2020-2021
OFFICIAL GUIDE TO
TRANS RESOURCES
AT STANFORD
This is an official guide to resources and information pertaining to trans, non-binary, and gender questioning students at Stanford. This resource guide is a constantly evolving collaborative effort between members of the Stanford trans community, staff, and the many offices, services, programs and organizations at Stanford committed to supporting them.

Please keep in mind information in this guide may be subject to change due to COVID-19 restrictions on campus.

In this guide, we use the term “trans” as a broad umbrella term encompassing many identities and experiences of gender.

To connect with a community of trans-identified students, staff and faculty and their allies, join the trans listserv by visiting this website.

To contribute new or updated information to this resource guide, please contact transresourceguide@stanford.edu.

To get in touch with trans students who facilitate trans resources through Weiland Health Initiative and Queer Student Resources (QSR) or for help with navigating this guide with someone trusted, e-mail Trans Resources.

**Note for PostDocs:** knowing that most services are geared towards undergraduate and graduate students, we have created a separate PostDoc Trans Guide that will follow this digital guide.

**FAQ:**

**What do we mean by “queer”**? While queer may mean many different things to different people, we use it as a universal term to describe people who don’t fit neatly into society’s definitions of gender, sex, and sexual identity.

**How do you know if these services are for you?** No matter how you identify, if you have questions, concerns, doubts, or goals for anything related to gender, sex, and/or sexual identity, our services were made with you in mind!

**Where can I get services from providers with a gender and sexual identities specialty?** There are specially trained folks at the Weiland Health Initiative and Counseling & Psychological Services who can also provide one-time consults and short-term therapy. For more information, visit the Weiland website or the CAPS website.
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community</td>
<td>4</td>
</tr>
<tr>
<td>Counseling &amp; Guidance</td>
<td>6</td>
</tr>
<tr>
<td>Medical Services</td>
<td>14</td>
</tr>
<tr>
<td>Academic Resources</td>
<td>20</td>
</tr>
<tr>
<td>Gender-Affirming Housing</td>
<td>24</td>
</tr>
<tr>
<td>Organizations &amp; Resources</td>
<td>28</td>
</tr>
</tbody>
</table>
While most student groups, on-campus events, and other aspects of campus social life have continued to become more trans-inclusive, trans students can expect to find a thriving and welcoming community built around:

**TERRA HOUSE**

Terra House is the unofficial LGBTQIA+ themed co-op undergraduate housing on campus and hosts community events including a quarterly all-campus party and weekly social gatherings. Terra happy hours and Terrabytes, an event series on LGBTQ+ topics, occur on alternating weeks. To learn about events at Terra, particularly given changes to programming due to COVID-19, contact: terrabitesteam@gmail.com

**QUEER STUDENT RESOURCES**

Queer Student Resources (QSR) is dedicated to making Stanford a place where students of all genders and sexualities can flourish. Connect with community through Blk QTs, Trans&, QTPOC Kickback, QueerSalam and other affinity groups. Create queer poetry, sculpture, and performance art at weekly Queer Arts Initiative workshops. Stop by Wellness @ QSpot for tea, snacks, massage, acupuncture, and sound healing. Get involved with one of 10+ queer student organizations (QVSOs), or join Gender-Inclusive Stanford (GIS) to be part of the campus-wide effort to uplift students of all genders.

QSpot is a welcoming and inclusive space with plenty of couches, windows, sunlight, and views of the trees outside (visitors often say being in QSpot feels like being in a cozy treehouse)! QSpot is located on the second floor of the Firetruck House, is accessible by stairs and elevator, and is open to any Stanford student. It’s a place to relax, study, hang out with the queer community and a growing family of potted plants. QSpot offers a computer cluster, a library, printing, and meeting space for activities and events exploring the diversity of queer experience and identity. QSpot is open 12-5pm Mon-Fri, and current students can request a doorcode for 24/7 access. We look forward to meeting you! To request a doorcode, please visit this website.

QSpot is now virtual due to COVID-19. Visit us at qspot.online to learn about upcoming events, find community resources, and meet our staff.

- Contact: QueerStudentResources@stanford.edu
- Website: queer.stanford.edu/communities
Trans&

Trans& is a weekly space for anyone who identifies under the trans umbrella and anyone questioning their gender identity. We eat dinner together and do an intentional check-in where everyone has a chance to speak and share anything that is on their mind. It can be an opportunity to ask and answer questions, share resources, and hang out in community. Some weeks we have a dedicated topic of conversation, and other weeks we have a more casual gathering. It is a safe space where the identities of attendees are not disclosed and anything shared is confidential. To get notifications about Trans& events, join the trans mailing list: transgender@lists.stanford.edu or contact transresources@stanford.edu.

Trans Grads & Postdocs

An additional community of trans folks on campus, this group provides a space for graduate students and postdocs to connect with each other. The group gathers for official events about once per month, and the email list serves as a means for members of the community to connect with one another. Email list: trans_grad-pd@lists.stanford.edu

Community Centers

Each community center has student staff and resources for emotional support. For a full list of community centers, visit this website.
For students seeking emotional and mental health services, we have many different organizations and services on campus. For specific questions you may have about Winter 2021 services (and online services), please feel free to access this PDF.

**WEILAND HEALTH INITIATIVE**

Weiland offers a spectrum of services for a spectrum of experiences and prides itself in centering queer experiences within all of its clinical services - be it collaborative individual therapy, consults for gender based-care such as hormones or surgery, issue-specific group programming, or drop-in community hours.

Through our affirming and intersectional services, we hope to help you in your journey towards acceptance as you ground yourself in your truth. With multi-dimensional support and tailored resources, we strive to empower you as you explore your expansive possibility.

Weiland Health Initiative continues to provide virtual drop-in hours called Weiland Connects and brief individual therapy through Zoom. At this time, we are only licensed to provide individual therapy to students currently in California, but will continue to provide Weiland Connects to people no matter their location. If you’ve paid the Vaden Health Fee, you can go to VadenPatientPortal to sign up for one of our virtual Weiland Connects sessions. If not, you can directly schedule with Deb Schneider at debsch@stanford.edu or Marissa Floro at mfloro@stanford.edu.

**COUNSELING AND PSYCHOLOGICAL SERVICES**

CAPS is the university’s counseling center dedicated to student mental health and well-being, and is located on the second floor of the Vaden Health Center. Note: Postdocs are served by the Faculty/Staff Help Center; more information at this website.

CAPS offers a variety of services including brief individual psychotherapy, group therapy, wellness workshops, psychiatry services including medication
management, and crisis intervention. Due to COVID-19, for the 2020-21 academic year CAPS anticipates that the vast majority of its services will be offered virtually, via telehealth or phone as appropriate. Please check the CAPS website for the latest updates on accessing services during COVID-19 adjustments.

If you are interested in connecting with a CAPS provider who has specialized training in providing trans-specific services and/or gender-affirming support, you can request this during your first conversation with an access coordinator (see below). This conversation is used to pair you with a clinician and/or services to match your needs. To speak with an access coordinator to discuss options, call (650)723-3785 between 9:00 am and 4:00 pm PT.

During this initial conversation, you can also specify if you would like services from someone with specific knowledge or training in trans and gender-related treatment. You will also be asked the following general questions to pair you with the best clinician and/or services to match your needs:

- The name you would like to be called, your pronouns, and reason for calling
- General mental health concerns as well as any concerns about gender and/or sexual identities
- Your preferences regarding the identity and specialization of the clinician you are matched with

For more information about CAPS clinicians and finding someone who is the right fit for you, you can visit the CAPS staff page.

For any urgent concerns please call CAPS 24/7 at (650)723-3785.
THE BRIDGE PEER COUNSELING CENTER

The student-run peer counseling center offers anonymous and confidential counseling from trained undergraduate and graduate students. In non-COVID times, they are reachable 24/7 via phone and open for in-person drop by between 9:00am and 12:00am.

- **Contact:** (650) 723-3392
- **Location:** Rogers House, 581 Capistrano Way

VIRTUAL RESOURCES

**Stanford Virtual Well-Being**

Access information on ongoing virtual events, well-being tips, and resources for faculty and staff are available via the [Stanford Well-Being website](#).

**Stress Relief During COVID-19**

This resource, published by the California Surgeon General, contains useful information about potential stressors associated with COVID-19 and shelter-in-place and provides concrete tips for a regular self-care routine.

OFF-CAMPUS MENTAL HEALTH SERVICES

If you are interested in long term care and support, there are also local providers who may be in your insurance network and available for long-term counseling services. Given COVID-19 restrictions, telehealth therapy via virtual platforms is being offered as an alternative to in-person sessions. Cost of off-campus services varies depending on the provider, clinic, and whether you have private insurance or Cardinal Care. Your insurance company may have a list of in-network providers that you can reach out to who are gender-affirming. You may also schedule an appointment with a CAPS staff member for assistance in finding an off-campus provider on your insurance plan. This assistance can be arranged by speaking with a CAPS access coordinator (as described above).

**Finding a Gender-Affirming Therapist Off-Campus:**

This resource includes information on gender-affirming providers in the Bay Area, guiding tips for locating a provider in your area, financial resources available to help with costs of services, hotlines to support mental health, and other online resources.

**How-To-Guide: Calling Therapists/Psychiatrists:**

Many students are uncertain what to say or how to initiate therapy with a provider in the community. This how-to guide gives useful tips to help you along the way.
Finding a Gender-Affirming Therapist Outside of California:

Licensing laws restrict mental health providers from offering therapy to clients across state lines. This means if you are living in another state, you will need to search for a provider in that state. The “How-To-Guide” above is a good resource for navigating this process, as well as [this cheat sheet](#).

Weiland Health Initiative also offers support to students who are looking to establish care with an off-campus provider. Weiland Connects visits are 30-minute appointments that can be scheduled online through the Vaden Patient Portal. During this appointment you can ask questions and get support on the process of finding a gender-affirming therapist. If you’ve paid the Vaden Health Fee, you can go to [VadenPatientPortal](#) to sign up for one of our virtual Weiland Connects sessions. If not, you can directly schedule with Deb Schneider at debsch@stanford.edu or Marissa Floro at mfloro@stanford.edu.

### CONFIDENTIAL SUPPORT TEAM (CST)

The Confidential Support Team (CST) offers free and confidential support to Stanford students impacted by gender-based violence, sexual assault, and relationship violence. This includes domestic abuse, intimate partner abuse, stalking, and sexual or gender-based harassment and discrimination. CST services include brief emotional support, ongoing individual counseling for distress related to trauma, and information about rights and reporting options.

CST also offers support and guidance to help students navigate systems that can be confusing in the aftermath of trauma, including: obtaining medical care, making a report to the police or the Title IX office, and/or seeking accommodations related to housing or academics. CST support is also available for those who have questions about how to best support a survivor.

Initial visits at CST typically last between 30 and 60 minutes. During an initial visit your CST counselor will provide confidential support, offer information about your rights and reporting options, and check-in about your safety and well-being.

Most importantly, you will be supported in making decisions about what next steps are best for you. You are in control of what you share at CST and can end an initial visit at any point you choose. Initial visits can be scheduled by calling our office during business hours or through the Vaden patient portal at any time.

CST’s building, Kingscote Gardens, is currently closed due to COVID-19. However, CST is committed to supporting students wherever they may be – on or off campus. CST continues to offer a confidential “first stop” for students impacted by gender-based, sexual, and/or relationship violence.
The following services are available to all students, regardless of location, via phone or Zoom video:

- Initial consultation
- Crisis response
- Brief counseling support
- Help with understanding rights and reporting options, obtaining academic and residential support, connecting to medical care, obtaining a forensic exam, or addressing safety concerns
- Support in connecting with other resources as needed

Students living in California, including on the Stanford campus, are also eligible for ongoing therapy to treat concerns such as PTSD or depression resulting from gender-based, sexual, and/or relationship violence that occurred during the student’s time at Stanford or in a similar student role. CST can help students with referrals for therapy to address other concerns.

Students living outside of California are not eligible to begin therapy at CST due to state licensing requirements. Students outside of California can complete a consultation by video or phone and receive limited support and follow up by phone. We can also help students identify therapists or other services in their local area.

Please check out our website for up-to-date information about our services. For urgent matters any time, call the CST 24/7 Hotline at (650) 725-9955. For non-urgent matters, including making appointments, call the CST Office Line during business hours at (650) 736-6933.

E-Mail Contact: Melissa Murphy at melissa.murphy@stanford.edu

OFF-CAMPUS QTBIPOC SPECIFIC RESOURCES

Inclusive Therapists

Seeking counseling or therapy can be a vulnerable process. To that, add the challenges that marginalized populations face such as micro-aggressions, prejudice, and language/financial barriers. Getting the right help can become an overwhelming task. Finding a therapist should not feel like a gamble. All identities in all bodies deserve equal access to quality, culturally responsive care. We aim to make this process simpler and safer and are glad you’re here.

Black Emotional and Mental Health Collective

Find a therapist within your area using the Black Virtual Therapist Network. During virtual therapy, a therapist provides mental health support to clients through email, video conferencing, phone or online chatting options. Work with the therapist you choose to decide which virtual platform works for you.
Open Path Psychotherapy Collective

Open Path Psychotherapy Collective provides middle and lower-income level individuals, couples, families, and children with access to affordable psychotherapy and mental health education services. You can also specifically search by “LGBTQ” and “Transgender issues.”

Therapy for Black Girls

Therapy for Black Girls has a listing of mental health professionals across the country who provide high quality, culturally competent services to Black women and girls. This directory is not exhaustive, and is meant to provide you with a place to start if you are looking for a therapist in your area.

Therapy for Latinx

Therapy for Latinx leverages technology to serve as a national mental health resource for the Latinx community by working with licensed therapists across the country. We provide resources for our community to heal, thrive, and become advocates for their own mental health. Therapy for Latinx uses the latest technology to make it as easy as possible for people to find therapists, life coaches, emergency mental health centers, and free/low cost community clinics.

The National Queer and Trans Therapists of Color Network (NQTTCN)

The National Queer and Trans Therapists of Color Network (NQTTCN) is a space for queer, gender non-conforming and trans therapists of color to build, resource, and support one another as clinicians and healers. NQTTCN also provides a dynamic list of trans and queer therapists and healers across the country.

EDUCATION AND RESOURCES

Trans-Specific Educational Materials

Stanford created a resource page specifically for trans students that has resources for students, faculty, and postdocs including information in this guide, education materials, and information about policies and protocols.”

There are many resources available, both in print and online, that can help you educate yourself or others about transgender identities and experiences.

As starting points towards understanding the depth and complexity of gender identities, the Trevor Project has a resource on Trans+ Gender Identity that may be of use, along with PFLAG’s glossary of terms.

Additionally, Weiland Health Associates has previously put together a First Aid Kit for Family Holidays that contains many resources for queer and trans individuals staying at home and/or with family. For information on trans-
related healthcare, [this video series](#) by Stanford physician Maya Adam is a good place to start.

Along with [PFLAG](#) and [the Trevor Project](#), national organizations involved in trans-related advocacy and outreach include the [National Center for Transgender Equality](#) and the [Transgender Law Center](#). Two major surveys of transgender individuals that can help shed light on the experiences of those who identify as trans are the [2015 U.S. Trans Study](#) and the ongoing [PRIDE study](#), the first long-term national study of LGBTQ+ individuals.

Finally, PFLAG maintains a [recommended reading on coming out](#) and a [transgender reading list for adults](#) either of which may be of interest to you.

### FUNDING, RESOURCES, & MORE

**The Okra Project**

[The Okra Project](#) is a collective that seeks to address the global crisis faced by Black trans people by bringing home cooked, healthy, and culturally specific meals and resources to Black trans people wherever we can reach them. The Okra Project also provides aid, community space, and other resources for Black trans folks.

**The Loveland Foundation Therapy Fund**

With the barriers affecting access to treatment by members of diverse ethnic and racial groups, [Loveland Therapy Fund](#) provides financial assistance to Black women and girls nationally seeking therapy.

**Black Mental Health Alliance**

The mission of the [Black Mental Health Alliance](#) is to develop, promote and sponsor trusted, culturally relevant educational forums, trainings and referral services that support the health and well-being of Black people and other vulnerable communities.

**Asian Mental Health Collective**

It is the mission of the [Asian Mental Health Collective](#) to normalize and de-stigmatize mental health within the Asian community.

**Other Resource Compilations**

- [Mental Health Resources For And By People of Color](#)
- [Four Ways People of Color Can Foster Mental Health & Practice Restorative Healing](#)
- [Black Mental Health Matters](#)
- [44 Mental Health Resources for Black People](#)
- [Black Advocacy, Resistance & Empowerment (BARE) Resources](#)
Gender-affirming medical services can refer broadly to the services one may choose to access in order to align with a particular gendered identity or experience. These steps are sometimes included in what is often called “medical transition,” and each individual can opt to pursue any combination of these services, or none at all, in any order they choose (though there are sometimes benefits to the order in which they are initiated).

**GENDER-AFFIRMING MEDICAL SERVICES**

**Access to Gender-Affirming Medical Services**

Services include initiation and management of gender-affirming hormone therapy, medical follow up of treatment and referrals for gender affirming procedures. For students who need injections, our nurses will assist in teaching proper self-injection techniques and supply sharps containers.

Answers to many questions related to hormone therapy (HRT), gender affirming surgery, and sexual health can be found in the Vaden Health Center’s Interactive Student Transgender/Gender Expansive Health Resource Guide, found here.

If you would like assistance with preparing for surgery and planning your aftercare you may schedule an appointment with the medical services continuity of care nurse. If you have questions regarding insurance coverage, contact the Vaden Insurance Office at (650)723-2135.

**Contact/More Information:**

- Online at [this website](#)
- Catherine Crawford-Swent, R.N. or Megan Gershon, R.N.: (650) 725-0984

**Hormone Replacement Therapy (HRT) Information**

- Students who are on campus paying the Health Fee can access regular HRT services
- Students who are off campus in CA and paying the Axess Fee can continue preexisting HRT.
Students who are off campus and not paying the fee, or who are out of state, cannot access HRT services at Vaden. If this applies to you, Weiland can help you find services in your area. If you’ve paid the Vaden Health Fee, you can go to VadenPatientPortal to sign up for one of our virtual Weiland Connects sessions. If not, you can directly schedule with Deb Schneider at debsch@stanford.edu or Marissa Floro at mfloro@stanford.edu.

INSURANCE

If you are seeking gender affirming services, you may be utilizing your insurance. Navigating this process is often confusing and frustrating. There are several resources on and off campus which you can use to get help in navigating this process.

**HNET Case Manager (Cardinal Care only)**

Students should contact HNET customer care for the following:

- Getting a list of surgeons (there may not the option to choose a surgeon with a specialty in gender-affirming surgeries)
- Understanding benefit coverage for different procedures
- Answering questions about pre-authorization if a member want to appeal a rejection and has questions about this process

Note: Phone numbers vary depending on EPO, PPO, HMO; applicable phone number should be located on the back side of issued insurance cards. We encourage you to utilize our on campus resource and reach out to the Continuity of Care Nurse, Catherine Crawford-Swent (see above).
**Student Health Matters (Cardinal Care only)**

An advantage of having Cardinal Care is that the health benefits plan supports many gender-affirming services including the following. Please note that a referral from a Vaden Medical provider to Cardinal Care insurance is required to receive some of these benefits:

- Mental health care with in-network gender-affirming providers
- Gender-affirming Outpatient Surgery\(^a\)
- Electrolysis hair removal\(^a\)
- Hormone Therapy\(^b\)

To see a full list of what is covered under Cardinal Care, visit [this website](#).

**Cost of Hormone Therapy – All Insurances**

Because the cost of hormones can fluctuate, we encourage you to ask your pharmacist or doctor about the cost of hormones using insurance compared to paying out of pocket. In some cases the cost of hormones may be more affordable when paying out of pocket, especially when using coupons (like GoodRx). This may also be true for supplies including needles and syringes.

**Steps for Gender Affirming Surgery – All Insurances**

Because each of these steps can take varying amounts of time, we recommend starting this process as early as you feel comfortable and talking with your medical and mental health professionals about setting a realistic timeline, receiving support, and amount of recovery time needed which can vary depending on your surgery.

Below is a general list of steps. Please note that additional steps may be necessary depending on the type of surgery you are seeking and the requirements for your individual insurance. You may choose to research the surgeons in your area before contacting your insurance provider, and some surgeons offer an insurance liaison service to assist you in navigating the complexities of insurance coverage. The steps that follow are only a guide and can often be done in a different order depending on the provider you choose to work with.

- Contact your insurance to understand your coverage (e.g. co-payment, deductible) and ask for a list of in-network surgeons
- Obtain referral from a medical professional (available through Vaden)
- Schedule a consult with a surgeon
- Schedule surgery (often at least 6 months to 1 year in advance)

\(^a\) Falls under “Tier 1 Medical benefits.”

\(^b\) Falls under “Prescriptions filled at Vaden Health Center or another Preferred Health Net pharmacy - specialty drug.”
Obtain letter(s) of support from licensed mental health care provider (available through CAPS and Weiland)

For genital surgery, hair removal is often necessary (can take 6 months to 1 year)

For most insurances, both a letter of support and a referral from a medical professional to insurance are required to apply for pre-authorization approval for gender-affirming outpatient surgery.

For more information, visit this website.

NAME AND/OR GENDER MARKER CHANGE

Trans students on campus have many options for changing their name and/or gender marker on university-wide documents and records. While many of these changes can be made without legal documentation, others (paychecks, financial aid, medical records) do require documentation of a legal change.

If you would like any assistance in this process, Trans Office Hours is a great resource for help with this. Free legal consultation and court document review is also available through the ASSU Legal Counsel Office.

Changing Name and Pronouns in Stanford Systems

To change the name that displays on Canvas, class rosters and some other systems on campus:

1. Log into Axess and click the icon in the upper right where it says “Hello, *legal name*”
2. Click “Personal Information” in the dropdown menu
3. Select “Preferred Name” for the “Name Type” option and enter in the name you would like to appear in the system

Alternatively, log into Axess and navigate to the “NameCoach” link under the STUDENT tab. Fill out the prompts with the name and/or the pronouns by which you would like to be referred.

Note: many information systems on campus are populated with your identifying information only once, when you first enter the university system.

These may include: Parking and Transportation, EH&S, the Hume Center, Handshake, and many others. In this case you will likely need to reach out directly to each individual office or digital platform to edit how your name appears in their system.

To change the name displayed on sent emails: navigate to Settings -> Accounts -> Send mail as: -> edit info, and enter your name.
Pronouns can also be added or edited in your medical records by selecting your profile in the top left side of the VadenPatient portal menu. There is also an option to specify your gender identity in the same section. However, the options are a work in progress.

**New ID Card**

To get an ID card that reflects a different name, contact the Student Services Center on the second floor of Tresidder Memorial Union and ask for assistance from the ID Card Office.

They are currently working remotely and by appointment only; visit this [website](#) for information on how to submit a ServiceNow ticket. You will have to disclose that you are trans to the person who helps you in order to access this service, but they do issue new ID Cards to reflect an updated name, even if you have not legally changed it.

If you would like someone to assist you during this process please reach out to [QSR’s Trans Resources](#).

**Changing Legal Name**

To update your legal name of record “primary name:”

- Download and review the [Personal Information Change Request form](#) and collect the required documentation. Note that, in general, the University does not update historical (i.e., alumni) records.

- If you have financial aid/loans, e-mail the [Financial Aid Office](#) prior to making this update.

- If you are an international student, contact the [Bechtel International Center](#). You will need their signature on the form in order to request this update.

- Complete the [Personal Information Change Request form](#).

- Make an appointment with an Student Services Center specialist to update your record. You will need to have your required documentation and the completed Personal Information Change Request form ready at the time of your appointment.

For more information, visit the [Personal Information Updates page](#) of the Registrar’s Office website.

**Replacement Diplomas**

Your name will default to the legal name listed in Stanford University’s educational records. It is your responsibility to verify when you apply to graduate in Axess that the diploma name listed is correct, or to provide any changes required, including hyphens, spaces, lower/upper case letters,
accents, etc. No additional titles such as Esq. or Dr. etc, are permitted on the diploma name.

Changes to your diploma name can be made by submitting a Service Request. The completed request should be submitted prior to the application to graduate deadline posted on the Academic Calendar. No name change forms will be accepted after the late application to graduate deadline in Spring Quarter. Visit the registrar online to order a replacement diploma with a different name.

**Changing Alumni Records**

To change the name and/or gender in the alumni database, email this address for assistance.

Default settings in the alumni directory will show your former name at the time of matriculation. Alumni and students can hide the “former student name” in the alumni directory account profile settings.

For more information, contact Barbara Pugliese or Leona Bassi.

---

**ALL-GENDER RESTROOMS**

Stanford University is in the process of installing all-gender single-occupancy restrooms in all buildings on-campus.

A map of all gender-inclusive restrooms on campus can be found here. A postcard detailing issues and FAQs around gender-inclusive restrooms can be found here.

AOERC has an all-gender locker room featuring private toilets and showers, as well as temporary storage lockers, vanity/sinks and changing areas. Unfortunately, ACSR does not have an all-gender locker room.
While academic resources on campus are generally clustered by department, many resources exist for students seeking trans-friendly and trans-inclusive academic experiences.

**Feminist, Gender and Sexuality Studies**

The FGSS Program at Stanford offers an undergraduate major, secondary major, minor and an interdisciplinary honors program. FGSS majors can declare an LGBT/Queer Studies subplan, though any student can take their courses. Popular courses include Transgender Cultural Studies (FEMGEN 118) and Narrating Queer Trauma (FEMGEN 116). More information available [here](#).

**Opportunities and Fellowships**

Stanford provides many opportunities for trans students to pursue academic excellence, social good and beyond. Though the selection of opportunities on campus is always changing, a few are highlighted below:

- **Office for Inclusion, Belonging and Intergroup Communication (IBIC)**
- **QSR Student Staff Positions**
- **Institute for Diversity in the Arts Community Arts Fellowship**
- **Haas Center Cardinal Quarter Fellowship (including: Advancing Gender Equity and Stanford Pride Fellowships for 2020-2021)**

**Studying Abroad**

Many trans students enjoy studying abroad during their time at Stanford. As with most questions of identity, your social experience abroad will depend on many unique factors, perhaps most importantly, where you will be studying abroad.

Some countries are more or less culturally accepting of LGBTQ+ identities. There can also be great difference in attitudes depending on whether you are studying in an urban or rural setting within the same country.
In addition to cultural and social attitudes, it is important to understand what laws a host country has regarding gender and gender identity. Being familiar with these laws and reflecting on your own level of comfort with them is crucial.

If you are unsure where to begin learning about the attitudes, customs, and laws of your host country, reach out to a Bing Overseas Study Program (BOSP) staff member over email or through an advising appointment. Visit the BOSP advising webpage for details.

**FINANCIAL AID & RESOURCES**

The Financial Aid Office is committed to supporting students from all backgrounds and circumstances and provides a confidential, accepting environment to discuss individual financial concerns.

Contact: Jeff Shelby at shelby@stanford.edu or (650) 725-0251. To make an appointment, visit this site.

To apply for financial aid, visit these sites:

- Undergraduates
- Graduate Students

Note: GSB, Law, and M.D. students should contact the financial aid offices at their schools for instructions.

**The Opportunity Fund**

The Diversity and First Generation Office’s Opportunity Fund is designed to financially assist undergraduate students who are experiencing a temporary financial challenge from a hardship or who are seeking funds for an opportunity related to their academic, professional, and/or social development. Requests for financial assistance are considered on the basis of what is recognized as a hardship or an opportunity that may not
be funded through other means. As such, the Diversity & First-Gen Office considers each request separately.

Types of expenses generally covered by the fund:

- Travel costs related to a death or illness
- Assistance with laptop repair or replacement in the event of an emergency (one-time during your academic career at Stanford)
- Medical emergencies that are not covered by the Financial Aid Office
- Attending student conferences
- Expenses associated with parent/guardian/family attendance at major campus events (one-time during your academic career at Stanford, with the exception of graduation)
- Expenses associated with preparation for graduate/professional school admissions exams

Types of expenses NOT covered:

- Tuition or fees
- Health insurance
- Study abroad costs (with the exception of overseas seminars)
- Expenses which are standard considerations for financial assistance through the Financial Aid Office

To apply for aid from the Opportunity Fund, visit this site. Due to the high volume of requests that we receive through the Opportunity Fund, it can take up to four weeks to receive a response. Please be sure to include all supporting materials with your application to prevent a delay in processing.

For questions or clarification, contact the Opportunity Fund via e-mail or contact Adriena Brown.

Support for Stanford Graduate Students is also available, visit this site for more information.

**The QT Umbrella Assistance Fund (QT Fund)**

To honor and expand both QSR and Weiland’s mandate to support the health and wellness of students in the queer and trans communities, the QT Fund is designed to support students’ medical, legal, and mental health fees associated with areas related to gender and sexuality.

We created The QT Fund as a systemic way to address and support students’ lived experience of being non-binary, trans, and/or queer and to acknowledge the specific hurdles students encounter and burdens they bear when navigating systems at Stanford. We strive to be rooted in transparency
and equity, to not act as gatekeepers, but rather to trust students’ processes, transitions, and lived realities.

Our intention is for these funds to be used to support students to access services and other resources not available on campus. This can include funds to access counseling – out of pocket or co-pays – as well as fees associated with gender affirmative medical services (hormones/surgery costs) and legal services.

Funds are provided by the Weiland Health Initiative and Queer Student Resources as well the Vice Provost Office for Student Affairs. Applications happen in quarterly cycles and are reviewed by a small committee. All enrolled students at Stanford are eligible, including postdocs. No prior involvement in or affiliation with Weiland, CAPS, Vaden, or QSR is required.

You can find the application on the QSR or Weiland websites, or by reaching out to Deb Schneider, LCSW, Weiland Program Manager.

**OMBUDS OFFICES**

There are two Ombuds Offices at Stanford – one at the School of Medicine and the other serving the remainder of the university. The Ombuds Offices are confidential resources where students, staff, postdocs and faculty are welcome to discuss any concern that is interfering with their Stanford experience.

The Ombuds will listen; offer information about relevant policies and procedures; make referrals to other resources at Stanford, and help individuals identify and evaluate options to address their concerns. In addition, the Ombuds Offices offer informal mediation services to individuals or groups at Stanford that are locked in a dispute. All contacts with the Ombuds Offices are kept strictly confidential, and for this reason, the Ombuds Offices do not accept formal complaints or put the University on “notice” of issues raised, but still can be a good place to discuss concerns and seek to work toward responsible systemic change.

Contacts:

- **Office of the Ombuds**: Brenda Berlin (650) 497-1542
- **Office of the Ombuds (School of Medicine)**: James Laflin (650) 498-5744
Many students hope to be matched with a good roommate and trans students are no different. Stanford Student Housing is here to help trans students from all years find the housing arrangements that work for them.

**UNDERGRADUATE HOUSING**

**Frosh & New Transfers Program**

For first-year and new transfer students, roommate assignment is the result of an in-depth matching process. For incoming new undergraduate students with questions or concerns about roommate selection, email Edith Wu-Nguyen, Associate Dean for New Students.

Additionally, students who want their trans-specific concerns made a part of the matching process, including requesting a roommate of any gender, can write about them in the Approaching Stanford housing/roommate forms.

After roommate assignment, students can bring any questions or concerns to Residential Staff, Residential Fellows, or Resident Deans.

For more information, e-mail Nate Boswell.

**GENDER-NEUTRAL HOUSING**

After frosh year, students can choose to live in student residences where gender-neutral housing is available. For more information, visit this site.

**Cooperative Houses**

Co-ops are student-managed residences in which residents jointly clean, cook, and operate their houses. Residents in co-ops can usually opt into mixed-gender living arrangements. Visit this site for more information.
**The Draw**

During draw season, information is usually made available for trans students looking for special housing accommodations.

**Housing Over Winter Break**

Stanford offers winter break housing at the Creekside Inn for international students and students who cannot go home for compelling reasons. Stanford heavily subsidizes the cost of staying at the Creekside Inn, and Financial Aid is available for students requiring assistance.

For more information about draw season or housing over winter break, e-mail Jennifer Padilla-Wong.

**Who can take advantage of Stanford’s gender-inclusive housing?**

This program is intended for students who wish to share a room or apartment with friends of a different gender. It is not intended for romantic couples, who are encouraged to apply for Couples without Children Housing.

**No Random Roommates**

Students will not be matched with a random, opposite-gender roommate through this process. This is why it is very important to file a Gender-inclusive Room Assignment request in Axess after receiving your assignment.

**Roommate Pairings Match Apartment Size**

Keep in mind that in your intended roommate pairings must match the size of the apartment or room type you are assigned.
What happens if one of the roommates cancels their assignment or leaves mid-year?

If one student cancels or leaves during the year, the remaining student(s) can request another roommate from students who have been assigned to the same housing location, or the entire space will revert to single gender (based on the majority of students remaining in the room/apartment). This may involve reassignments of some students.

Gender-inclusive Housing and Transgender Students

Transgender students can either use the options available above or can apply for housing through a confidential process.

Confidential Process

Transgender students who need accommodation due to their gender identity/expression should contact Housing Assignments:

- The request will be handled through a confidential process and staff will not ask for more information than is required to meet students' housing needs
- Placement priority will be given to students who notify Housing Assignments well in advance of the annual Draw or Lottery and who require accommodations based on their gender identity/expression
- Later requests will be handled as appropriate spaces become available

Housing Assignments recognizes that students are not all alike but instead have different needs and desires. All concerns and accommodations will be addressed on a case-by-case basis.

Roommate Conflicts

If a student has a conflict with a roommate because of their gender identity/expression, the student should see their Graduate Life Dean first. Residence Deans are full-time, professional staff members who have taken part in training specifically on gender identity/expression issues.

More information, visit this site.

GRADUATE HOUSING

Gender-inclusive housing allows friends of different genders to be assigned to the same apartment. All Graduate Single Residences allow gender-inclusive housing. Transgender students can apply through a confidential process; interested students should contact Housing Assignments.
Students interested in this option must:

- Apply for first-round of assignments in May
- Apply as a group with your desired group member(s), prioritizing residences where you can fill the whole apartment
- After you receive your room assignment, file a Gender-Neutral Room Assignment Request
  - Log on to Axess
  - Under the Student tab, click on the Housing & Dining link
  - Click Forms and Petitions on the main menu
  - Select the request type “Gender-inclusive Room Assignment Request”
  - Fill out the form to make your request

Graduate student room assignments are made by the Graduate Housing Front Desks.
**ATHLETICS**

No formal restrictions exist for trans students looking to play club or recreational sports at Stanford.

- Stanford’s Policy on Inclusivity and Nondiscrimination for Transgender Varsity Student-Athletes [can be found here](#).
- More resources and services can be found at [Stanford Sport Psychology](#).

Contacts:

- Kelli Moran-Miller, PhD, CMPC, Director
- Julie Sutcliffe, PsyD, Assistant Director

**GREEK LIFE**

While the Greek system is still binaried, many trans folks may consider joining a sorority or fraternity. A guide is being constructed to provide accurate information about safety and inclusion to aid navigation through this process.

Should you have any current questions about Greek life, please [e-mail Amanda Rodriguez](#), Director, Fraternity and Sorority Life.

**RELIGIOUS LIFE**

The Office for Religious & Spiritual Life (ORSL) is a confidential resource that focuses on advocating for and supporting spiritual and religious engagement at Stanford. A primary part of its mission is collaboration with students, faculty and staff to provide a welcoming and inclusive resource on campus for transgender students. For more information, [e-mail Stanford Religious Life](#).

**DISCRIMINATION**

Stanford prohibits discrimination on the basis of sex, orientation, and gender identity. For help or advice concerning discrimination (including...
misgendering, incorrect use of name or pronouns, or exposure to invasive questions by faculty or peers), students can visit the Diversity And Access Office or e-mail equalopportunity@stanford.edu.

If you would like to report discrimination, review the Acts of Intolerance Reporting Procedure and report the act here in the Act of Intolerance report form.

**TITLE IX OFFICE**

The Title IX Office collaborates with the Stanford community to stop, prevent, and remedy sexual violence and gender-based discrimination through education, culture change, accountability, and empowerment. We offer options, resources, and accommodations to students of all identities affected by these issues and are committed to providing a fair, thorough, and prompt investigation and adjudication process.

For more information, visit the Title IX website or e-mail titleix@stanford.edu.

**MORE QUESTIONS?**

Answers to additional questions may be found at the QSR website. To speak with a member of the Stanford trans community, email transresources@stanford.edu.