

# Transitioning Resources



You  
belong  
here.

## **Disclaimer**

This resource list is for general information purposes only and is being provided for your convenience. The list is not intended to be a complete and exhaustive list of community, state and national resources. The list and information provided herein may not constitute the most up-to-date information. The list and information is provided "as is" and no representations are being made that the content is error-free. Please contact the provider for verification of payment accepted and any services offered. Pitt County SADD and ECU Health do not endorse or guarantee in any way the organizations or resources listed.

# **Crisis Numbers**

## **Suicide**

*Trevor Project Lifeline:* 1-866-488-7386

*Trevor Project Text:* Text START to 678-678

*Text to chat:* Text HOME to 741741

*Trans Lifeline:* 1-877-565-8860

*The LGBT National Hotline:* 1-888-843-4564

*National Suicide Prevention Lifeline:* 1-800-273-8255

*National Suicide Prevention Lifeline:* [www.suicidepreventionlifeline.org/chat/](http://www.suicidepreventionlifeline.org/chat/)

*Crisis Text Line:* [www.crisistextline.org](http://www.crisistextline.org)

*Crisis Text:* Text TALK to 741741

*REAL Crisis:* 252-758-4357

## **Mental Health and Substance Use**

*Mobile Crisis/Integrated Family Services:* 1-866-437-1821

*Integrated Family Services Crisis Chat:* [www.integratedfamilyservices.net/crisis-chat-service](http://www.integratedfamilyservices.net/crisis-chat-service)

*Trillium Crisis:* 1-877-685-2415

*NC Crisis Solutions:* [www.crisissolutionsnc.org](http://www.crisissolutionsnc.org)

## **Domestic and Partner Violence**

*Center for Family Violence Prevention:* 252-752-3811

Resource Name	Website Link	Overview
Choosing Pronouns	<a href="https://pronouns.org/what-and-why">https://pronouns.org/what-and-why</a>	The what and why of pronouns.
Coming Out	<a href="https://www.thetrevorproject.org/resources/guide/the-coming-out-handbook/">https://www.thetrevorproject.org/resources/guide/the-coming-out-handbook/</a>	The Coming Out Handbook. Explore what coming out means to you with tools and guiding questions.
Changing Your Name/Driver's License/Birth Certificate	<a href="https://transequality.org/documents/state/north-carolina">https://transequality.org/documents/state/north-carolina</a>	National Center for Transgender Equality steps for changing ID Documents information for North Carolina residents.
Changing Your Social Security Number	<a href="https://transequality.org/know-your-rights/social-security">https://transequality.org/know-your-rights/social-security</a>	National Center for Transgender Equality steps for changing your Social Security information.
Changing Your Passport	<a href="https://transequality.org/know-your-rights/passports">https://transequality.org/know-your-rights/passports</a>	National Center for Transgender Equality steps for changing Passports.
Voice Therapy	<a href="https://www.asha.org/practice-portal/professional-issues/transgender-gender-diverse-voice-and-communication/#collapse_1">https://www.asha.org/practice-portal/professional-issues/transgender-gender-diverse-voice-and-communication/#collapse_1</a>	American Speech-Language-Hearing Association (ASHA) Voice and Communication Services for Transgender and Gender Diverse Populations
	<a href="https://www.transgendermap.com/medical/voice/therapy/usa/north-carolina/">https://www.transgendermap.com/medical/voice/therapy/usa/north-carolina/</a>	Transgender Map - Transgender Voice Therapy in North Carolina
	<a href="https://durham.nc.networkofcare.org/mh/services/agency.aspx?pid=TransgenderVoiceClinic_371_2_0">https://durham.nc.networkofcare.org/mh/services/agency.aspx?pid=TransgenderVoiceClinic_371_2_0</a>	Transgender Voice Clinic of Durham, NC
	<a href="https://www.expressable.io/services/gender-affirming-voice-training/">https://www.expressable.io/services/gender-affirming-voice-training/</a>	Gender Affirming Voice Training by Expressable
	<a href="https://www.tgvoicetherapy.com/">https://www.tgvoicetherapy.com/</a>	Transgender Voice Therapy
	<a href="https://exceptionalvoiceapp.com/">https://exceptionalvoiceapp.com/</a>	App: Eva (Exceptional Voice App)
	<a href="https://play.google.com/store/apps/details?id=co.speechtools.christellamt&amp;gl=US">https://play.google.com/store/apps/details?id=co.speechtools.christellamt&amp;gl=US</a>	App: Christella VoiceUp App
Binding	<a href="https://health.clevelandclinic.org/safe-chest-binding/">https://health.clevelandclinic.org/safe-chest-binding/</a>	Safe Chest binding
	<a href="https://www.prideinpractice.org/articles/chest-binding-physician-guide/">https://www.prideinpractice.org/articles/chest-binding-physician-guide/</a>	Chest Binding Physician Guide

<b>Binding</b>	<a href="https://pediatrics.ecu.edu/lgbtqclinic/wp-content/pv-uploads/sites/632/2022/02/Binding_Resource_Guide.pdf">https://pediatrics.ecu.edu/lgbtqclinic/wp-content/pv-uploads/sites/632/2022/02/Binding_Resource_Guide.pdf</a>	Binding Resource Guide
<b>Prosthetic Breasts</b>	<a href="https://www.medicalnewstoday.com/articles/breast-prosthesis">https://www.medicalnewstoday.com/articles/breast-prosthesis</a>	What types of Breast Prostheses are available?
	<a href="https://www.transgendermap.com/medical/prosthetics/feminization/breasts/">https://www.transgendermap.com/medical/prosthetics/feminization/breasts/</a>	Transgender Map - Transgender Breast Prosthetics
	<a href="https://www.avilapt.com/blog/now-offering-custom-breast-prosth">https://www.avilapt.com/blog/now-offering-custom-breast-prosth</a>	Custom Breast Prosthetics
<b>Tucking</b>	<a href="https://www.healthline.com/health/transgender/tucking">https://www.healthline.com/health/transgender/tucking</a>	What is Tucking?
	<a href="https://pediatrics.ecu.edu/lgbtqclinic/wp-content/pv-uploads/sites/632/2022/02/Safer-Tucking-Brochure.pdf">https://pediatrics.ecu.edu/lgbtqclinic/wp-content/pv-uploads/sites/632/2022/02/Safer-Tucking-Brochure.pdf</a>	Safer Tucking Brochure
	<a href="https://pediatrics.ecu.edu/lgbtqclinic/wp-content/pv-uploads/sites/632/2022/02/Tucking-English.pdf">https://pediatrics.ecu.edu/lgbtqclinic/wp-content/pv-uploads/sites/632/2022/02/Tucking-English.pdf</a>	Tips and Tricks: Tucking
<b>Prosthetic Penises</b>	<a href="https://www.transgendermap.com/medical/prosthetics/masculinization/genital/">https://www.transgendermap.com/medical/prosthetics/masculinization/genital/</a>	Transgender Map - Masculinization Genitals
	<a href="https://www.hopkinsmedicine.org/center-transgender-health/services-appointments/faq/phalloplasty">https://www.hopkinsmedicine.org/center-transgender-health/services-appointments/faq/phalloplasty</a>	Phalloplasty
<b>Wigs</b>	<a href="https://www.yellowpages.com/greenville-nc/human-hair-wig-stores">https://www.yellowpages.com/greenville-nc/human-hair-wig-stores</a>	Wig Stores in Greenville, NC
<b>Laser Hair Removal</b>	<a href="https://www.yelp.com/search?cflt=laser_hair_removal&amp;find_loc=Greenville%2C+NC">https://www.yelp.com/search?cflt=laser_hair_removal&amp;find_loc=Greenville%2C+NC</a>	Laser Hair Removal Greenville, NC

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