

Guidance

Pride Center (805) 893-5847

The Resource Center for Sexual and Gender Diversity (RCSGD) provides programming, support, and advocacy for LGBTQIA+ students, staff, and faculty and their allies. Visit them on the 3rd floor of the Student Resource Building (SRB) or email RCSGD@sa.ucsb.edu.



Events

@rsgd.ucsb



Instagram



Website

Health Equity Advocate

The Health Equity Advocate works closely with Student Health, the RCSGD, and other campus departments to ensure that marginalized students, especially queer and trans students, receive accessible and equitable healthcare. They can offer support and guidance on insurance, health discrimination, gender transition, LGBTQ+ health, and more. To connect, email equity@sa.ucsb.edu or check out the LGBTQIA+ student health page below.

Providers

To see who is currently on SHS's LGBTQIA+ care team, and how to get in contact with them, check out this page!



Other Resources

Gender Products

UCSB has multiple programs and resources available to help students access gender-affirming products (including binders). Check out our Trans@UCSB page for details!

Sexual Health

Student Health Services (SHS) is invested in sexual health for all students. Here are some services SHS provides, most of which are free or inexpensive with UCSHIP:

- STI & HIV testing
- HIV PREP & PEP
- Vaccinations
- Birth Control
- Plan B
- Medication abortion

Sex & Menstruation Supplies

Tampons, pads, condoms, dental dams, lube, and more are available for free at the RCSGD and Women's Center front desks in the SRB!

All-Gender Restrooms

It is important to use the bathroom when you need to. Check out this map of all-gender restrooms on campus:



resource center for
SEXUAL & GENDER DIVERSITY
UNIVERSITY OF CALIFORNIA SANTA BARBARA

Queer Trans Health @ UCSB



Health Care

UC SHIP

The UC Student Health Insurance Plan (UCSHIP) offers students excellent coverage and easy, affordable care at Student Health. While coverage is renegotiated every year, here are some prices the university seeks to adhere to.

Prescriptions \$5

Therapy \$0

Birth Control \$0

Surgery 20% Copay



More on pricing
and coverage here!

Gaucha Access Plan

Gaucha Access Plan (GAP) is an optional, supplemental coverage plan for students who waived UCSHIP but still want access to in-house medical care at Student Health. Check out the SHS website for pricing and benefits.

Health Feedback

UCSB is committed to continually improving health care and resources for queer and trans students. If you would like to provide feedback about your experience with health services on campus, please fill out one of these forms.



Student Health
Feedback



Health Inequity
Feedback

Gender Care

Trans@UCSB

Trans@UCSB is a comprehensive navigational guide around gender and transition for students at UCSB. It is a great starting point to see what we have and how to access our resources. Check it out on the RCSGD website!



Name & Pronouns

You can change your lived name and pronouns in multiple systems across campus. Check out this page for more details!



Hormone Therapy

Students with UCSHIP can easily acquire gender-affirming care, including hormone replacement therapy (HRT), at Student Health. Schedule a gender care appointment on your patient portal to get started!

Surgeries & Procedures

UC SHIP covers a variety of gender-affirming surgeries and procedures. More details on the Transgender Benefits Flyer here! Gender-affirming surgeries require a referral and, often, a letter of readiness for preapproval. To get started, talk to your doctor or schedule with a social worker at Student Health.



Mental Health

CAPS

(805) 893-4411

Counseling and Psychological Services (CAPS) provides short-term therapy to students. In addition to having queer and POC clinicians on staff, all CAPS clinicians are trained to address mental health needs specific to LGBTQIA+ communities. CAPS can also provide referrals to longer-term mental health resources in the community. Call 805-893-4411 or visit caps.sa.ucsb.edu to make an appointment.

Support Groups

CAPS runs multiple community centered therapy groups. Check out their group counseling page to find the best fit for you!



Discussion Groups

Various organizations and departments on campus host social groups and events that center on LGBTQIA+ identities. These groups are often facilitated by peers, rather than by licensed therapists, and provide a more informal space where students can share their experiences, complain, seek advice, and support each other without judgement. Check out the Pride Center section to learn more!

Letters of Readiness

CAPS clinicians write approval letters for gender-affirming surgeries. Call 805-893-4411 to set up an appointment.