

SELF-HELP RESOURCES FOR EXPLORING GENDER IDENTITY

*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

*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:

- Sanvello

For coping and reducing self-harm:

- Calm Harm
- Virtual Hope Box

*Human Rights Campaign: Resources for Trans
and Gender Non-conforming People:*

hrc.org/resources/transgender

ONLINE RESOURCES



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/](https://www.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)

CAMPUS RESOURCES



Counseling Center: (828) 262-3180
counseling.appstate.edu

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

Intercultural Student Affairs: (828) 262-6158
intercultural.appstate.edu

University Housing: Learn about relevant Residential Learning Communities and accommodations available.
housing.appstate.edu

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

Guide to Single-Occupancy Restrooms on Campus:
edc.appstate.edu/education/resources/single-occupancy-restrooms

Sexuality and Gender Alliance (student organization):
engage.appstate.edu/organization/sexuality-and-gender-alliance

TransAction (student organization):
engage.appstate.edu/organization/transaction

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.