

Trans/Nonbinary at TU Guide

Campus Resources

[GenderBLUR](#)

A club for transgender, nonbinary, intersex, gender non-conforming and gender questioning individuals to talk about their experiences and get support. Meets Wednesdays at 6:30 p.m.

Rainbow Lounge

The Rainbow Lounge is a space for LGBTQ+ students and allies. It is located in the Center for Student Diversity, UU313, on the 3rd floor of the University Union. It is a great place to meet and hang out with other LGBTQ+ people in an accepting and welcoming atmosphere. The RL also contains many LGBTQ+ resources such as books, magazines, and movies and is typically open Monday through Friday from 8am-5pm.

[Counseling Center](#)

Provides trans/nonbinary affirming counseling to students who would like confidential support. They offer short term counseling and can provide referrals to therapists in the local area. Call 410-704-2512 to schedule a same day appointment. Hours 8 am – 5 pm. Phones are covered 24 hours.

Counseling Center Support groups

LGBTQIA+ Support Group: For all LGBTQIA+ students – whether out, questioning or unsure - to discuss and explore aspects of sexual orientation and gender identity in a safe space. Fridays at 1 pm.

2STN Support Group: For Two Spirit, Transgender and Nonbinary students to build community and share issues on gender identity. Fridays at 3 pm.

Call the Counseling Center at 410-704-2512 to check on availability in these groups.

[Gender Inclusive Housing Options](#)

Gender Inclusive Housing is an inclusive, voluntary housing option where students can be assigned to live in the same room with any other student

regardless of sex, birth gender, biological gender, gender identity, gender expression, or sexual orientation. Students must specifically request this housing option and it is space limited.

Name and Sex Marker Change

To create a more diverse and inclusive campus, current TU students, staff, and faculty will be able to select a [Chosen / Preferred Name](#) via a webform. Direct questions related to oiinamechange@towson.edu.

Community Support Groups

TransMaryland's Digital T4T Support Group

T4T (Trans for Trans) is an online space for peer-to-peer support weekly on Wednesdays from 6:30 pm – 8 pm. These groups are for trans Marylanders 18+. Trans means that the gender assignment when you were born is no longer accurate for you. Nonbinary and agender folks are warmly welcome in this space. These groups will take place online using the Zoom platform (free). Go to this [link](#) to fill out an intake form.

Akanni

A national support group, sponsored by Black Transmen Inc, that provides a safe, respectful, confidential environment open to transmen of all stages of transition. The group meets every first and third Wednesday at 7:30 pm online. If interested, fill out this [information form](#).

Baltimore Nonbinary Gender Support Community

Baltimore based support community for nonbinary individuals offering various events monthly. To find out the next meeting visit [Baltimore Nonbinary Gender Support Community](#).

Discrimination Policies

[Towson University's Non-Discrimination Policy](#)

The university is an Affirmative Action, Equal Opportunity Employer. This policy prohibits discrimination on the grounds protected under Federal and Maryland law and Board of Regents policies. To the extent protected by law, university programs, activities and facilities are available to all without

regard to race, color, sex, **gender identity or expression, sexual orientation**, age, national origin, disability, and religion.

Baltimore City Non Discrimination Policy

Council Bill 02-0857, signed into law on December 6, 2002, prohibits discrimination based on gender identity or gender expression in the areas of housing, employment, and public accommodations in Baltimore City.

Maryland Non-Discrimination Policy

Maryland State Law does not currently include “gender identity” as a protected class and on a state level discrimination on the basis of gender identity is not prohibited.

Gender Affirming Medical Care

Note: Letters of support are no longer needed for HRT. Letters from a mental health provider and MD are still needed for surgical procedures.

Ruth Horowitz, MD at GBMC

When contacting Dr. Horowitz’s office, state that you are interested in HRT, as otherwise she is not accepting new patients.

Christopher Roberson, CRNP at Life Bridge’s Affirm Clinic in Towson

This provider only prescribes testosterone for HRT.

Planned Parenthood of Maryland

Planned Parenthood offers gender affirming healthcare, including hormone therapy for individuals aged 16 and older (parental/guardian consent required for those younger than 18 years.) Telehealth appointments are available and can be scheduled by calling 410-576-1414. Visit their website for more info.

Chase Brexton Health Services

Chase Brexton Health Services is a provider of patient-centered interdisciplinary health care for diverse communities including those individuals who are LGBT; HIV infected and affected; and all others who face barriers accessing quality health care. Chase Brexton offers hormone treatments for transgender individuals. They also offer a variety of other transgender specific services. Chase Brexton has multiple locations, including one in Baltimore and Randallstown. Visit their website for more information.

Your Trans Care at Star Track Adolescent Health

A specialty program for transgender people 12 to 21 years old looking for excellent health care. YTC offers primary care and a range of unique services for transgender individuals and their friends, family, and significant others. Our trans specific services include: free support provided by transgender peer navigators, access and management of hormone therapy and puberty blockers, trans affirming gynecological services, individual and group counseling for transgender people, customized support and guidance for families, friends, and partners of transgender clients, counseling, referrals, clinical letter of support, and coordination for gender affirming surgery, medical and non-medical case management, and transgender specific health education workshops and materials. More information can be found at their website.

Johns Hopkins' The Center for Transgender Health

The Johns Hopkins Center for Transgender Health offers comprehensive, evidence-based and affirming care for transgender youth and adults including non-surgical and surgical services that is in line with the standards of care set by [the World Professional Association for Transgender Health \(WPATH\)](#).

Trans/Nonbinary-Friendly Therapists (this is not an exhaustive list)

Bmore Liberated

In Mount Vernon neighborhood, Baltimore
Out of network billing

Chase Brexton Health Care

Multiple locations
410-837-2050
In network providers for some insurance

Thomas Coughlin

8609 2nd Ave, Suite 307B
Silver Spring, MD 20910
(202) 738-5456

The Goode Practice

920 Providence Road, Suite 101
Towson, MD 21286

877-893-5480

In network providers for some insurance

Greater Baltimore Counseling Centers

[List](#) of LGBTQ affirming therapists

Baltimore, Lutherville Timonium

410-760-9079

In network providers for some insurance

[Sean Lare, LCSW-C](#)

6851 Oak Hall Lane

Suite 118

Columbia, Maryland 21045

(410) 835-4696

Out of network billing

[Maryland Center for Gender and Intimacy](#)

319 West Patrick Street

Frederick, MD 21701

3448 Ellicott Center Drive, #105

Ellicott City, MD 21043

301-360-4349

[Reclaim and Rise](#)

3600 Clipper Mill Road, Suite 221

Baltimore, Maryland 21211

(443) 835-4696

Aetna, BlueCross BlueShield (CareFirst), United

[National Queer and Trans Therapist of Color Network](#)

Search by address

[Pro Bono Counseling Project](#)

Located throughout Maryland

For uninsured and underinsured

410-825-1001

[Psychology Today Therapist Finder](#)

Search by address and issue

Other resources

Gender Affirming Clothing - Go to TU's [Tiger Threads website](#), scroll to bottom of page and fill out form to request "additional clothing support. Students can request the purchase of binders, gaffes, etc.

[Restroom Resource](#) – a database of gender neutral or safe restrooms around the world.

Changing gender on legal documents

Trans Maryland's [Name and Gender Marker Change Guides](#)

National Center for Transgender Equality's [ID Documents Center](#)

[GALAP](#) (Gender Affirming Letter Access Project) – Mental health providers who offer free letters for gender affirming care.

Virtual Transgender Voice training ([article](#) summarizing, including criticism of the effort):

[Exceptional Voice App](#) – for voice feminization

[Christella Voiceup](#) – app for voice feminization

[TransVoiceLessons](#) – free website resources and YouTube tutorials

[Loyola Clinical Centers – Speech-Language Pathology services](#)

For gender affirming voice help, call the clinic at 410-617-1200 or email Andrea Atticks at ahatticks@loyola.edu. Fees are reasonable and out of pocket, they will work with students' financial situations and there are some scholarships.

[University of Maryland Gender Affirming Voice Clinic](#)

Gendermap.com: this free website shows how to seek out affirming treatment including [laser hair removal](#) and [voice training](#).

Fertility Preservation ([article](#) explaining the resource):

[Ro](#)

[Legacy](#)

[Johns Hopkins Fertility Preservation Innovation Center](#)

Make-up classes

[Sephora Stands Tutorials](#)

Binding

[Pamphlet](#) on safer binding

[LGBTQ Nation article](#) about binding

[Healthy Chest Binding for Trans & Non-Binary People](#), Frances Reed

[Breathe: Journeys to Healthy Binding](#), Kobaba & Pritzmeier

Tucking

[Pamphlet](#) on safer tucking

Employment Resources

Transgender Law Center's [Model Transgender Employment Policy](#)

Lambda Legal's [Transgender Workplace Rights](#)

Coming Out as Transgender

Planned Parenthood offers [a quick guide](#) on how to come out.

The Human Rights Campaign's [Coming Out Living Authentically as Transgender or Non-Binary](#) is a more in-depth guide.

PFLAG also produced a guide, [Our Trans Loved Ones](#), to help families and friends support individuals who are coming out as transgender.

Crisis Hotlines

[Trans Lifeline](#) ((877-565-8860))

A grassroots hotel and non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.

[LGBT National Help Center](#) (1-888-843-4564)

Provides telephone and email peer counseling, as well as factual information and local resources for cities and towns across the United States.

[The Trevor Project](#) (1-866-488-7386)

Operates the leading nationwide, around the clock suicide prevention helpline for LGBTQ youth.

Transgender Pulse

Provides support for transgender, genderqueer, intersex, and androgynous. This chat room is a live support moderated chatroom for trans individuals. All full moderators of this chat have taken a youth suicide prevention course and are prepared to talk to and help suicidal individuals.

Other Online Resources

Check out the [online resource guide](#) from the National Queer and Trans Therapists of Color Network