

# Guidance

## Pride Center (805) 893-5847

The Resource Center for Sexual and Gender Diversity (RCSGD) provides programming, advocacy, and one-on-one support for LGBTQIA+ students, staff, and faculty at UCSB. Visit them on the 3rd floor of the Student Resource Building (SRB) or get involved below!



Events

@rcsgd.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](mailto: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

## 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
- Vaccinations
- 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:



## Housing

(805) 893-4371

UCSB has multiple LGBTQIA+ and gender-inclusive housing options available for students. Scan here for more info!



# Queer @ UCSB Trans Health



# 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!

## Gauche Access Plan

Gauche 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 guide to community and transition for trans\* and gender-expansive students at UCSB. It is a great starting point to see what we have to offer. 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), through 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) 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 group counseling page to find the best fit for you!



## 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 Pride Center section to learn more!

## Letters of Readiness

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