

# Other Resources

## Pride Center (805) 893-5847

The Resource Center for Sexual and Gender Diversity (RCSGD) serves as UCSB's LGBTQIA+ center. They develop resources, provide one-on-one support, and host events that establish LGBTQIA+ community and support networks on campus. Visit them on the 3rd floor of the Student Resource Building (SRB) or get involved below!



Events



Instagram



Website

## All-Gender Restrooms

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



## Sex & Menstruation Supplies

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

## Housing (805) 893-4371

UCSB has multiple Queer and Trans Living Learning Communities (LLCs). Scan this QR code for more info.



# Health Equity

## 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

## Health Equity Advocate

The Health Equity Advocate role works closely with Student Health, the RCSGD, and other campus departments to assure that marginalized students, especially queer and trans students, receive accessible and equitable healthcare. They are equipped to help with health discrimination, transitioning, LGBTQ+ health, insurance, and more. Check out the LGBTQIA+ student health page or email [equity@sa.ucsb.edu](mailto:equity@sa.ucsb.edu) to contact them.

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

# Queer @ Trans UCSB Health



# Student Health

## 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
- Birth Control
- HIV PREP & PEP
- Plan B
- Vaccination
- Medication abortion

## Gender-Affirming Care

SHS can help you access gender-affirming healthcare including hormone replacement therapy and gender-affirming surgery. Reach out to your primary care physician or schedule a gender-care related appointment on your patient portal to get started!

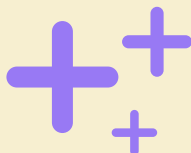
## Providers

To see who is currently on SHS's LGBTQIA+ care team, check out this page:



## Name & Pronouns

To make sure you are referred to correctly at Student Health, please check that your lived name and pronouns are up to date in UCSB systems. Instructions here!



# Health Insurance

## UC SHIP

With the UC Student Health Insurance Plan (UCSHIP), you can easily acquire healthcare that affirms your sexual and gender experiences at prices that fit a student budget. While coverage is renegotiated by the UC system 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!



## Gauche Access Plan

Gauche Access Plan (GAP) is supplemental coverage ensuring that students who waive UCSHIP still have access to in-house medical care at Student Health. Check out the SHS website for pricing and info.

## Surgeries & Procedures

UC SHIP covers a variety of gender-affirming surgeries and procedures. Look for the "Transgender Benefits Flyer" here for more info!

Consider scheduling a meeting with a social worker at Student Health to learn about pre-approval processes, discuss financial options, or get a list of in-network providers.



# Mental Health

## CAPS

(805) 893-4411

Counseling and Psychological Services (CAPS) can help students with stress, anxiety, mental health crises, and establishing long-term care. CAPS clinicians are aware of mental health needs specific to LGBTQIA+ communities and can direct you to queer and trans-friendly mental health resources. Call or visit their website to make an appointment.

## Support Groups

CAPS runs multiple LGBTQ+ therapy groups. Check out their support groups page to find the best group for you!



## Approval Letters

CAPS clinician are qualified to write approval letters for gender-affirming surgeries. Call (805) 893-4411 to set up an appointment.

## Discussion Groups

The RCSGD runs various recurring discussion groups that center on particular LGBTQIA+ identities. These groups are facilitated by community members rather than by licensed therapists and provide a low pressure space where LGBTQIA+ individuals can share their experiences, complain, seek advice, and support each other without judgement. Check out the other side of this page to learn more!

