

SELF-HELP RESOURCES FOR GENDER IDENTITY CONCERNS

*The Social Justice Advocate's Handbook:
A Guide to Gender* by Sam Killermann

Transgender Voices: Beyond Women and Men
by Lori B. Girshick*

BOOKS



*Trans Bodies, Trans Selves: A Resource
for the Transgender Community*
by Laura Erickson-Schroth*

Also see PFLAG's *Transgender Reading List for
Adults* at [pflag.org/resource/transgender-
reading-list-adults](http://pflag.org/resource/transgender-reading-list-adults)

**Some books available through App State's Belk Library: library.appstate.edu*

For mindfulness and relaxation:

- Calm
- Breathe2Relax
- Headspace
- Insight Timer

SMARTPHONE APPS



For mood-tracking:

- Pacifica

For coping and reducing self-harm:

- Calm Harm
- Virtual Hope Box

ONLINE RESOURCES



Human Rights Campaign

Transgender Visibility Guide:

hrc.org/resources/transgender-visibility-guide

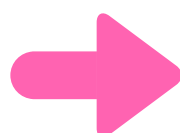
National Center for Transgender Equality:
transequality.org

Trans Student Educational Resources:
transstudent.org

Trans Lifeline:
translifeline.org or (877)565-8860

Trevor Project: Suicide Prevention for LGBTQ youth:
thetrevorproject.org or (866)488-7386

MORE SELF HELP ON THE BACK



APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER

counseling.appstate.edu (828) 262-3180

The Death and Life of Marsha P. Johnson (Netflix, 2017):
Exploring justice for violence against trans women of color
[youtube.com/watch?v=pADsuuPd79E](https://www.youtube.com/watch?v=pADsuuPd79E)

VIDEOS



Deep Run (2015): A documentary portrait of trans life in rural North Carolina.
deeprunfilm.com

Growing Up Trans (PBS DocuSeries, 2015):
pbs.org/video/frontline-growing-up-trans/

The Trans List (HBO Docs, 2016): Explores the range of experiences lived by Americans who identify as transgender.
[youtube.com/watch?v=GIegiwYeX-A](https://www.youtube.com/watch?v=GIegiwYeX-A)

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CAMPUS RESOURCES



LGBT Center:
(828) 262-8566
lgbt.appstate.edu

Wellness Center:
(828) 262-3148
wellness.appstate.edu

Sexuality and Gender Alliance (SAGA): student organization that "strives to create an inclusive and accepting environment for all gender identities, sexual orientations, and romantic identities."
orgsync.com/91062/chapter

TransAction: student organization "for transgender and non-binary people and their advocates."
orgsync.com/91063/chapter

MORE IDEAS AND THERAPIST RECOMMENDATIONS



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This handout includes resources from:

Norcross, J.C., Campbell, L.F., Grohol, J.M., Santrock, J.W., Selagea, F., Sommer, R. (2013) *Self-Help That Works: Resources to Improve Emotional Health and Strengthen Relationships* (4th ed.). New York, NY: Oxford University Press.