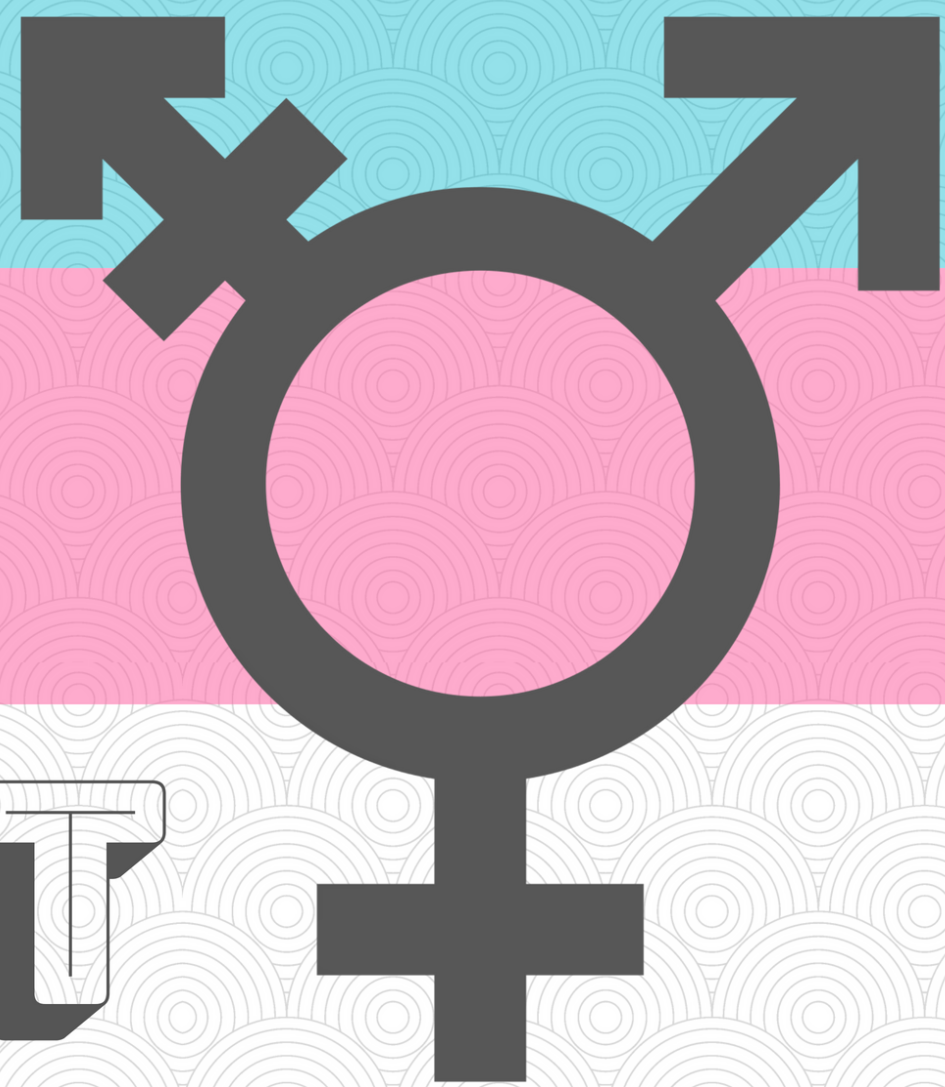


WE

GOT

YOUR

BACK



## TRANSGENDER RESOURCES

At Humboldt State University



### where to go TO "GO"

Want access to single stall locker rooms? Email [mira.friedman@humboldt.edu](mailto:mira.friedman@humboldt.edu)

#### On Campus

- \* **Founder's Hall:** 2nd floor by the English department office
- \* **Nelson Hall East:** First floor, separate from the gendered bathrooms. M-F, 7 am - 9 pm.
- \* **Telonicher House:** Ground level entrance (facing the theatre building). M-F, 8 am - 5 pm.
- \* **Multicultural Center:** Library facing entrance, or through the kitchen. M-F, 8 am - 5 pm.
- \* **Eric Rofes Center:** Across from the front door (hours vary).
- \* **Forbes Gym:** Ground level next to the entrance to the Redwood Bowl Plaza.
- \* **YES House:** First floor in the middle of the house.

These bathrooms are just the single stall ones. Any bathrooms on campus should be trans accessible according to Cal. Civ. Code §51 (b)!

### HOW TO: Change Your Name

#### Name

- \* Log into myHumboldt.
- \* Click the box labeled Student Center (top right hand corner)
- \* In the Personal Information section (middle of page) click Names
- \* Click Add a New Name
- \* Under the Name Type section select Preferred.
- \* Enter your preferred name.
- \* Click Save

Wait! :) It can take up to 48 hours for the system to update your name.

HELLO

my name is...

## DID YOU KNOW?

### Your name and pronouns...

...can be changed in your student center and any connected systems, like class rosters, your student email and Canvas?

This zine includes:

- \* Instructions for that!
- \* Places to know
- \* Places to "go"

2

## Support & Community

### On Campus

- \* **Eric Rofes Multicultural Queer Resource Center:** Warren House 53. Hours vary.
- \* **Queer Mentoring & Advocacy Program:** YES House volunteer program
- \* **Trans Support Group:** CAPS organized, student-led drop in group. Fridays @ 1-2pm in NHE 118.

### Off Campus

- \* **Open Door Trans Support Group:** last Wednesday of every month @ 5:30 pm. 770 10th St, Arcata. Call (707) 826-8610.
- \* **Queer Coffee House:** Drop-in for youth ages 10-21. Tuesdays @ 6:30-8:30 pm. 523 T St, Eureka.
- \* **Humboldt Area Trans Support (HATS):** Last Saturday of the month @ 1-3 pm, 1000 B St, Eureka.
- \* **Redwood Pride:** September 29th 2018, Arcata Plaza

7

## HOW TO: Set/Change your Pronouns

### Name

- \* Log into myHumboldt.
- \* Click the box labeled Student Center (top right hand corner)
- \* In the Personal Information section (middle of page) click Names
- \* Click Preferred Pronoun
- \* Select your pronouns from the preset OR
- \* Select Other and enter your pronouns
- \* Click Save

There are no default pronouns. It's an opt-in only service!

CALL ME

he/she/they

4

## your body, your mind YOUR HEALTH

- \* **Peer Health Educators:** Students that educate about mental, physical and sexual health. Rec and Wellness Center, M-F, 8 am - 5 pm. (Stop by for free supplies!)
- \* **Counseling and Psychological Services:** CAPS offers therapy and support groups at no cost to students. Student Health Center (on the 2nd floor), M-F, 8 am - 5 pm.
- \* **Campus Advocate Team:** 24-hour confidential support for support of survivors of sexualized violence, including stalking, sexual assault, and intimate partner violence. 707-445-2881
- \* **Arcata Open Door:** Sees a large number of transgender patients and offers HRT. 770 10th St. M-F, 8 am - 5 pm.
- \* **Eureka Planned Parenthood:** A good resource for sexual and reproductive health needs. 3225 Timber Fall Ct. B.

5