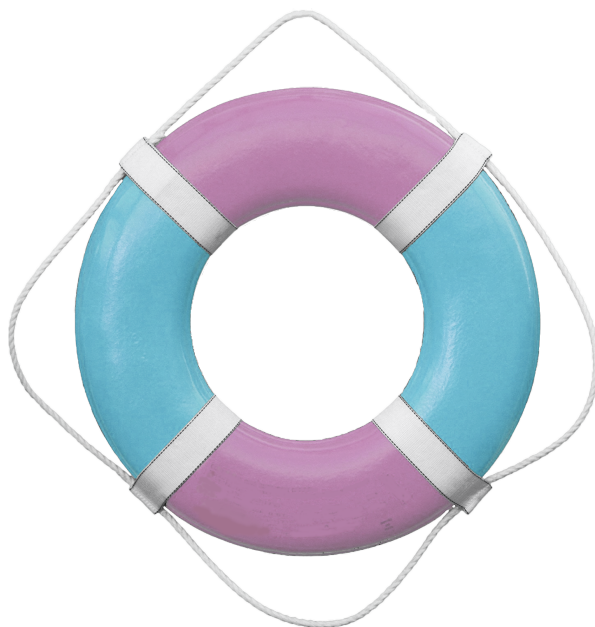




# TRANSGENDER WELLNESS

a program of **OutYouth**

## Trans Resource Guide Austin and Central Texas



909 E. 49th 1/2 St.  
Austin, TX 78751  
512-419-1233  
[www.outyouth.org](http://www.outyouth.org)  
[scheduling@outyouth.org](mailto:scheduling@outyouth.org)

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## About this Guide

The following list is provided for informational purposes only. Many of these providers have been recommended by those in the trans community who have received their services, or by those with knowledge of culturally competent providers. However, providers or organizations mentioned here may or may not be suitable for every individual or family, and Transgender Wellness, a program of Out Youth, cannot guarantee the quality of service you will receive.

As a result, this is a living document that will be continually amended and updated. We welcome feedback on this guide and hope that as you come across services or providers who are friendly, informed, and affirming, you will share this information with us so we can enhance this list of referrals. If you operate a business or service that is not included in this guide, we apologize for the oversight and invite you to contact us so we can correct the mistake.

We hope that this collection of resources will be useful to you on your journey!

If you have feedback on this document, please email Anemone Schlotterbeck, LMSW at [scheduling@outyouth.org](mailto:scheduling@outyouth.org).



## Out Youth & Transgender Wellness

At Out Youth, the majority of the youth and young adults we serve identify under the transgender umbrella. As such, we provide several services for trans youth and young adults ages 12 - 23. Specifically:

### Trans/non binary Social

The first Sunday of each month from 3:00 – 4:30, we host a Trans and Non Binary Social. At this event, Out Youth staff and trans-identified adults from a community partner chat with our trans-identified youth, providing support and potential resources on a drop-in basis.

### Gender Identity Group

The second and fourth Sundays of each month, we provide a peer support group on the topic of Gender Identity for youth ages 12 – 18. This is an opportunity for peers to come together to share their experiences, and is facilitated by a member of our clinical staff.

### Individual Therapy

We offer individual therapy for many clients ages 12 – 23 exploring issues related to gender identity. In order to be connected to this clinical service, we first complete a counseling screening with each individual. Those interested in counseling can schedule a screening appointment by contacting Sarah Kapostasy at [Sarah.Kapostasy@outyouth.org](mailto:Sarah.Kapostasy@outyouth.org). Counseling services generally have a cost of \$10. Occasionally, we maintain a waitlist for those seeking services due to demand.

### Family Office Hours

Cassidy Laminack, LMFT associate, holds family office hours every Sunday to meet with families with LGBT youth, and offer information and support. If you are interested in attending Family Office Hours, please reach out to Cassidy at [cassidy.laminack@outyouth.org](mailto:cassidy.laminack@outyouth.org) to check availability and schedule an appointment.

### Transgender Wellness

In addition to our youth and young adult services, Out Youth now provides support for adults in partnership with the Kind Clinic under our Transgender Wellness program.

- **Gender Affirmation Support Group**  
This group meets every Tuesday at Out Youth from 7-8:15pm. Open to the community (ages 18+), and facilitated by Cassidy Laminack, LMFT associate, and Anemone Schlotterbeck, LMSW.
- Individual and couples counseling
- Life Support (case management)
- Advocacy (including assistance with name and gender marker changes)



## Mental Health & Therapeutic Services

### Therapists

Paula Buls, LCSW

Address: 1 106 Clayton Ln Suite 204E, Austin, TX 78723

Phone: (512) 2288199

Website: [paulabuls.com](http://paulabuls.com)

Karen Collett, LPC

Address: 813 W 11th Street, Suite B, Austin, Texas 78701

Phone: (512) 430-4519

Website: [www.karencollett.com](http://www.karencollett.com)

Heather Davies, LCSW

Address: 3 400 Kerbey Ln #55, Austin, TX 78703

Phone: (512) 5607294

Website: [www.phoenixthrivingaustin.com/heather-davies-lcsw](http://www.phoenixthrivingaustin.com/heather-davies-lcsw)

Tracy Deagan, LPC-S

Address: 907 W Mary Street, Austin, TX 78704

Phone: (512) 796-3457

Website: [www.violetcrowncounseling.com/tracy](http://www.violetcrowncounseling.com/tracy)

Ryan Dillon, LPC-I

Address: 8700 Manchaca Road, Suite 806, Austin, Texas 78748

Phone: (512) 710-2907

Website: [www.pridecounselingatx.com](http://www.pridecounselingatx.com)

Dwight Dugan, LCSW

Address: 1605A East 7th Street, Austin Texas

Phone: (512) 2070096

Website: [www.duganpsychotherapy.com/dwight](http://www.duganpsychotherapy.com/dwight)

Jo Eckler, PSY-D

Address: 2111 Dickson, Drive Suite 22, Austin, TX 78704

Phone: (512) 430-4848

Website: [www.drjoyoga.com](http://www.drjoyoga.com)

Appointments for letters of support:

<https://beyondtherapy.acuityscheduling.com/schedule.php?appointmentType=2099617>

Russell Kautzsch, LPC



Address: 8500 N Mopac Suite 701, Austin, TX 78759

Phone: (512) 237-7975

Website: [www.russellkautzsch.com](http://www.russellkautzsch.com)

Joey Hannah, Ph. D.

Website: <https://joeyhannahphd.com/>

Email: [joeyhannahphd@gmail.com](mailto:joeyhannahphd@gmail.com)

Phone: 512-650-8380

Katy Koonce, LCSW; Adrienne Sneed, LMSW

Address: 2 520 Longview St # 302, Austin, TX 78705

Phone: (512) 297-7799

Website: [katykoonce.com](http://katykoonce.com)

Cassidy Laminack, LMFT Associate

Address: 8500 N Mopac Expy. Ste 819, ATX, 78759

Phone: 512-850-2287

Website: [hillcountrytherapy.com/services/associates-interns](http://hillcountrytherapy.com/services/associates-interns)

Lindsay Lege, LMSW

Address: 601 W 18TH ST, Austin, TX 78701

Phone: (512) 222-7996

Website: [www.lindsaylege.com](http://www.lindsaylege.com)

Rachel Madorsky, LCSW

Address: 2700 Bee Cave Rd, Austin, TX 78746

Phone: (512) 4152896

Website: [www.rachelmadorsky.net](http://www.rachelmadorsky.net)

Renee Randazzo, LPC-I

Address: 2520 Longview Street, Suite 307, Austin, Texas 78701

Phone: (512) 371-6995

Website: <http://www.discoverycounselingaustin.com/renee-randazzo>

Monrovia Van Hoose, LCSW

Address: 1 006 E 39th St, Austin, TX 78751

Phone: (512) 5293318

Website: [monroviavanhoose.com](http://monroviavanhoose.com)

Directory of Women of Color Therapists In Austin

[www.redefineenough.com/directory](http://www.redefineenough.com/directory)







## Therapists for Families and Young Children:

Jeff Lutes

Address: 5524 Bee Cave Road, STE F3 Austin, Texas 78746

Phone: 512-419-0600 [jluteslpc@me.com](mailto:jluteslpc@me.com)

Jeff comes highly recommended for his integration of faith and expertise in gender and sexual diversity. [www.jefflutespsychotherapy.com](http://www.jefflutespsychotherapy.com)

Jennifer Williams Buffalo

Address: Luminary Counseling 2824 Real Street Austin, Texas 78722 (Inside of Capital Area Counseling)

Phone: 512-677-5366

Jennifer has years of experience working with adolescents and their families, LGBTQIA communities and transgender adults and youth. She's warm, funny, and knowledgeable.

<http://www.luminarycounseling.com/#>

Karen Collett

Address: IPNB Psychotherapy of Austin 3625 Manchaca Road, Suite 101 Austin, TX 78704

Phone: 512-963-6633

Karen also comes highly recommended for her gentle, warm, grounded style and work and background in gender transitions. A highly skilled counselor. <http://www.karencollett.com/>

Adrienne Sneed LMSW

Transformations Gender Playgroup 78704:

The purpose of this playgroup is to provide a safe, inclusive environment for children (ages 3-10) to explore their gender identities and spend time around other children who have similar gender histories. Children can look forward to arts and crafts, music, movement, storytelling, and role playing. Children are welcome to present in whatever gender expression feels most comfortable to them. While children are playing downstairs, parents are encouraged to meet with each other on the second floor of our office for a peer-led support group. 512-423-2840

## Psychiatrists

Dr. John Abraham

Address: 5910 Courtyard Drive, Suite 220, Austin, TX 78731

Phone: (512) 382-6359

Website: <http://www.abrahampsy psychiatry.com/>

Dr. Cynthia Benton

Address: 3625 Manchaca Rd #202, Austin, TX 78704

Phone: (512) 239-8943

Website: [cynthiabenton.com](http://cynthiabenton.com)

Dr. Kelley Farmer

Address: 4601 Spicewood Springs Rd, Austin, TX 78759

Phone: (512) 467-1376

Website: [austinspsych.com/meet-the-clinicians/287-2](http://austinspsych.com/meet-the-clinicians/287-2)

Dr. Shelly Riley

Address: 2224 Walsh Tarlton Ln Suite 110, Austin, TX 78746

Phone: (512) 291-6086

Website: [www.shellyrileymd.com](http://www.shellyrileymd.com)

Dr. Nakia Scott (Child and adolescent only)

Address: 4131 Spicewood Springs Rd, Austin, TX 78759

Phone: (512) 562-9117

Website: [holisticmh.com](http://holisticmh.com)

Dr. Marilyn Vache

Address: 3724 Jefferson St, Austin, TX 78731

Phone: (512) 458-1000



## Support Groups

### Out Youth/ Transgender Wellness: Gender Affirmation Group

Free and open group for trans identified adults, ages 18+. Meets Tuesdays from 7:00-8:00 at 909 E 49 ½ Street.

### Waterloo Counseling: Trans\* Women's Psychotherapy Group

sliding scale, insurance accepted including medicare and medicaid

Sarah Gremillion, LCSW facilitates this ongoing psychotherapy group for trans women. The group welcomes trans women at any stage of transition and offers a safe and affirming place to explore your trans journey. For more information, call Sarah at 512-444-9922, ext. 118 or request more information [here](#).

### Renee Randazzo (out youth employee)

Discovery Counseling, 2520 Longview Street, Suite 307, Austin, Texas 78701 session \$30

Genderqueer/ non binary support group

individuals of any age who identify as genderqueer, gender fluid, agender, or any other non-binary gender identity. Topics may include: navigating diverse identities in a binary world, examining experiences of transphobia, considerations around body modifications, and cultivating an identity-affirming support system.

### Newly Considering/Beginning Hormone Therapy

This group is for people who are thinking about or are starting cross-sex hormone therapy to affirm their gender. Education about all of the implications of beginning estrogen therapy or testosterone therapy will be discussed, and much can be learned from sharing with one another about experiences and resources, especially around trans-competent medical care.

### Parents and Family of Transgender youth

This group is for parents, guardians, grandparent, and siblings of individuals of any age who identify as trans. With the help of others in similar situations, we'll create space to emotions brought up by loved one's disclosure, including everything from grief and fear to acceptance and faith.

### Ryan Dillon: Transgender/non binary teen group

Trinity Church 4001 Speedway Austin, Texas 78751; \$30/session (512) 710-2907

This group provides Transgender & Gender Non-Binary teenagers a place to feel safe and comfortable & to process their thoughts and feelings while getting support from others. This group has a large Expressive Arts component. Meaning art, music, and movement will be integrated into the group to better help processing.

### Gender Continuum Transmasculine Peer-Led Support Group

Contact email is [gender.continuum@gmail.com](mailto:gender.continuum@gmail.com)



## **DBT Resources**

Austin Center for Psychologist Care (DBT IOP)

Address: 11673 Jollyville Rd, B202 Austin, TX 78759

Phone: (512) 342-7979

Seton Mind Institute IOP (DBT)

Address: 3501 Mills Ave, Austin, TX 78751

Phone: 512-451-2242

Monica Lenker, LCSW (DBT Group and Individual Therapy)

Address: 8500 N Mopac Expressway Ste. 402, Austin, TX 78759

Phone: 512-299-4025

Musarat Yusufali (DBT Group and Individual Therapy)

Address: 1006 East 39th Street, Austin, Texas 78751

Phone: (512) 872-2529



## Medical Care

Trans Line [project-health.org/transline](http://project-health.org/transline)

Trans Line is a free medical consultation service. There are a number of articles already on the site, however if you reach out with a question you will receive a response in at least 48 hours from a medical professional.

"We host a national online transgender medical consultation service that offers health care providers up-to-date transgender clinical information and individualized case consultation across a broad range of clinical transgender issues. TransLine is staffed by expert medical providers from LGBT clinics from around the nation who can help you provide the best possible care to your transgender patients."

### Clinics

- Austin Travis County Integral Care <http://www.integralcare.org/>
  - 40 community locations in Travis County
    - Walk-ins available at some locations
  - Crisis Services and crisis phone line 512-472-4357
  - Adult counseling and case management
  - Medication management
  - Counseling for children and families
  - Based on ability to pay and takes some insurances including Medicare, Medicare Advantage Plans, Children's Health Insurance Program (CHIP), Texas Medicaid including All Travis County Managed Medicaid Programs – STAR, STAR Plus, STAR Kids, and Private Health Insurance Plans.
- Planned Parenthood [www.plannedparenthood.org](http://www.plannedparenthood.org)
  - North Austin location: 9041 Research Blvd #250, Austin, TX 78758
    - Now prescribing hormones by informed consent.
  - Downtown Austin location: 1823 E 7th St, Austin, TX 78702
  - South Austin location: 201 E. Ben White Blvd, Bldgs A & B, Austin, TX 78704
  - Call Center to make appointment
- Kind Clinic <http://kindclinic.org/>
  - Free! STI Diagnosis & Treatment
  - Free! HIV Testing
  - Free! PrEP & PEP Access
  - Free! General Wellness Exams
- Lone Star Circle of Care <http://www.lscctx.org/>
  - Behavioral health services for all ages
  - Dentistry (Williamson County: Georgetown, Round Rock, and Bastrop)
  - Family Medicine (with onsite pharmacy in Round Rock and Georgetown)

- OB/GYN
- Prescription drugs free or at very low cost for adults, seniors, and children
- Senior Care Clinics
- Vision (Georgetown)
- New Patients <http://www.lscctx.org/patients/your-first-visit/>
- Locations <http://www.lscctx.org/locations/>
- People's Community Clinic <https://www.austinpcc.org>
  - New Patient Info  
<https://www.austinpcc.org/patient-information/new-patient-information/>
  - Serves low-income youth ages 12-23 on a sliding scale/no-cost basis. Adolescent program may have a waiting list. Head of this program, Dr. Cynthia Neavel, prescribes HRT for youth and young adults.
- Phoenix House <http://www.phoenixhouse.org/>
  - Locations <https://www.phoenixhouse.org/all-locations/>
    - Austin - Live Oak: Residential substance use disorder treatment for teen boys
    - Austin - Outpatient: Outpatient substance use care for adults and teens
    - Dallas: Residential recovery for teens and outpatient treatment for teens and adults
    - Houston: Outpatient services for teens and adults struggling with substance use disorder
    - Round Rock: Intensive outpatient services for teens
  - Self-payment and financing options, accepts insurances including Aetna, Blue Cross/Blue Shield, Cigna, Compsych, Humana, Lifesynch, Seton, United Behavioral Healthcare, and ValueOptions
- David Powell Clinic, Dr. Brendan Demarco  
<http://communitycaretx.org/locations/davidpowell.html>
  - 4614 N. IH 35. Austin, TX 78751. Phone: 512-978-9100.
  - Community care clinic that specializes in the treatment of HIV and AIDS.
    - HIV Care
    - Primary Care
    - Psychiatry
    - Other Services: On Site Pharmacy, Behavioral Health and Nutrition.

## Dentists

- Austin Dental, Tom Roland DDS <http://www.lifetimedental.com/>
  - Address: 2206 West Parmer Ln, Austin, TX 78727
  - Phone: (512) 835-1924
  - Hours: Monday-Thursday 7:30am-5pm, Friday 7:30am-1pm
- Joan L. Sefcik DDS
  - Address: 4014 Marathon Blvd, Austin, TX 78756
  - Phone: (512) 453-6337
- South Austin Dentist & Orthodontics, Steven Van Wicklen DDS <http://southaustindentist.com/>
  - Address: 3901 South Lamar, Suite 480, Austin, TX 78704
  - Phone: (512) 448-3131
  - Hours: Monday-Thursday 8am-4pm

## Massage Therapy

- Francesca Hernandez, LMT, Past Tense Bodywork <http://www.pasttenseaustin.com/>
  - Address: 2520 Longview Street, Suite 310, Austin, TX 78705
  - Phone: (512) 222-9731
  - Hours: By appointment only
- Kelly Marshall, LMT, Reiki Master, Spectrum Yoga Therapy & Massage <http://www.spectrumyogatherapyaustin.com/contact/>
  - Address: 2801 Hancock Dr, B, Austin, TX 78731
  - Phone: (512) 923-2370
  - Hours: Thursday & Friday 3pm-8pm, Saturday & Sunday 10am-3pm
- Tony Senecal, LMT <http://www.tonyсенecal.com/>
  - Address: 2520 Longview Street, Suite 310, Austin, TX 78705
  - Contact via website to schedule
  - Hours: By appointment only

## Nutrition

- NeuroFit Nutrition, Nikki Drummond, Clinical Nutritionist & Owner <http://neurofitnutrition.com/>
  - Address: 4020 S Industrial Drive #135, Austin, TX 78744
  - Phone: (512) 699-8764
  - Hours: By appointment only

## Optometrists

- Innovative Eyecare, Dr. Shelly Collins, O.D. <https://www.drmcqueen.com/>
  - Address: 4301 W. William Cannon Dr, Bldg B Suite 210, Austin, TX 78749
  - Phone: (512) 328-0015
  - Hours: Monday-Saturday 9:30am-6pm, Tuesday 9:30am-8pm
- Stars in Your Eyes Optometry & Optical <https://starsinyoureyes.com/>
  - Address: 714 Congress Ave, Suite 100, Austin, TX 78701
  - Phone: (512) 477-9000
  - Hours: Monday-Friday 9am-5:30p

## OB/GYN Providers

- Capitol OB/GYN [capobgyn.com](http://capobgyn.com)
  - Jen Mushtaler [capobgyn.com/dr-jen-mushtaler-obgyn](http://capobgyn.com/dr-jen-mushtaler-obgyn)
  - 512-836-2537
- Planned Parenthood North Austin
  - 9041 Research #250, Austin, TX 78758
    - Office is located upstairs
    - Book online:  
<https://www.plannedparenthood.org/health-center/texas/austin/78758/north-austin-health-center-2398-91620> or call (512) 331-1288

While the online form does not give space for preferred name, admin staff are trained to ask and call out preferred name when you arrive.

## Spiritual Healers and Acupuncture

Tonya Lyles- Gbedu Acupuncture and Sound Therapy

Phone: (512) 426-4595

Website: [www.nccaomdiplomates.com/tonyalyles/tonya-lyles-lac](http://www.nccaomdiplomates.com/tonyalyles/tonya-lyles-lac)

Bret Rogers, LAc., MAcOM, AOBTA-CP, Acupuncturist and Qigong Instructor

Phone: (512) 512-450-4228

Email: [bretkyle@gmail.com](mailto:bretkyle@gmail.com)

Website: <http://www.stonegatewellness.com/>

Address: Stonegate Wellness 911 W. Anderson Ln, Suite 205, Austin, TX 78728





## Hormone Replacement Therapy (HRT)

*Providers with a ( \* ) are known to have worked with trans youth under the age of 18.*

KIND Clinic: Gender Care Clinic

Website: <http://kindclinic.org/gender-care>

Phone: (512) 853-9547

Location: 1101 W 40th St #102, Austin, TX 78756

Clinic is open Tuesday - Saturday, but Gender Care Clinic is currently on Thursday afternoons.

KIND uses an informed consent model, so no letter from a therapist is required to start hormones. There is currently a waiting list for an initial appointment of 1-2 months, but with the new clinic, wait times may get shorter. All services at KIND are free regardless of insurance, patients still need to pay for medications.

Planned Parenthood

Address: 9041 Research #250, Austin, TX 78758

Phone: (512) 331-1288

Currently piloting informed consent HRT program at the north location only

Call for Appointment

Celia Cortez Neavel, MD, People's Community Clinic\*

Address: 2909 N Interstate 35 Frontage Rd, Austin, TX 78722

Phone: (512) 478-4939

Serves low-income youth ages 12-23 on a sliding scale/no cost basis.

[New Patient Info](#)

Eva Montes, PA, Central Family Practice

Address: 720 West 34th Street, Suite 105, Austin, TX 78705

Phone: (512) 371-9260

Informed consent, HRT available to 18+ only

Todd Canon, MD, South Austin Medical Clinic

Address: 2555 Western Trails Blvd # 101. Austin, TX 78745

Phone: (512) 892-6600

Therapist letter required, HRT available to 18+ only

Brynna Conner, MD\*

Address: 2911 Medical Arts St, Austin, TX 78705

Phone: (512) 382-9500

Therapist letter required for under/over 18

Mary Jane Wray, MD, Luling Community Health Center\*

Address: 115 S Laurel Ave, Luling, TX 78648

Phone: (830) 875-6399



Stephanie Shaw, MD, and Linda Meyers, MD, ECNU, Texas Diabetes & Endocrinology  
Address: 170 Deep Wood Dr # 104, Round Rock, TX 78681  
Phone: (512) 458-8400

Walter J. Meyer, MD, UTMB Health\*  
Address: 815 Market St, Galveston, TX 77550  
Phone: (409) 772-0770  
Address: 1201 Lakeline Blvd #400, Cedar Park, TX 78613  
Phone: (512) 379-7272

Maria C. Monge, M.D., Dell Children's\*  
Address: 5339 N. IH 35 Frontage Rd., Suite 100, Austin, TX 78723  
Phone: (512) 324-6534

Children's Health Dallas GENECIS Program\*  
Address: 1935 Medical District Dr., Dallas, Texas 75235  
Phone: (214) 456-0262

Dr. Elizabeth Gomen, MD., Seton Family Physicians  
Address: 5103 Kyle Center Dr., Suite 103, Kyle, Texas 78640  
Phone: (512) 504-0855

Zest Family Practice\*  
Address: 1201 North Lakeline Blvd, Suite 400, Cedar Park, TX 78613  
Phone: (512) 379-7272  
Informed consent available for 18+  
Therapist letter required for under 18

## Pharmacies and Prescriptions

Medsavers Pharmacy: <http://www.medsaverspharmacy.com/contact>

Address: 1800 W 35th St. ATX

p: 512-465-9292

f: 512-465-9287

Email: [medsaverspharmacy@gmail.com](mailto:medsaverspharmacy@gmail.com)

HRT Prices as of 02/05/18:

Topical testosterone \$69-\$119 (dose dependent) for a 3 month supply

Injectable testosterone is \$86, supply is dose dependent. This supply would generally cover about 4 months. For many, testosterone, including needles, can cost as little as \$20 per month.

Topical estrogen starts at \$49 for a 2-4 month supply.

Oral estrogen about \$10 for a month supply or \$22 for a 3 month supply depending on dose.

Oral spironolactone can be \$10-\$35 a month depending on dose.

GoodRX: [www.goodrx.com](http://www.goodrx.com):

Tool that collects prices & discounts from over 60,000 U.S. pharmacies

HRT Prices:

Depo-Testosterone (injection) <https://www.goodrx.com/depo-testosterone>

Oral Estrogen <https://www.goodrx.com/estrace>

Spironolactone

<https://www.goodrx.com/spironolactone?drug-name=spironolactone>

Needy Meds: [www.needymeds.org](http://www.needymeds.org)

Service that connects you with prescription programs and free or low cost solutions for the uninsured (many require applications and doctor's signature)

HRT Prices:

Testosterone

<http://www.needymeds.org/generic-drug/DrugSearch/testosterone>

Estrogen <http://www.needymeds.org/generic-drug/DrugSearch/estrogen>

Spironolactone

<http://www.needymeds.org/generic-drug/DrugSearch/spironolactone>

## Gender Affirming Surgery

- Curtis Crane, MD
  - Address: 1611 W 5th Street, Suite 180, Austin, TX 78703
  - Phone: (415)-625-3230
- Peter Raphael, MD and Alan Dulin, MD, American Institute for Plastic Surgery
  - Top surgery, bilateral mastectomy (w nipple grafts), keyhole, no drains
  - Facial feminization, breast augmentation, orchiectomy
  - Address: 6020 W Plano Pkwy, Plano, TX 75093
  - Phone: (972) 5432477
- Gary Lawton, MD
  - Informed consent top surgery, double incision (w nipple grafts)
  - Address: 525 Oak Centre Dr #260, San Antonio, TX 78258
  - Phone: (210) 4962639
- Dustin Reid, MD, Restora Austin Plastic Surgery Centre
  - Top surgery, double incision (w nipple grafts), peri-areolar or keyhole; \$6,500-\$11,500
  - MTF Breast augmentation; \$5,00-7,000
  - Address: 901 W 38th St #401, Austin, TX 78705
  - Phone: (512) 371-8817
- Hall Plastic Surgery
  - Top surgery
  - Facial reshaping, breast augmentation
  - Laser hair removal, hair restoration
  - Address: 300 Beardsley Ln, Bldg C, Suite 101, Austin, TX 78746
  - Address: 301 Denali Pass Dr, Cedar Park, TX 78613
  - Phone: (512) 770-1777
- Sarah Saxon, MD, Saxon MD Facial Plastic Surgery
  - Facial feminization
  - Address: 1100 Nueces St, Austin, TX 78701
  - Phone: (512) 537-4191
- Top Surgery Insurance How To Guide
  - <https://drive.google.com/file/d/0B8xyRnMf7TJLYzhOMDI4SmU0ZjA/view?usp=sharing>

## Fertility Services/Sperm Storage

### Fairfax CryoBank

Address: 4201 Marathon Blvd # 303, Austin, TX 78756

Phone: (512) 206-0408

Website: <https://fairfaxcryobank.com/lgbt-families>

Fact sheet from 2014 on fertility options for trans folx

[http://lgbtqpn.ca/wp-content/uploads/woocommerce\\_uploads/2012/09/RHO\\_FactSheet\\_REPRODUCTIVEOPTIONSFORTRANSPEOPLE.pdf](http://lgbtqpn.ca/wp-content/uploads/woocommerce_uploads/2012/09/RHO_FactSheet_REPRODUCTIVEOPTIONSFORTRANSPEOPLE.pdf)

Approximate costs for sperm storage

~\$200 for consultation

\$85-350 semen analysis

\$125-300 Initial freezing and storage

~\$200 per year storage

Austin Fertility Center <http://www.austinfertility.com/>

Does consultations about what adjustments may need to be made with hormones prior to the deposit.

Consultation cost:

\$265 for egg freezing (then make plan for more pricing for IVF ~12K-15K)

\$130 semen analysis

\$775 for freezing and storage for two months (they do not store for more than two months)

Ovation and Fertility <http://www.ovationfertility.com/>

Fertility Texas <http://fertilitytexas.com/>

Has a number of locations, although none in Austin. Claim to specialize in (among other things) transgender fertility

They recommend the follow sperm banks

[www.lgbtfertility.com/how-we-can-help/patient-resources/sperm-banks/](http://www.lgbtfertility.com/how-we-can-help/patient-resources/sperm-banks/)

## Insurance Info

- Insurance Cost Calculator:
  - <https://www.plannedparenthoodhealthinsurancefacts.org/index.php/get-help/>
- Insurance enrollment assistance (ACA, CHIP, MAP, and Medicaid)  
<http://foundcom.org/health-programs/health-insurance-enrollment/>
- ACA Enrollment <https://www.healthcare.gov/>
  - Info for transgender clients  
<https://www.healthcare.gov/transgender-health-care/>
  - Preview plans and price estimates <https://www.healthcare.gov/see-plans/>
- Medicaid & CHIP (Texas)  
<https://yourtexasbenefits.hhsc.texas.gov/programs/health/>
  - Medical Access Program (MAP) of Central Health  
<http://www.medicalaccessprogram.net/>
  - MAP Handbook  
<http://www.medicalaccessprogram.net/wp-content/uploads/2012/07/MAP-Handbook-English-Feb-15-2016.pdf>
  - Unfortunately, Map does not cover trans affirming care: "Any treatment for transsexualism, gender dysphoria, sexual re-assignment or sex change, including, but not be limited to, drugs, surgery, medical or psychiatric care."

## Social Services

### General

- Aunt Bertha: <https://www.auntbertha.com/>
  - An online tool that connects people with social services programs available in their area
- Central Texas Transgender Society: <http://www.transcentex.org/>
  - Resources, social calendar
- Rad Remedy: <https://radremedy.org/resource/2526/>
  - Crowd sourced tool to connect trans and gender variant people with affirming and welcoming service providers
- City of Austin Neighborhood:  
<http://www.austintexas.gov/department/health/locations> Many (but not all) offer food pantries, notary services, job search help, clothing closets (or drives), and referrals to other community resources or case management.
  - Blackland Neighborhood Center (78722) 512-972-5790  
<http://www.austintexas.gov/department/blackland-neighborhood-center>
  - Clarksville Community Health Center (78703)  
<http://www.austintexas.gov/department/clarksville-community-health-center>
  - East Austin Neighborhood Center (78702) 512-972-6650  
<http://www.austintexas.gov/department/east-austin-neighborhood-center>
  - Montopolis Neighborhood Center (78741) 512-972-6650  
<http://www.austintexas.gov/department/montopolis-neighborhood-center>
  - Rosewood-Zaragosa Community Center (78702) 512-972-6740  
<http://www.austintexas.gov/department/rosewood-zaragosa-neighborhood-center>
  - South Austin Neighborhood Center (78704) 512-972-6840  
<http://www.austintexas.gov/department/south-austin-neighborhood-center>
  - St. John Community Center (78752) 512-972-5139  
<http://www.austintexas.gov/department/st-john-community-center>

## Transportation

- Cap Metro Reduced Fare ID: <http://www.capmetro.org/RFID/>

## Food

Central Area Food Bank [www.centraltexasfoodbank.org/get-help/](http://www.centraltexasfoodbank.org/get-help/)

Classes/Recipes/E-Cookbooks: [www.centraltexasfoodbank.org/get-help/eat-healthy](http://www.centraltexasfoodbank.org/get-help/eat-healthy)  
[www.budgetbytes.com/recipes/](http://www.budgetbytes.com/recipes/)

Find Food Now [www.centraltexasfoodbank.org/food-assistance/get-food-now](http://www.centraltexasfoodbank.org/food-assistance/get-food-now)

Emergency Food Referral Master List

[drive.google.com/open?id=0BwmPdcL679SccDV5RXg5MmNGVWM](https://drive.google.com/open?id=0BwmPdcL679SccDV5RXg5MmNGVWM)

Sustainable Food Center [www.sustainablefoodcenter.org](http://www.sustainablefoodcenter.org)

Phone: 512-236-0074

Free 6-week Cooking Class

[sustainablefoodcenter.org/programs/the-happy-kitchen/community-cooking-class-series](http://sustainablefoodcenter.org/programs/the-happy-kitchen/community-cooking-class-series)

Double your SNAP benefits at Farmer's Markets

[sustainablefoodcenter.org/programs/double-dollars](http://sustainablefoodcenter.org/programs/double-dollars)

Your Texas Benefits [goodfoodgoodmove.yourtexasbenefits.com/](http://goodfoodgoodmove.yourtexasbenefits.com/)

Healthy eating classes [goodfoodgoodmove.yourtexasbenefits.com/find-activities](http://goodfoodgoodmove.yourtexasbenefits.com/find-activities)

SNAP benefits application [www.yourtexasbenefits.com/Learn/Home](http://www.yourtexasbenefits.com/Learn/Home)

## Employment

Workforce Solutions [www.wfscapitalarea.com](http://www.wfscapitalarea.com)

Find a Job, Build Your Resume, Prepare for Interviews, Earn a GED Gain Occupational Skills and child care financial support

Youth Services also available: [www.wfscapitalarea.com/YouthServices](http://www.wfscapitalarea.com/YouthServices)

Youth ages 14-21 NOT in H.S. who need a GED and/or full time employment

Goodwill Education & Job Training [www.goodwillcentraltexas.org/education-job-training](http://www.goodwillcentraltexas.org/education-job-training)

Complete intake to determine eligibility for Workforce Advancement

[www.goodwillcentraltexas.org/intake-form](http://www.goodwillcentraltexas.org/intake-form)

Attend orientation for Youth Opportunities

[www.goodwillcentraltexas.org/education-job-training/opportunities-for-youth](http://www.goodwillcentraltexas.org/education-job-training/opportunities-for-youth)

Job Fairs [www.goodwillcentraltexas.org/education-job-training/job-fairs](http://www.goodwillcentraltexas.org/education-job-training/job-fairs)



## Housing

- Austin Tenants Council: [www.housing-rights.org](http://www.housing-rights.org)
  - Telephone Counseling Line: 512-474-1961 M-F 9am-12pm
    - The Telephone Counseling Line provides education and information regarding residential tenant-landlord disputes. Phone are answered by trained housing counselors who offer options, refer callers to other agencies or suggest legal assistance through Legal Aid, lawyer referral services, etc. The call line is often operating at a high volume, so keep calling until you get a human.
  - Crisis Intervention, 512-474-1961
    - Counselors mediate on behalf of tenants to resolve emergencies such as illegal eviction, lockout, utility shut-off, or improper seizure of personal property that threaten their housing. This includes Rental Repair Assistance. Through advocacy and mediation, the Renters' Rights Assistance Program helps low-income renters enforce their right for repairs of conditions that threaten health or safety.
    - Eligibility: Crisis intervention clients must be Travis County residents and not exceed income guidelines. Rental repair assistance is available only to Austin residents who do not exceed income guidelines.
  - In-House Counseling
    - The Renters' Rights Assistance Program provides 30-minute in-house counseling sessions to tenants and landlords who have questions regarding their rights or responsibilities. Counseling, brochures, and other materials are provided to clients in need of more in-depth information than can be provided through telephone counseling.
    - Fees: In-house counseling is free for Travis County residents who do not exceed income guidelines. For all others, a 30-minute counseling appointment is \$15. Proof of income is required.
    - Procedures: Call 512-474-7006 to schedule an appointment. Appointments are available Monday through Thursday from 1 p.m. to 4 p.m.
  - Affordable Housing Guide: [www.housing-rights.org/PDF/forms/GAHGAA.pdf](http://www.housing-rights.org/PDF/forms/GAHGAA.pdf)
  - Report housing discrimination online intake form [www.housing-rights.org/fairhousing\\_intake.html](http://www.housing-rights.org/fairhousing_intake.html)



## Resources for People Experiencing Homelessness

ECHO- Rapid Rehousing Services [www.austinecho.org](http://www.austinecho.org) (512) 234-3630

ECHO administers a 50 question survey called the coordinated housing assessment. This assessment is necessary for many of the resources below. To access the survey call the number above between 9am-4pm or visit the walk in locations below (beginning August 15th 2017)

### Walk-in Locations:

Sandra Joy Anderson Clinic  
1705 East 11th Street Austin, TX 78702  
Mon-Fri, 9am-4pm

The Southeast Health and Wellness Clinic  
2901 Montopolis Drive Austin, TX 78741  
Mon-Fri, 9am-4pm

Trinity Center (Monday & Tuesday are "women only" days)  
304 East 7th Street Austin, TX 78701  
Mon-Fri 9am-1pm

Caritas of Austin [www.caritasofaustin.org/programs-and-services/need-help](http://www.caritasofaustin.org/programs-and-services/need-help)

Complete coordinated assessment (above) to determine eligibility  
Education, Employment, and Food Assistance for housing clients

LifeWorks [www.lifeworksaustin.org](http://www.lifeworksaustin.org)

Call 512.735.2100 to get on the waitlist. It is helpful for your case to call back everyday or as much as you can

- Emergency Shelter ages 12-17
- Transitional Living ages 17-23
- Aftercare Transitional Care for former foster youth ages 17-20
- Lifeskills Training for youth in DFPS foster care ages 16-19

Foundation Communities 512-610-7377 [www.foundcom.org](http://www.foundcom.org)

Housing rental communities [foundcom.org/housing/our-austin-communities](http://foundcom.org/housing/our-austin-communities)

At Risk/Homeless families w/children 512-610-7377  
[foundcom.org/housing/at-risk-homeless-families](http://foundcom.org/housing/at-risk-homeless-families)

Safe Alliance [www.safeaustin.org/safeplace](http://www.safeaustin.org/safeplace)

24/7 Hotline 512-267-7233



Two emergency shelters, one for survivors of domestic violence and sexual assault and one for survivors of child abuse – anyone can be sheltered here, regardless of sexual orientation or gender identity. Free individual and group counseling services, social workers who can help survivors access the financial, housing and health resources and advocates at court to offer support and information to those applying for protective orders are also available. They also have an attorney on site and an elementary charter school.

### Revolutionary Alliance of Trans People Against Capitalism (RATPAC) Emergency Housing Network

(512) 887-1966, [www.ratpac.red fb.com/RATPACfightsbac](http://www.ratpac.redfb.com/RATPACfightsbac) ratpacaustin@gmail.com

RATPAC is a revolutionary mass organization of transgender workers and students. The emergency housing network has been up and running since April 2017.

### Foster Care/ Former Foster Care

- SUPER INCREDIBLE RESOURCE LIST! [texasfosteryouth.org/resources-list/](http://texasfosteryouth.org/resources-list/)
- Legal Questions & Resources for Youth  
[texasfosteryouth.org/legal-resources/legal-resources-for-youth/](http://texasfosteryouth.org/legal-resources/legal-resources-for-youth/)
- Legal Resources for Advocates  
[texasfosteryouth.org/legal-resources/legal-resources-for-advocates/](http://texasfosteryouth.org/legal-resources/legal-resources-for-advocates/)
- Youth Guide to “Aging Out” of Foster Care  
[texasfosteryouth.org/blog/wp-content/uploads/2016/05/5th-Edition-Foster-Youth-Guide-Web-Final.pdf](http://texasfosteryouth.org/blog/wp-content/uploads/2016/05/5th-Edition-Foster-Youth-Guide-Web-Final.pdf)
- Lambda Legal Guide to LGBTQ Youth In Care  
[www.lambdalegal.org/publications/getting-down-to-basics](http://www.lambdalegal.org/publications/getting-down-to-basics)

## Education

### College

- College Forward
  - 512-452-4800 [info@collegeforward.org](mailto:info@collegeforward.org) [www.collegeforward.org](http://www.collegeforward.org)
- Foundation Communities [www.foundcom.org/](http://www.foundcom.org/)
  - Financial aid assistance  
[foundcom.org/financial-stability/college-financial-aid-assistance/](http://foundcom.org/financial-stability/college-financial-aid-assistance/)
  - College student support services  
[foundcom.org/financial-stability/college-student-support-services/](http://foundcom.org/financial-stability/college-student-support-services/)
- Capital Idea (Community College and Career Placement)
  - [www.capitalidea.org/programs/](http://www.capitalidea.org/programs/)
  - Eligibility: [www.capitalidea.org/qualifications/](http://www.capitalidea.org/qualifications/)
  - CareerUp info events: <http://www.capitalidea.org/careerups/>
- University of Texas
  - LGBTQIA+ Resource Master List
  - [drive.google.com/file/d/0B3jqPTikCI3WY28xM1h1TIZ1R00/view](https://drive.google.com/file/d/0B3jqPTikCI3WY28xM1h1TIZ1R00/view)
- Overview of trans inclusive policies at Texas Colleges  
[txtns.org/policies-in-central-texas/](http://txtns.org/policies-in-central-texas/)
- College Guide for LGBTQ Students
  - [www.affordablecolleges.com/resources/lgbtq-college-resources/](http://www.affordablecolleges.com/resources/lgbtq-college-resources/)

### GED

- Lifeworks (english and spanish)
  - Free GED class for anyone 16-26, financial assistance paying for tests
  - Attend an Orientation
    - First Friday 9am-1pm at LifeWorks East, 35 N Pleasant Valley Rd
    - Second Friday 9am-1pm Lifeworks South, 3700 S 1st St, Austin
  - [www.lifeworksaustin.org/ged](http://www.lifeworksaustin.org/ged)
- Goodwill
  - Attend an orientation to work with Career Case Managers for career readiness training, GED preparation, paid work experience, and career counseling. Dates are found on the website.
  - [www.goodwillcentraltexas.org/education-job-training/opportunities-for-youth](http://www.goodwillcentraltexas.org/education-job-training/opportunities-for-youth)
- ACC
  - Adult Education GED classes offered for people 19 and older. While you need a social security number to register online, you do *not* need one to
  - Online or in person application necessary for placement in classes



- Apply online here: [www.austincc.edu/abe/hse/](http://www.austincc.edu/abe/hse/) or visit the Adult Education offices M-F 8:00-5:00
  - Highland Campus 6101 Airport Blvd Austin, TX 78752,
    - Room 1402 Second desk on the left
  - Eastview Campus, 3401 Webberville Rd. Austin, Texas 78702
    - Room 1209A

## Finance

- Foundation Communities: [www.foundcom.org](http://www.foundcom.org)
  - Money management classes  
[foundcom.org/financial-stability/money-management-classes](http://foundcom.org/financial-stability/money-management-classes)
  - One-on-One financial coaching  
[foundcom.org/financial-stability/financial-coaching](http://foundcom.org/financial-stability/financial-coaching)
  - Tax Prep <http://foundcom.org/financial-stability/austin-tax-preparation/>
  - ACA enrollment: Arianna Anaya, Program Coordinator; Main: (512) 496-3786; Cell: (512) 897-8738 [arianna.anaya@foundcom.org](mailto:arianna.anaya@foundcom.org)
- United Way Capital Area
  - [www.unitedwayaustin.org/get-help/banking](http://www.unitedwayaustin.org/get-help/banking)
- Trans Assistance Project: <https://www.transassistance.org/request-assistance>
  - Grassroots, trans run organization that aims to assist trans folks with financial assistance. Primarily for legal name/id change and medical visits.
  - Also provides support for incarcerated trans folks in need of financial assistance  
[phos@transassistance.org](mailto:phos@transassistance.org)

## LGBTQ+ Community Groups

- [Transgender Education Network of Texas \(TENT\)](#):
  - Transgender Education Network of Texas is dedicated to furthering the cause of Gender Diverse people in Texas through education in both public and private forums. TENT strives to halt discrimination through social, legal, legislative, and corporate education.
- [Allgo](#):
  - Allgo is a statewide QPOC organization in Texas. Allgo works to create and sustain queer people of color activists, groups, organizations, and allies through artistic expression, promoting wellness, and grassroots organizing.
- [Austin black pride](#):
  - Austin Black Pride is a 501(C)3 organization that works to educate, celebrate, and empower LGBTQ people of color.
  - <https://www.facebook.com/austinblackpride/>



- The Q:
  - Services include peer-to-peer support on a number of topics for gay, bi and queer men, STI and HIV testing and social events  
[www.facebook.com/theqaustin/?fref=ts](http://www.facebook.com/theqaustin/?fref=ts)
  - [www.theqaustin.org/Home/Events](http://www.theqaustin.org/Home/Events) 2906 Medical Arts St, Austin, TX 78705 (512) 420-8557
- Women's Community Center
  - The mission of the Women's Community Center of Central Texas is to promote the wellbeing of Texas women and girls and to build positive connections among people and organizations that do the same. Recognizing that women have very different experiences shaped by their race, socioeconomic status, sexual orientation, gender identity and expression, disability, immigration status, and other characteristics, we commit to understanding and supporting each other. [www.womenctx.org](http://www.womenctx.org)
- PFLAG
  - Free support group meetings for LGBTQ people, family members and friends in the Austin, Texas area <http://pflagaustin.org/>

## Fitness

- **Transform Queer Fitness Yoga Community Center**- a gym, yoga studio, community center, art gallery designed to serve people outside of normative physical culture, with special interest in the queer and trans community. Classes cost around \$15 and includes a class called “Transitions” that is geared towards folks who are (you guessed it) transitioning.  
[www.transformfitnessaustin.com](http://www.transformfitnessaustin.com)  
1909 Wheless Lane, 78723; (512) 435-9935
- **Austin Queer Yoga**- AQYC’s mission is to provide wellness services to the LGBTQIA+ community. They hold events and classes at different locations.  
<http://www.austinqueryoga.org/>
- **Sky Candy Aerial Arts**- Sky Candy provides a variety of aerial, circus, dance, performance and fitness disciplines. If you’ve never done aerials before, there is “Intro to Aerials” a no-commitment drop-in class that lets you try out the four main apparatuses- Silks, Hammock, Trapeze and Lyra. Classes available for youth and adults [www.skycandyaustin.com](http://www.skycandyaustin.com)  
507 Calles St. #117 Austin, TX 78702  
2400 E Cesar Chavez St. Austin, TX 78702  
(512) 800-4998
- **Go Dance Studio**- Go dance studio mission is to “honor clients by working together to promote dance diversity, discovering the unique path that is right for each client and teammate while creating an inclusive community with a cheerful and welcoming atmosphere.” Newcomer night costs \$15, but prices are quite a bit higher after that. Dance partners are gender neutral [godancestudio.com](http://godancestudio.com)  
4477 S Lamar Blvd #530 Austin TX 78745  
W Anderson Ln #530 Austin TX 78757
- **Kelly Marshall**- mindfulness coaching, yoga therapy and massage  
Kelly is a trans-identified Certified Yoga Therapist, Licensed Massage Therapist and Registered Yoga Teacher  
[Spectrumyogatherapyaustin.com](http://Spectrumyogatherapyaustin.com)  
[kellyvert@gmail.com](mailto:kellyvert@gmail.com)  
512-923-2370





## Hair Removal

### Laser and Electrolysis Studio

Phone: (512) 459-6353

Address: 1512 W. Koenig Lane, Austin, TX 78756

Website: [www.laserelect.com](http://www.laserelect.com)

Hours: Monday-Friday 10am-6pm, Saturday 10am-2pm, Sunday by appointment only

*Previously owned by Cheryl Piquard, and their mission statement says "We are proud allies of the LGBTQIA community. Our business stands for the rights and safety of our clients and will continue to treat everyone with respect and equality." Recently bought by a new owner who says, "I will continue to serve and fight for this community as Cheryl has for the past 40 years."*

### International Beauty Center

Phone: (512) 522-3783

Address: Spicewood Forest Office Park, 4131 Spicewood Springs Rd. Building I, Suite 4  
Austin, TX 78759

Website: [beautycenterinc.com](http://beautycenterinc.com)

*Website advertises expertise working with transgender clients, but also uses outdated/offensive terms (i.e. "pre-op"), but people have found the staff respectful.*

### Alite Laser (laser and electrolysis)

Phone: 512-328-1555

Address: 504 West 17th St, Austin, TX 78701

Website: [alitelaser.com](http://alitelaser.com)

No specific mention of working with trans people on website, but highly recommended by trans people who have gone there.

### Austin Medical Electrolysis Clinic

Phone: (512) 997-7700

Address: 11400 Oakwood Drive, Austin, TX 78753

Website: <http://austinmedicalelectrolysisclinic.com/index.htm>

*Website specifically mentions working with trans people, but also uses outdated/offensive terms (i.e. "pre-op")*

## Voice Training

Erica Bodoin, Speech Pathologist at UT Austin

Email: [Ebodoin@gmail.com](mailto:Ebodoin@gmail.com)

Phone: 512-294-9077

Icy Monroe, The Voice Clinic

Contact: <http://www.thevoiceclinaustin.com/contact/>

Prices: Consultations \$75.00 for 50 minutes or \$50.00 for 30 minutes, Sessions \$50.00 for 30 minute session, \$60.00 for 40 minute session, \$70.00 for 50 minute session

Carol Willis Simsack

Phone: 206-550-2965

Website: <https://simsakvoicegallery.wordpress.com>

Prices: \$50.00 per hour at her home in Elgin, TX, and double that if she comes to your home in the Austin or Bastrop Texas areas

## Resources and videos:

- Video Tutorials
  - Suddenly Sara YouTube Series: [www.youtube.com/watch?v=3DiyKv4o5Ls](http://www.youtube.com/watch?v=3DiyKv4o5Ls)
  - ExceptionToTheRule's video voice tutorial: [www.youtube.com/watch?v=NGYwFPKjy9E](http://www.youtube.com/watch?v=NGYwFPKjy9E)
  - ExceptionToTheRule's audio voice tutorial: [soundcloud.com/cyndercyns/voice-tutorial](https://soundcloud.com/cyndercyns/voice-tutorial)
  - "Finding Your Female Voice" example consultation video: [www.youtube.com/watch?v=CbTtASux7ys](http://www.youtube.com/watch?v=CbTtASux7ys)
    - more videos in this series: [www.youtube.com/watch?v=WJjBK4rNPYo&index=21&list=ULmO41CpUW7IM](http://www.youtube.com/watch?v=WJjBK4rNPYo&index=21&list=ULmO41CpUW7IM)
    - accompanying resource guide: [www.genderlife.com/wp-content/uploads/2010/04/voicebook020.pdf](http://www.genderlife.com/wp-content/uploads/2010/04/voicebook020.pdf)
- Resource guides:
  - Violet's Voice Tips: [www.reddit.com/r/asktransgender/comments/1wi7uk/violets\\_voice\\_tips/](http://www.reddit.com/r/asktransgender/comments/1wi7uk/violets_voice_tips/)
  - MTF Voice Changing Regime
  - The Changing Female-To-Male (FTM) Voice: [www.radical-musicology.org.uk/2008/constansispd.pdf](http://www.radical-musicology.org.uk/2008/constansispd.pdf)
  - Testosterone and the trans male singing voice: [transguys.com/features/testosterone-ftm-singing](http://transguys.com/features/testosterone-ftm-singing)

## Clothing & Accessories

*Cheap places to buy clothes of varying sizes and styles*

Texas Thrift \$

Goodwill \$

Buffalo Exchange \$\$\$

Treasure City Thrift \$

Savers \$

Old Navy \$\$

List of Austin Clothing Closets:

[http://www.needhelppayingbills.com/html/austin\\_clothing\\_closets.html](http://www.needhelppayingbills.com/html/austin_clothing_closets.html)

Texas GSC clothing swap

## Chest Binders

- **GC2B Binders:** These binders are generally [regarded](#) as great in terms of comfort and effectiveness and come in a wide range of sizes. Available in full or half length.
- **Flavnt Streetwear:** Austin based company that makes binders, shirts, sweatshirts and other accessories. This company also [fundraises](#) for top surgery
- **Out Play Swimwear:** A variety of styles of swimwear including swim tops that bind
- **[Some tips on how to bind safely](#)**
- Free or low cost binders:
  - Youth 18 and younger: <http://www.transactiveonline.org/inabind/get.php>
  - Free binder application: <http://pointofpride.org/chest-binder-donations/>
  - Free breast form application:  
<http://pointofpride.org/breast-form-donations/>

## Social Groups

- **TGQ Social**
  - The TGQ Social is for the trans spectrum: genderqueers, trans ladies, trans fellas, gender non-conforming types and all those who support and love us. Events are held about once a month <https://www.facebook.com/TGQSocial>
- **Dragons Lair**
  - While not explicitly an LGBTQ+ community group, dragon's lair prioritizes creating a welcoming atmosphere for "any member of the comics and gaming fandom community regardless of race, religion, ethnicity, country of origin, sexual orientation or gender identity" and has a [code of conduct](#) to help ensure that Dragon's Lair is safe space
  - <http://dlair.net/austin/>
- **Beyond Brothers: A social organization focused on creating a positive and supportive community for Gay - Bi-Sexual and Transgender Black/African-American Men. We support one another thru events, activism, peer mediation and volunteer work.**
  - <https://www.facebook.com/BeyondBrothaInt/> and <http://www.beyondbrotha.org/>

## Arts

- **Hivearts:**
  - HIVE is a creative community fostering accessible artistic development through collaboration and low-cost classes and seminars. Hive "seeks to empower women of color, trans, queer, cis women and non-binary folks"  
<http://hivearts.org/>
- **#altgirlcinema:**
  - Run through the Women's Community Center of Central Texas, this series screens diverse cinematic depictions of women's lives that deviate from the mainstream film industry
- **The Mahogany Project**



## Legal Help

### Lawyers in Travis County

CHA Law Group, Christine Henry Andresen  
Address: 2003 S Lamar Blvd #3, Austin, TX 78704  
Phone: (512) 394-4230

Elizabeth Brenner of Burns Anderson Jury & Brenner, LLP  
Address: 4807 Spicewood Springs Road, Bldg 4, Ste 100 Austin, Texas 78755  
Phone: (512) 338-5322  
Website: <https://www.bajb.com/attorneys/elizabeth-brenner/>

Texas Riogrande Legal Aid  
Phone intakes: 1-888-988-9996, M-F 8:30am-7:30pm

### Free Legal Clinics

Monday's evening clinic is at Martin Middle School, 1601 Haskell Street, Austin, TX  
Wednesday's advice clinic is at Webb Middle School, 601 East St. Johns Street ATX  
1st Tuesday of every month is at the Bastrop Public Library, 1100 Church Street, Bastrop, TX

### Domestic Partnerships

- Travis County Clerk
  - Address: 5501 Airport Blvd, Austin, TX 78751
  - Phone: (512) 854-9188
  - Clerk Edgar is familiar with registered domestic partnerships, filing to establish or dissolving partnership

### Name and Gender Marker Resources

*Texas Name and Gender Marker Change Wiki*

Wiki: [http://texasnameandgendermarkerchange.com/index.php?title=Texas\\_Name\\_and\\_Gender\\_Marker\\_Change](http://texasnameandgendermarkerchange.com/index.php?title=Texas_Name_and_Gender_Marker_Change)

Accompanying facebook group: <https://www.facebook.com/groups/239080616277407/>

UT name and gender marker project

Facebook group: <https://www.facebook.com/TexasLawTNGMP/?fref=ts>

Trans Relief

Resources by state: <https://transrelief.com/resources.html>



Apply for financial aid: <https://transrelief.com/apply.html> and <https://www.transassistance.org/request-assistance/>

Trans Equality Texas

Website: <http://www.transequality.org/documents/state/texas>

## Self Advocacy Tools

- General Educational Tool
  - [Lambda Legal KYR](#)
  - [Gender Spectrum Online Resources](#)
  - [Trans Youth Leadership Summit](#)
- Employment
  - Transgender Law Center, “Tips for Working with Transgender Coworkers An information and resource publication for employees”  
<http://transgenderlawcenter.org/wp-content/uploads/2012/09/12.16.2015-forco-workers.pdf>
    - This brief flyer (front and back) lists some intro definitions as well as basic guidance on how to be a good and respectful coworker to trans people. Good jumping off point for cisgender coworkers.
  - Transgender Law Center Resources, “Model Transgender Employment Policy: negotiating for an inclusive workplace”  
<http://transemploymentprogram.org/wp-content/uploads/2016/05/ModelWorkplacePolicy-New.pdf>
    - Includes model policies for privacy, record keeping, names/pronouns, restrooms, locker rooms, dress code, health insurance and more. Includes a sample “Workplace Transition Plan” for those socially transitioning at work.
  - Guidance Regarding the Employment of Transgender Individuals in the Federal Workplace
    - <https://www.opm.gov/policy-data-oversight/diversity-and-inclusion/reference-materials/gender-identity-guidance/>
    - Know your rights for federal employees  
<http://www.transequality.org/know-your-rights/employment-federal>
  - Employment Discrimination and Transgender People



- [http://www.transequality.org/sites/default/files/docs/kyr/EmploymentKnowYourRights\\_July2014.pdf](http://www.transequality.org/sites/default/files/docs/kyr/EmploymentKnowYourRights_July2014.pdf)

## Additional Resources

WPATH Standards of Care:

[https://s3.amazonaws.com/amo\\_hub\\_content/Association140/files/Standards%20of%20Care%20V7%20-%202011%20WPATH%20\(2\)\(1\).pdf](https://s3.amazonaws.com/amo_hub_content/Association140/files/Standards%20of%20Care%20V7%20-%202011%20WPATH%20(2)(1).pdf)

How to be a trans inclusive provider

[https://www.plannedparenthood.org/files/4414/0606/9716/PPSFL\\_Providing\\_Transgender\\_Inclusive\\_Healthcare\\_Handbook.pdf?\\_ga=1.100101406.1446605631.1487348526](https://www.plannedparenthood.org/files/4414/0606/9716/PPSFL_Providing_Transgender_Inclusive_Healthcare_Handbook.pdf?_ga=1.100101406.1446605631.1487348526)

Trans 101 for Trans People: A Guide to Medically Transitioning

<http://openmindedhealth.com/transgender-101-trans-people/>

How to talk to your doctor about being trans

[http://www.outforhealth.org/files/all/getting\\_trans\\_competent\\_care.pdf](http://www.outforhealth.org/files/all/getting_trans_competent_care.pdf)

Chest Binding 101

- <http://transguys.com/features/chest-binding>
- PFLAG: Free support group meetings for LGBTQ people, family members, and friends in the Austin, TX area. <http://pflagaustin.org/>
- Gender Spectrum: Resources to create gender sensitive and inclusive environments for all children and teens. Includes a comprehensive collection of research, resources, and stories to help any parent, family member, or guardian learn more about gender diversity. <https://www.genderspectrum.org/>
- Family Acceptance Project: A research, intervention, education and policy initiative that works to prevent health and mental health risks for lesbian, gay, bisexual and transgender (LGBT) children and youth, in the context of their families, cultures and faith communities. <http://familyproject.sfsu.edu/>
- Center for Excellence in Transgender Health: The mission of the Center of Excellence for Transgender Health is to increase access to comprehensive, effective, and affirming health care services for trans communities. Provides



*Guidelines for the Primary and Gender-Affirming Care of Transgender and Gender Nonbinary People*, including protocols specific to gender nonconforming children and transgender adolescents.

<http://transhealth.ucsf.edu/protocols>

- The Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary Teens: Book by Stephanie Brill and Lisa Kenney.
- Transgender Education Network of Texas: The Transgender Education Network of Texas (TENT) is an organization dedicated to furthering the gender diverse equity in the State of Texas. <http://www.transtexas.org/>
- Growing up Trans: In this documentary, FRONTLINE takes viewers on an intimate and eye-opening journey inside the struggles and choices facing transgender kids and their families. Watch the full documentary online: <http://www.pbs.org/video/2365520005/>





## Hotlines and Helplines

PLEASE NOTE: If an incident is in progress or threat of immediate harm exists, call 911.

### Trevor Project

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 12-24.

Trevor Project Lifeline: **866-488-386**, available 7 days a week, 24 hours a day

TrevorText: Text the word "Trevor" to 1-202-304-1200, available Monday-Friday 2pm-9 pm.

TrevorChat: [www.thetrevorproject.org](http://www.thetrevorproject.org), available 7 days a week, 2:00 p.m. - 8:00 p.m.

### Trans Lifeline

According to their website, "Trans Lifeline is dedicated to the well being of transgender people. We run a hotline staffed by transgender people for transgender people. Trans Lifeline volunteers are ready to respond to whatever support needs members of our community might have."

Website: [www.translifeline.org](http://www.translifeline.org)

Trans Lifeline: **877-565-8860**

Available 10am-4am every day

### Ok 2 Talk

According to their website: "The goal of OK2TALK is to create a community for teens and young adults struggling with mental health problems and encourage them to talk about what they're experiencing by sharing their personal stories of recovery, tragedy, struggle or hope."

Tumblr Page: [ok2talk.org](http://ok2talk.org)

### National Suicide Prevention Lifeline

Description: The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Crisis Chat also available.

Lifeline **1-800-273-8255**