

The background of the entire image is a vibrant rainbow flag, with horizontal stripes of red, orange, yellow, green, blue, and purple. A white rectangular box is centered on the yellow stripe, containing the text.

APPALACHIAN STATE UNIVERSITY:  
HENDERSON SPRINGS LGBTQ+ CENTER

# RESOURCE BANK



# TABLE OF CONTENTS



3 Mental Health

4 Support Groups

6 Lifelines

10 Legal

11 Health

13 Faith

14 Sexual Violence/ Domestic  
Violence

15 On-Campus Resources

17 Community Resources  
(Boone)

19 Coming Out

20 Important Documents

21 Queer Friendly Businesses

23 Trans Resources

25 Self Care



- ***Charlotte Transgender Healthcare Group***
  - A compassionate collective of healthcare providers from diverse backgrounds committed to a mission centered on reducing health and healthcare disparities for those with diverse sexual and gender identities.
  - <https://cthcg.org/>
- ***National Queer and Trans Therapists of Color Network***
  - Organization committed to bettering the mental health of queer and trans people of color.
  - <https://www.nqttcn.com/>
- ***Guide to finding an affirming therapist***
  - <https://www.them.us/story/how-to-find-a-queer-therapist>
- ***Evergreen Counseling***
  - LGBTQ+ affirming therapy and mental health resources. Located in Boone.
  - <https://www.evergreencounselingwellness.com/lgbtq>

- **Counseling Center LGBTQQ+ Support Group**

- Opportunity for students with diverse sexual orientations and gender identities to explore life challenges together.
- Provides a supportive environment in which to address a variety of issues (e.g., coming out, spirituality, family relationships, depression, self-esteem, etc.).
- Goals include reducing isolation, finding support, and making positive changes.
- Interested?
  - Contact Sammi Brown at [brownsa12@appstate.edu](mailto:brownsa12@appstate.edu).
  - Meets Thursdays 1:30 to 3:00.
- <https://counseling.appstate.edu/page/smith/477>

- ***Trans and Non-Binary Virtual Support Group***

- Provided by Evergreen Counseling  
<https://evergreenboone.com/groups>
- Led by Liam -
  - Contact Information:
    - Email:  
liam@evergreencounselingwellness.com
    - Phone: 828-338-3136
- Donation Based
- Sign Up through -  
<http://bit.ly/GENDERSUPPORT>
- Wednesdays 5:30-6:30

- ***LGBTQIA+ Support Group***

- Provided by the Collegiate Recovery Community @ App State
- Every Thursday from 2-3 via Zoom.

- ***LGBT National Help Center***

- Serving LGBTQ+ Community by providing free and confidential peer-support and local resources
- Hotline: 1-888-843-4564
- <https://www.glbthotline.org/national-hotline.html>

- ***Trans Lifeline***

- Peer support phone service run by trans people for our trans and questioning peers.
- Hotline: 1-877-565-8860
- <https://translifeline.org/hotline/>

- ***The Trevor Project***

- World's largest suicide prevention and crisis intervention organization for LGBTQ+ youth
- Hotline: 1-866-488-7386
- Trevor Text - Text START to 678-678
- <https://www.thetrevorproject.org/get-help-now/>

- ***Anti-Violence Project Hotline***

- Empowers LGBTQ+ individuals, HIV-affected communities, and allies to end all forms of violence through organizing and education, and supports survivors through counseling and advocacy.
- Hotline: 212-714-1124
- <https://avp.org/>

- ***National Domestic Violence Hotline***

- Provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.
- Hotline: 1-800-799-7233, Online Chat, or Text START to 88788
- <https://www.thehotline.org/>

- ***Love is Respect Hotline***

- Advocates that can help with LGBTQ+ relationships and dating violence.
- Hotline: 1-866-331-99474 or Text “loveis” 22522
- <https://www.loveisrespect.org/>

- ***National Suicide Prevention***

- Provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones.
- Hotline: 1-800-273-8255
- <https://suicidepreventionlifeline.org/>

- ***National Sexual Assault Hotline***

- RAINN is Nation's Largest Anti-Sexual Violence Organization and provides this hotline to talk to a trained staff member from your local sexual assault service provider.
- Hotline: 1-800-656-HOPE (4673) and Chat online
- <https://www.rainn.org/>

- ***National Eating Disorder Association Lifeline***

- Contact the NEDA Helpline for support, resources, and treatment options for yourself or a loved one who is struggling with an eating disorder.
  - Hotline: 1-800-931-2237
  - <https://www.nationaleatingdisorders.org/help-support/contact-helpline>
-



- **SAMHSA (*Substance Abuse and Mental Health Services Administration*)**
  - A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
  - Hotline: 1-800-662-HELP (4357)
  - <https://www.samhsa.gov/find-help/national-helpline>
- **BlackLine**
  - A space for peer support, counseling, witnessing, and affirming the lived experiences to folxs who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens.
  - Hotline: 1-800-604-5841
  - <https://www.callblackline.com/>

- ***GLAD LGBTQ+ Legal Advocates and Defenders***

- Through strategic litigation, public policy advocacy, and education GLAD works to create a just society free of discrimination based on gender identity and expression, HIV status, and sexual orientation.
- <http://www.glad.org/>

- ***Transgender Law Center***

- Largest national trans-led organization advocating self-determination for all people
- Legal expertise working to change law and policies
- <https://transgenderlawcenter.org>

- ***Campaign For Southern Equality***

- List of LGBTQ+ friendly attorneys in NC
- [https://southernequality.org/wp-content/uploads/2014/01/Legal\\_Referral\\_List\\_WNC\\_JAN\\_2014.pdf](https://southernequality.org/wp-content/uploads/2014/01/Legal_Referral_List_WNC_JAN_2014.pdf)

- **GLMA Provider Directory**

- National organization committed to ensuring health equity for LGBTQ+ individuals.
- [https://glmaimpak.networkats.com/members\\_online\\_new/members/dir\\_provider.asp](https://glmaimpak.networkats.com/members_online_new/members/dir_provider.asp)

- **CDC LGBT Index**

- Resources regarding health, government, and legal rights when receiving health care.
- <https://www.cdc.gov/lgbthealth/index.htm>

- **Queer Friendly Doctors in Boone**

- Dr. Erinn Murphy @ AppFamily Medicine
  - [https://apprhs.org/appfamily\\_medicine-providers/](https://apprhs.org/appfamily_medicine-providers/)

- **Informed Consent HRT Map**

- Map with Locations in NC to receive HRT
- <https://www.google.com/maps/d/u/0/viewer?mid=1DxyOTw8dl8n96BHFF2JVUMK7bXsRKtzA&ll=36.12953988061109%2C-79.59636592448648&z=9>

- ***Asheville Planned Parenthood***

- One of the nation's leading providers of high-quality, affordable health care, and the nation's largest provider of sex education.
- Offers Gender Affirming Hormone Therapy, HIV Services, Abortions, STD Services, etc.
- <https://www.plannedparenthood.org/health-center/north-carolina/asheville/28801/asheville-health-center-4134-90860>

- ***AIDS Leadership Foothills Area Alliance, Inc***

- Works to improve the lives and health of those affected by HIV/AIDS while preventing transmission through education and testing. Eliminating stigma and barriers to care to create a future free of HIV.
  - Serves Watauga
  - <https://www.alfainfo.org/>
-

- **LGBTQ+ Friendly Churches in Boone, NC**

- High Country United Church of Christ
  - 8233 Highway 421-N Vilas, NC, 28692
  - <http://www.highcountryucc.org>
- Grace Lutheran Church
  - 115 E. King Street Boone, NC 28607
  - <https://www.gracelutheranboone.org>
- St. Luke's Episcopal Church
  - 170 Council St, Boone, NC 28607
  - <https://stlukesboone.org/>
- Boone Unitarian Universalist Fellowship
  - 381 E. King Street, Boone, NC 28607
  - <https://www.buuf.net/>

- **LGBTQ+ Faith Resource Guide**

- List of resources intended to help LGBTQ+ people, their families, friends, and allies, find powerful and transformative spaces to learn more about the intersection of their faith and LGBTQ+ issues.
- <https://www.hrc.org/resources/faith-resources>

- **Navigating LGBTQ+ Identities and Religion Article**

- <https://www.thetrevorproject.org/resources/article/navigating-lgbtq-identities-and-religion/>





# Sexual Violence/ Domestic Violence

---



- **FORGE**

- Serves transgender and gender non-conforming survivors of domestic and sexual violence; provides referrals to local counselors
- <http://forge-forward.org/>

- **The Network La Red**

- Serves LGBTQ, poly, and kink/BDSM survivors of abuse
- <http://tnlr.org/>

- **Northwest Network**

- Serves LGBT survivors of abuse; can provide local referrals
- <http://nwnetwork.org/>





# On-Campus Resources



---

- **Counseling Services**

- Offers a variety of services to currently enrolled students at Appalachian State University.
- Services include Short-term Individual Counseling, Group Counseling, Short-term Couples/Family Counseling, Educational Programming, Prevention Programs, etc.
- <https://counseling.appstate.edu/>

- **M.S. Shook Student Health Services**

- All registered full-time students who are currently attending class are eligible to receive care at the Health Service.
- <https://healthservices.appstate.edu/>

- **LGBTQ+ Health Services**

- Safe Zone for all gender identities and sexual orientations.
- Provides services and resources unique to Queer experience.
- <https://healthservices.appstate.edu/pagesmith/229>



## On-Campus Resources (Cont.)

---

- **Red Flag Campaign**

- Raises awareness about sexual violence and trains individuals to be active bystanders.
- <https://redflag.appstate.edu/>

- **Student Legal Clinic**

- Free legal advice, information, and referrals, provided by a licensed attorney.
- Located in Suite 324 of the Plemmons Student Union
- <https://legalclinic.appstate.edu/>

- **Wellness and Prevention Services**

- Offers services promoting health awareness & active lifestyles while taking a holistic approach to wellness.
- <https://wellness.appstate.edu/>

- **Collegiate Recovery Community**

- Offers support to students who are in recovery; want to be in recovery; or those who wish to support others on their recovery journey
- <https://wellness.appstate.edu/crc>







# Community Resources (Boone)



---

- ***Hospitality House***

- Provides housing, shelter, hunger relief, homeless prevention, street outreach, counseling, and crisis assistance.
- <https://www.hosphouse.org/>

- ***High Country LGBTQ+ Youth Alliance***

- Provides a forum for communication and dialogue and is committed to advancing diversity, equity, inclusion, and inquiry with particular respect to sexual orientation and gender identity for youth 12-18 within Ashe, Avery, and Watauga counties.
- <https://www.facebook.com/BeYOUhighcountry>

- ***Hunger and Health Coalition***

- Relieves poverty and hunger in a compassionate manner for families and individuals who are experiencing economic hardship and food shortages. This assistance may include food, medicine, wood, and referrals to other community resources.
- <https://www.hungerandhealthcoalition.com/home>





## Community Resources (Cont.)



---

- **WAMY Community Action**

- Breaking the cycle of poverty by partnering with families and communities to provide the disadvantaged the support and tools they need to become self-sufficient.
- <https://wamycommunityaction.org/>

- **OASIS**

- Provides services regarding Sexual Violence and Intimate Partner Violence. Resources include crisis line, support groups, shelter, advocacy, and educational programs.
- <https://oasisinc.org/>

- **Community Care Clinic**

- A free clinic that provides healthcare to low-income, uninsured persons in the community.
- <https://ccclinic.org/>

- **Daymark Recovery Services**

- Provides an array of outpatient and psychiatric services for the treatment of mental illnesses, substance use disorders, or developmental disabilities.
- <https://www.daymarkrecovery.org/>



- **Resource Guide to Coming Out for African Americans**
  - <http://assets2.hrc.org/files/assets/resources/ComingOutForAAJune2014.pdf>
- **Resource Guide to Coming Out at Work**
  - <https://www.hrc.org/resources/coming-out-at-work>
- **Resource Guide to Coming Out as Bi+**
  - <http://assets2.hrc.org/files/assets/resources/BisexualGuide-March2016-Final.pdf>
- **Coming Out as Trans**
  - <https://www.plannedparenthood.org/learn/gender-identity/transgender/coming-out-trans>
- **Handbook for Coming Out**
  - Explore what coming out means to you with tools and guiding questions.
  - <https://www.thetrevorproject.org/wp-content/uploads/2021/07/Coming-Out-Handbook.pdf>

- ***North Carolina Division of Motor Vehicles Sex Designation Form***
  - <https://www.ncdot.gov/dmv/downloads/Documents/DL-300.pdf>
- ***Trans Equality Document Center***
  - Name and Gender Change
  - <https://transequality.org/documents/state/north-carolina>
- ***Equality NC Healthcare Support Planning Document***
  - [https://equalityncfoundation.org/assets/Passport\\_-\\_Sterling\\_updated\\_2.pdf](https://equalityncfoundation.org/assets/Passport_-_Sterling_updated_2.pdf)
- ***Updating Preferred Name on App Card***
  - <https://diversity.appstate.edu/preferred-first-name/>
- ***Housing Accommodations due to Gender-Related Needs***
  - <https://housing.appstate.edu/accommodations>

# Queer Friendly Businesses (NC)

---

- ***Anna Banana's***

- Consignment shop
- Located: 641 West King Street #2  
Boone, NC 28607
- <https://www.annabananasboone.com/>

- ***Foggy Pine Books***

- Small, locally and queer-owned,  
independent bookstore
- Located: 471 W King St, Boone, NC  
28607
- <https://www.foggypinebooks.com/#/>

- ***Lily's Snack Bar***

- Bar and Sandwich Shop
- Located: 455 Blowing Rock Rd, Boone,  
NC 28607
- <https://lilyssnackbar.com/>

- ***Hollow Moon Tattoo***

- Private Tattoo and Art Studio
- Located at: 200 Den Mac Dr. Boone, NC  
28607
- <https://www.hollowmoontattoo.com/>

- ***Ori's Game Corner***

- Video Game Store
- Trans Owned
- Located: 1064 Meadowview Dr. Unit 6.  
Boone, NC 28607
- <https://www.facebook.com/OrisGameCorner/>



- ***American Trans Resource Hub***

- Brings trans folks comfort and stability to the transition process by tackling any issues that arise such as housing and employment.
- <https://www.atrh.org/>

- ***Annual Trans Surgery Fund***

- A scholarship-like program that provides direct financial assistance to trans folks who cannot afford their gender-affirming surgery.
- **Applications will open back up on Nov. 1, 2022**
- <https://www.pointofpride.org/annual-transgender-surgery-fund?hsLang=en>

- ***Electrolysis Support Fund***

- Provides financial assistance towards permanent hair removal services (including electrolysis and laser hair removal) for trans femme folks who cannot otherwise afford them.
  - <https://www.pointofpride.org/electrolysis-support-fund>
-

- **Free Chest Binders**

- These resources provide free chest binders (specially-designed chest compression garments) to any trans or non-binary person who needs one and cannot afford or safely obtain one.

- **Point of Pride**

<https://www.pointofpride.org/free-chest-binders>

- **B4CK** <https://b4ck.org/product/b4ck-gently-used-binder/>

- **DC Area Transmasculine Society**

<https://dcats.knack.com/binderexchange#home/>

- **American Trans Resource Hub**

[https://docs.google.com/forms/d/e/1FAIpQLSdmthw6to5yPYb-YYKX0UUIkObeA\\_PHdgBo-cWSqMQllGhtbQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdmthw6to5yPYb-YYKX0UUIkObeA_PHdgBo-cWSqMQllGhtbQ/viewform)

- **Free Femme Shapewear**

- Provides free femme shapewear (specially-designed compression underwear/gaffs) to any trans femme person who needs one and cannot afford or safely obtain one.

- <https://www.pointofpride.org/free-femme-shapewear>



- **Interactive Self-Care Guide**

- Guides you through checking in with yourself physically and emotionally
- [https://philome.la/jace\\_harr/you-feel-like-shit-an-interactive-self-care-guide/play/index.html](https://philome.la/jace_harr/you-feel-like-shit-an-interactive-self-care-guide/play/index.html)

- **LGBTQ+ Affirmations**

- <https://pivotalcounselingcenter.com/lgbtq-affirmations/>

- **Coloring Resources**

- LGBTQ History Coloring Sheets
  - <https://www.glsen.org/sites/default/files/2020-06/LGBTQ-History-Coloring-Book-Color.pdf>
- Assortment of Coloring Sheets
  - <https://coloringhome.com/>

- **Smartphone Apps for Mindfulness and Relaxation**

- Calm
  - Headspace
  - Breathe2Relax
  - Insight Timer
  - Pacifica
-