

# LGBTQ+ Resources for Salisbury University Students

## Introduction

Exploring and expressing your sexual orientation and/or gender identity in a cisheteronormative society can be challenging. The Salisbury University Counseling Center has developed this resource quide to provide LGBTQ+ students with resources and information about service providers and support systems available to help them navigate their individual journeys. When we affirm LGBTO+ students and create environments where everyone feels safe, we are doing the work to maintain a campus where all students can achieve their full academic potential.

This guide contains clickable links in order to make navigating resources and information easier.



## SU Counseling Center

- Guerrieri Student Union (GC) 263
- 410-543-6070

# **STAY CONNECTED**







# If you are in crisis...

The **Counseling Center** is open Monday through Friday, 8 AM to 4:30 PM

- 410-543-6070
- https://www.salisbury.edu/administration/stude nt-affairs/counseling-center/

**TimelyCare** provides 24/7 mental health support for all enrolled Salisbury university students at no cost

- https://www.timelycare/salisbury
- Download the TimelyCare app

**Trevor Project's Lifeline** has trained counselors to support you

- 1-866-488-7386 or Trevor Chat
- Text "START" to 678-678
- https://www.thetrevorproject.org/get-help-now/

**Trans Lifeline** has operators guaranteed to be available from 10 AM to 4 PM daily

- 1-877-565-8860
- https://www.translifeline.org

# **Support Groups**

#### **Local Support Groups:**

#### Salisbury PFLAG

Salisbury PFLAG focuses on education, support, and advocacy on behalf of all LGBTQ+ people. All LGBTQ+ people and their parents, friends, families, and allies are welcome. Monthly meetings are held on the second Monday of the month, 6:30 to 8 PM at the Ward Museum.

- http://www.salisburypflag.com/
- https://www.facebook.com/SalisburyPFLAG/

#### **Salisbury Transliance**

Salisbury Transliance organizes meetings and activities in a safe and inviting atmosphere geared towards transgender individuals and family and friends of transgender individuals.

https://www.transliance.com

# **Statewide Support Groups:**

## Trans Maryland

Trans Maryland is a multi-racial, multi-gender, trans-led community power building organization dedicated to Maryland's trans community. Trans Maryland offers T4T (Trans for Trans), an online support group for trans folks by trans folks on Wednesdays from 6:30 to 8 PM.

https://transmaryland.org/

info@transhealthcaremd.org

## **Healthcare**

#### **Chase Brexton Health Care - Easton**

Chase Brexton provides healthcare to LGBTQ+ populations, including transgender healthcare. Their Center for LGBTQ Health Equity provides LGBTQ-informed care, advocacy, and training and education.

- **410-837-2050**
- 🧘 500 Cadmus Lane, Suite 203, Easton MD 21601
- https://chasebrexton.org/locations/easton

#### Planned Parenthood - Easton

Planned Parenthood provides healthcare for LGBTQ+ people, including hormone therapy. Services include hormone replacement therapy and services referral.

- 410-576-1414
- 8579 Commerce Drive #102, Easton, MD 21601
- https://www.plannedparenthood.org/health-center-md-2830-90620

## Mazzoni Center - Philadelphia

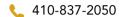
The Mazzoni Center provides quality comprehensive health and wellness services in an LGBTQ-focused environment. Services include primary medical care, hormone therapy and monitoring, chest and cervical health care, gender affirmation surgery navigation, and supportive letters for current medical patients.

- 410-576-1414
- 2 1348 Bainbridge Street, Philadelphia, PA 19147 AND 1201 Locust Street, Philadelphia, PA 19107
- https://www.mazzonicenter.org/

## **Healthcare**

## The Gender Affirming Letter Access Project (GALAP)

The GALAP provides a directory of mental clinicians who can provide letters for gender-affirming medical care.



🕺 500 Cadmus Lane, Suite 203, Easton MD 21601

https://chasebrexton.org/locations/easton

# **Legal Assistance**

#### FreeState Justice

FreeState Justice provides legal services to low-income LGBTQ+ Maryland residents. Assistance includes name changes, gender marker changes on birth certificates or IDs, discrimination, family law matters, and legal protection from harassment or harm. Intake is on Tuesdays from 2 to 5 PM.

- 410-625-LGBT(5428)
- https://freestate-justice.org/

#### **Trans Maryland Name Change Program**

The Trans Maryland Name Change Program offers peer to peer guidance on name and gender marker changes (not legal services)

https://transmaryland.org/name-change-program