
TRANS

HEALTH & WELLNESS

SERVICES

Wherever you are on your journey, NAU Campus Health Services in partnership with the Office of Inclusion: Multicultural and LGBTQIA Student Services will be here to connect you to the right resources to help you reach your personal goals.



MEDICAL SERVICES

If you are interested in information about hormone therapy or starting hormone therapy you can make an appointment with one of our medical providers. Campus Health services has several medical providers that have been trained in transgender health and follow national and international standards of care.

We can offer treatment to address symptoms associated with gender dysphoria. We can help with issues like menstrual dysphoria, hair preservation, and non-hormone testosterone blockers.

If on hormone therapy, we monitor your levels to ensure a safe transition. It is very important to receive hormone therapy under medical guidance. We will provide you with a prescription for the safest and most effective medication. Self medicating, or obtaining medication from friends or the internet can be dangerous and cause unwanted permanent side effects. Remember, hormones take time not quantity to produce desired effects. We can also write letters of recommendation for state issued requirements for name and gender change, and support letters for gender confirming surgeries.

Receiving comprehensive care by a trained professional is the safest way to transition. We can monitor your hormone medication and with sensitivity provide your routine primary care. Your healthcare provider will talk with you about what routine screening may be appropriate for you regardless of your gender identity or expression. If we are unable to provide the service you need, we will work with you and refer you to a trans-friendly community provider.

COUNSELING SERVICES

Discrimination, social stigmatization, and trans-related issues can be difficult to deal with. If you are struggling please know that you are not alone. NAU Counseling Services (CS) offers low-cost counseling on campus, with the first visit being free.

Schedule a Brief Assessment appointment that will allow any Counseling Services (CS) staff member to assist you in exploring the full range of issues you may be experiencing.

If you are seeking counseling in support of medical or legal advocacy, you will need to see one of the Trans Care counselors. Please make this request clear to either front desk staff when scheduling or your intake assessment therapist, who will sensitively facilitate the transfer of care. You will work with the Trans Care counselor to determine appropriate services.

If you are seeking counseling for issues separate from gender dysphoria-related medical or legal intervention, please know that all staff are committed to multicultural competence and can provide support.

What to Expect in the Appointment Process

- Communicate with front desk staff to schedule the appropriate appointment type with Medical or Counseling Services
- Check-in with the front desk and likely complete paperwork in a private cubicle
- Meet with a provider to assess your needs for 15-30 minutes, depending on your appointment type
- Recommendations will be explored
- A collaborative plan of action will be made
- All Campus Health Services staff maintain confidentiality and are HIPAA trained



INSURANCE

NAU's AETNA Student Health Insurance and Employee BCBS plan offer transgender benefits.

Benefits have historically included:



Hormone therapy




Behavioral health services



Mastectomy



Gonadectomy



Sex Reassignment Surgery, Gender Confirmation Surgery, Gender Affirming Surgery, and post-op

More information can be found at:

<http://nau.edu/medical-services/trans-health-care>



HEALTH PROMOTION

Health Promotion is the preventative and education branch of Campus Health Services. Our goal is to help students to make healthy choices to support academic success. We host events, programs, and provide resources for a variety of health topics, including:

- Mental health and stress management
- Nutrition
- Sexual health
- Healthy relationships
- Sexual assault and relationship violence
- Tobacco cessation
- Alcohol and other drugs and recovery
- Victim Witness Services for Coconino County satellite office

HP works closely with NAU's Office of Inclusion: Multicultural & LGBTQIA Student Services (IMQ) to help you find the resources that you need.

Stop by our office in the HLC, first floor, or call 928-523-1774 for more information.



OFFICE OF INCLUSION: MULTICULTURAL AND LGBTQIA STUDENT SERVICES (IMQ)

The Office of Inclusion: Multicultural and LGBTQIA Student Services (IMQ) welcomes students to our inclusive campus community where we support cultural, gender and sexuality diversity through programming, events, and thoughtful community engagement in a safe and supportive environment. The Office of Inclusion directly supports our NAU transgender and gender non-conforming community through:

The Flagstaff Trans Support Group: with the assistance of NAU Counseling Services, the Flagstaff Trans Support Group is a place where transgender, genderqueer, or questioning gender non-conforming students can share and discuss their experiences in a safe and welcoming environment

For information on weekly meetings contact: 928-523-5656 | inclusion@nau.edu

Q-Unity Center: this a student lounge area located within the Office of Inclusion purposefully designed to be a queer space on campus where students can hang out, study, and speak with IMQ staff.

Events throughout the academic year thoughtfully created to be inclusive of all NAU LGBTQIA communities such as the Building Qmmunity Forum, Rainbow Coalition, and the Q'd UP Focus Series.

Partnerships with student organizations that serve and engage the NAU LGBTQIA community

Cross-campus trainings to raise greater awareness and allyship for gender and sexual minorities including Safe Zone and the **TRAN**Sparency Series

Through our various partnerships and initiatives on the NAU campus, we are a hub for students to help them navigate the university system and connect to valuable resources across campus.



FAQs

Q: How is confidentiality maintained?

A: All medical records are confidential. Information can only be shared with your written consent. Your medical records at Campus Health are completely separate from your academic record.

Q: What happens at the first medical visit?

A: First we talk about your goals. We obtain a comprehensive health history and do a brief physical exam. We inform you about your resources at CHS. We talk about initiation of hormone therapy, with emphasis on permanent and reversible changes. Sometimes we order labs and get bloodwork.

Q: Can I meet with any of the counselors at CS?

A: Yes, you can meet with any counselor at CS for a brief assessment. This is a great way to initiate services and begin to work with a Trans Care provider.

Q: How many sessions do I need with Counseling Services before starting hormone therapy (HT)?

A: There is no set number of sessions that a student must attend before starting HT. The number of counseling sessions needed will be collaboratively discussed with your clinician.

Q: Will previous or current mental health concerns, such as anxiety and depression, impact my ability to start HT?

A: Previous or current mental health concerns will not preclude you from starting HT. Nevertheless, you are encouraged to talk with your Trans Care provider about any concerns you have that you feel might impact your health care treatment. You and your provider will work together to explore the best support and resources available to ensure your needs are met.

**IF YOU ARE EXPERIENCING A MENTAL HEALTH EMERGENCY,
PLEASE CALL THIS NUMBER**

NAU Counseling Services: 928-523-2261



RESOURCES

Flagstaff Trans Support Group

For information on weekly meetings contact: 928-523-5656 | email: inclusion@nau.edu

NAU Office of Inclusion: Multicultural and LGBTQIA Student Services

928-523-5656 | nau.edu/inclusion

NAU Medical Services

928-523-2131 | nau.edu/medical-services

NAU Counseling Services (24/7 crisis services available)

928-523-2261 | nau.edu/counseling-services

NAU Health Promotion

928-523-1774 | nau.edu/hp

NAU Housing and Residence Life - Gender Inclusive Housing

928-523-3978 | nau.edu/reslife

NAU Educational Psychology Practicum Lab (free general counseling available)

928-523-3896 | nau.edu/coe/labs

NAU Speech Language and Hearing Clinic - Voice coaching services

928-523-8110 | email: speech@nau.edu

NAU Equity and Access - Restroom Access Statement, SWALE, ABOR Non-Discrimination and Anti-Harassment Policy

928-523-3312 | nau.edu/eao

NAU Office of the Registrar - Change preferred name

928-523-5490 | nau.edu/registrar

NAU Louie's Cupboard - Food insecurity support

928-523-6980 | nau.edu/first-gen/louies-cupboard/

NAU Emergency Textbook Loan Program

928-523-6980 | email: textbook.loan@nau.edu

NAU LGBTQIA Commission

928-523-8686 | lgbtqia.commission@nau.edu
nau.edu/lgbtqia-commission/out-and-proud-list/

NAU Campus Inclusion Team

email: campusinclusionteam@nau.edu

Please contact the Office of Inclusion for more information regarding additional trans specific information, websites, hotlines, and resources.