Northwest Network**
  - Serves LGBT survivors of abuse; can provide local referrals
  - [http://nwnetwork.org/](http://nwnetwork.org/)
On-Campus Resources

• **Counseling Services**
  ◦ Offers a variety of services to currently enrolled students at Appalachian State University.
  ◦ Services include Short-term Individual Counseling, Group Counseling, Short-term Couples/Family Counseling, Educational Programming, Prevention Programs, etc.
  ◦ [https://counseling.appstate.edu/](https://counseling.appstate.edu/)

• **M.S. Shook Student Health Services**
  ◦ All registered full-time students who are currently attending class are eligible to receive care at the Health Service.
  ◦ [https://healthservices.appstate.edu/](https://healthservices.appstate.edu/)

• **LGBTQ+ Health Services**
  • Safe Zone for all gender identities and sexual orientations.
  • Provides services and resources unique to Queer experience.
  • [https://healthservices.appstate.edu/pagesmith/229](https://healthservices.appstate.edu/pagesmith/229)
Red Flag Campaign
- Raises awareness about sexual violence and trains individuals to be active bystanders.
- [https://redflag.appstate.edu/](https://redflag.appstate.edu/)

Student Legal Clinic
- Free legal advice, information, and referrals, provided by a licensed attorney.
- Located in Suite 324 of the Plemmons Student Union
- [https://legalclinic.appstate.edu/](https://legalclinic.appstate.edu/)

Wellness and Prevention Services
- Offers services promoting health awareness & active lifestyles while taking a holistic approach to wellness.
- [https://wellness.appstate.edu/](https://wellness.appstate.edu/)

Collegiate Recovery Community
- Offers support to students who are in recovery; want to be in recovery; or those who wish to support others on their recovery journey
- [https://wellness.appstate.edu/crc](https://wellness.appstate.edu/crc)
Community Resources (Boone)

- **Hospitality House**
  - Provides housing, shelter, hunger relief, homeless prevention, street outreach, counseling, and crisis assistance.
  - [https://www.hosphouse.org/](https://www.hosphouse.org/)

- **High Country LGBTQ+ Youth Alliance**
  - Provides a forum for communication and dialogue and is committed to advancing diversity, equity, inclusion, and inquiry with particular respect to sexual orientation and gender identity for youth 12-18 within Ashe, Avery, and Watauga counties.
  - [https://www.facebook.com/BeYOUhighcountry](https://www.facebook.com/BeYOUhighcountry)

- **Hunger and Health Coalition**
  - Relieves poverty and hunger in a compassionate manner for families and individuals who are experiencing economic hardship and food shortages. This assistance may include food, medicine, wood, and referrals to other community resources.
  - [https://www.hungerandhealthcoalition.com/home](https://www.hungerandhealthcoalition.com/home)
- **WAMY Community Action**  
  - Breaking the cycle of poverty by partnering with families and communities to provide the disadvantaged the support and tools they need to become self-sufficient.  
  - [https://wamycommunityaction.org/](https://wamycommunityaction.org/)

- **OASIS**  
  - Provides services regarding Sexual Violence and Intimate Partner Violence. Resources include crisis line, support groups, shelter, advocacy, and educational programs.  
  - [https://oasisinc.org/](https://oasisinc.org/)

- **Community Care Clinic**  
  - A free clinic that provides healthcare to low-income, uninsured persons in the community.  
  - [https://ccclinic.org/](https://ccclinic.org/)

- **Daymark Recovery Services**  
  - Provides an array of outpatient and psychiatric services for the treatment of mental illnesses, substance use disorders, or developmental disabilities.  
  - [https://www.daymarkrecovery.org/](https://www.daymarkrecovery.org/)
Coming Out

- **Resource Guide to Coming Out for African Americans**

- **Resource Guide to Coming Out at Work**
  - [https://www.hrc.org/resources/coming-out-at-work](https://www.hrc.org/resources/coming-out-at-work)

- **Resource Guide to Coming Out as Bi+**

- **Coming Out as Trans**

- **Handbook for Coming Out**
  - Explore what coming out means to you with tools and guiding questions.
Important Documents

• **North Carolina Division of Motor Vehicles Sex Designation Form**

• **Trans Equality Document Center**
  ◦ Name and Gender Change
  ◦ [https://transequality.org/documents/state/north-carolina](https://transequality.org/documents/state/north-carolina)

• **Equality NC Healthcare Support Planning Document**
  ◦ [https://equalityncfoundation.org/assets/Passport_-_Sterling-updated_2.pdf](https://equalityncfoundation.org/assets/Passport_-_Sterling-updated_2.pdf)

• **Updating Preferred Name on App Card**
  ◦ [https://diversity.appstate.edu/preferred-first-name/](https://diversity.appstate.edu/preferred-first-name/)

• **Housing Accommodations due to Gender-Related Needs**
  ◦ [https://housing.appstate.edu/accommodations](https://housing.appstate.edu/accommodations)
Queer Friendly Businesses (NC)

- **Anna Banana’s**
  - Consignment shop
  - Located: 641 West King Street #2
    Boone, NC 28607
  - [https://www.annabananascoibune.com/](https://www.annabananascoibune.com/)

- **Foggy Pine Books**
  - Small, locally and queer-owned, independent bookstore
  - Located: 471 W King St, Boone, NC 28607
  - [https://www.foggypinebooks.com/#/](https://www.foggypinebooks.com/#/)

- **Lily’s Snack Bar**
  - Bar and Sandwich Shop
  - Located: 455 Blowing Rock Rd, Boone, NC 28607
  - [https://lilyssnackbar.com/](https://lilyssnackbar.com/)

- **Hollow Moon Tattoo**
  - Private Tattoo and Art Studio
  - Located at: 200 Den Mac Dr. Boone, NC 28607
  - [https://www.hollowmoontattoo.com/](https://www.hollowmoontattoo.com/)
• **Ori’s Game Corner**
  - Video Game Store
  - Trans Owned
  - Located: 1064 Meadowview Dr. Unit 6.
    Boone, NC 28607
  - [https://www.facebook.com/OrisGameCorner/](https://www.facebook.com/OrisGameCorner/)
Trans Resources

• **American Trans Resource Hub**
  - Brings trans folks comfort and stability to the transition process by tackling any issues that arise such as housing and employment.
  - [https://www.atrh.org/](https://www.atrh.org/)

• **Annual Trans Surgery Fund**
  - A scholarship-like program that provides direct financial assistance to trans folks who cannot afford their gender-affirming surgery.
  - **Applications will open back up on Nov. 1, 2022**

• **Electrolysis Support Fund**
  - Provides financial assistance towards permanent hair removal services (including electrolysis and laser hair removal) for trans femme folks who cannot otherwise afford them.
  - [https://www.pointofpride.org/electrolysis-support-fund](https://www.pointofpride.org/electrolysis-support-fund)
- **Free Chest Binders**
  - These resources provide free chest binders (specially-designed chest compression garments) to any trans or non-binary person who needs one and cannot afford or safely obtain one.
  - **Point of Pride**
    - [https://www.pointofpride.org/free-chest-binders](https://www.pointofpride.org/free-chest-binders)
  - **B4CK** [https://b4ck.org/product/b4ck-gently-used-binder/](https://b4ck.org/product/b4ck-gently-used-binder/)
  - **DC Area Transmasculine Society**
    - [https://dcats.knack.com/binderexchange#home/](https://dcats.knack.com/binderexchange#home/)
  - **American Trans Resource Hub**
    - [https://docs.google.com/forms/d/e/1FAIpQLSdmthw6to5yPYb-YYKX0UUlkObeA_PHdgBo-cWSqM9lGhtbQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdmthw6to5yPYb-YYKX0UUlkObeA_PHdgBo-cWSqM9lGhtbQ/viewform)

- **Free Femme Shapewear**
  - Provides free femme shapewear (specially-designed compression underwear/gaffs) to any trans femme person who needs one and cannot afford or safely obtain one.
  - [https://www.pointofpride.org/free-femme-shapewear](https://www.pointofpride.org/free-femme-shapewear)
Self-Care

- **Interactive Self-Care Guide**
  - Guides you through checking in with yourself physically and emotionally
- **LGBTQ+ Affirmations**
  - [https://pivotalcounselingcenter.com/lgbtq-affirmations/](https://pivotalcounselingcenter.com/lgbtq-affirmations/)
- **Coloring Resources**
  - LGBTQ History Coloring Sheets
  - Assortment of Coloring Sheets
    - [https://coloringhome.com/](https://coloringhome.com/)
- **Smartphone Apps for Mindfulness and Relaxation**
  - Calm
  - Headspace
  - Breathe2Relax
  - Insight Timer
  - Pacifica