

Resource Bank for

# EXPLORING GENDER IDENTITY

Please access each resource by clicking links!

## Social Media

Instagram

- [@lgbtcenter\\_appstate](#)
- [@sagaappstate](#)
- [@QueerNeers](#)
- [@EvergreenCounselingBoone](#)
- [@lgbt](#)
- [@StayProject](#)
- [@gaytimes](#)
- [@LGBTQIAislife](#)
- [@InclusiveTherapists](#)
- [@GLAAD](#)



## Helpful Handouts

- [Gender Galaxy](#)
- [Self-Care Inventory](#)
- [10 Things You Can Do to Be an Ally to People Who Are LGBTQ+](#)

## Podcasts & Books

- [LGBTQ&A](#)
- [The Queer Collective Podcast](#)
- [Gender: A Wider Lens Podcast](#)
- [Gender Reveal by Tuck Woodstock](#)
- [One From the Vaults, a Trans history Podcast](#)
- [Totally Trans Podcast](#)
- [Gender Euphoria](#)
- [Before We Were Trans: A New History of Gender](#)
- [The Real Lives of Trans and Nonbinary Humans](#)
- [Life Isn't Binary: On Being-both, Beyond, and In-Between](#)

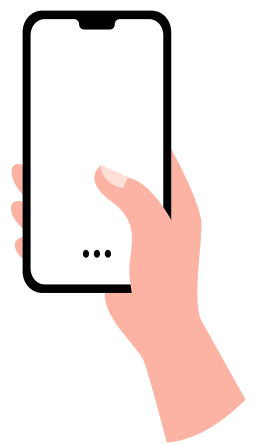


## Websites & Videos

- [The Trevor Project](#)
- Youtube: [Fostering Cheer for the Queers workshop](#)
- [GLAAD](#)
- [PFLAG](#)
- [Evergreen Counseling - Local Resources](#)
- [Equality North Carolina](#)
- [Equality NC Resource List](#)
- [National Queer and Trans Therapists of Color Network - Community Resource List](#)

## Apps

- [Evolve: Self Love & Gratitude for LGBTQ+](#)
- [WellTrackBoost](#)
- [Tappy: Self Care Fidgeter](#)
- [Finch: Self Care Widget](#)
- [Pride Counseling](#)
- [Voda: LGBTQIA+ Mental Wellness](#)
- [Insight Timer](#)
- [Calm](#)
- [Headspace](#)



## Campus Resources

- Henderson Springs [LGBT Center](#)
- Information about Boone Barbies [Free AppCard name changes](#)
- [Group therapy](#) - Counseling and Psychological Services: LGBTQQ+ Support Group
- [Let's Talk](#)- Counseling and Psychological Services
- [Campus list](#) of gender neutral and single-use restrooms
- Sexuality and Gender Alliance ([SAGA](#)).
- [Multicultural Student Center](#)
- [Housing Guide and Considerations](#)

## Interested in learning more?

### Counseling Center Services

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

1st Floor, Miles Annas Building | [counseling.appstate.edu](http://counseling.appstate.edu)  
(828)262-3180 | [counseling@appstate.edu](mailto:counseling@appstate.edu) |  
[@appstatecounselingcenter](#)