Resource Bank for

EXPLORING GENDER IDENTITY

Please access each resource by clicking links!

Social Media

- @lgbtcenter_appstate
- @sagaappstate
- @QueerNeers
- @EvergreenCounselingBoone
- @lgbt
- @StayProject
- @gaytimes
- @LGBTQIAislife
- @Inclusive Therapists
- @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
(828)262-3180 | counseling@appstate.edu | @appstatecounselingcenter