



LGBTQ+ Resources *for Salisbury University Students*



Introduction

Exploring and expressing your sexual orientation and/or gender identity in a cisheteronormative society can be challenging. The Salisbury University Counseling Center has developed this resource guide to provide LGBTQ+ students with resources and information about service providers and support systems available to help them navigate their individual journeys. When we affirm LGBTQ+ students and create environments where everyone feels safe, we are doing the work to maintain a campus where all students can achieve their full academic potential.

This guide contains clickable links in order to make navigating resources and information easier.



SU Counseling Center

 **Guerrieri Student Union (GC) 263**

 **410-543-6070**

STAY CONNECTED



If you are in crisis...

The **Counseling Center** is open Monday through Friday,
8 AM to 4:30 PM

 410-543-6070

 <https://www.salisbury.edu/administration/student-affairs/counseling-center/>

TimelyCare provides 24/7 mental health support for all enrolled Salisbury university students at no cost

 <https://www.timelycare/salisbury>

 Download the TimelyCare app

Trevor Project's Lifeline has trained counselors to support you

 1-866-488-7386 or Trevor Chat

 Text "START" to 678-678

 <https://www.thetrevorproject.org/get-help-now/>

Trans Lifeline has operators guaranteed to be available from 10 AM to 4 PM daily

 1-877-565-8860

 <https://www.translifeline.org>

Support Groups

Local Support Groups:

Salisbury PFLAG

Salisbury PFLAG focuses on education, support, and advocacy on behalf of all LGBTQ+ people. All LGBTQ+ people and their parents, friends, families, and allies are welcome. Monthly meetings are held on the second Monday of the month, 6:30 to 8 PM at the Ward Museum.

 <http://www.salisburypflag.com/>

 <https://www.facebook.com/SalisburyPFLAG/>

Salisbury Transliance

Salisbury Transliance organizes meetings and activities in a safe and inviting atmosphere geared towards transgender individuals and family and friends of transgender individuals.

 <https://www.transliance.com>

Statewide Support Groups:

Trans Maryland

Trans Maryland is a multi-racial, multi-gender, trans-led community power building organization dedicated to Maryland's trans community. Trans Maryland offers T4T (Trans for Trans), an online support group for trans folks by trans folks on Wednesdays from 6:30 to 8 PM.

 <https://transmaryland.org/>

 info@transhealthcaremd.org

Healthcare

Chase Brexton Health Care - Easton

Chase Brexton provides healthcare to LGBTQ+ populations, including transgender healthcare. Their Center for LGBTQ Health Equity provides LGBTQ-informed care, advocacy, and training and education.

 410-837-2050

 500 Cadmus Lane, Suite 203, Easton MD 21601

 <https://chasebrexton.org/locations/easton>

Planned Parenthood - Easton

Planned Parenthood provides healthcare for LGBTQ+ people, including hormone therapy. Services include hormone replacement therapy and services referral.

 410-576-1414

 8579 Commerce Drive #102, Easton, MD 21601

 <https://www.plannedparenthood.org/health-center/maryland/easton/21601/easton-health-center-md-2830-90620>

Mazzoni Center - Philadelphia

The Mazzoni Center provides quality comprehensive health and wellness services in an LGBTQ-focused environment. Services include primary medical care, hormone therapy and monitoring, chest and cervical health care, gender affirmation surgery navigation, and supportive letters for current medical patients.

 410-576-1414

 1348 Bainbridge Street, Philadelphia, PA 19147 AND
1201 Locust Street, Philadelphia, PA 19107

 <https://www.mazzonicenter.org/>

Healthcare

The Gender Affirming Letter Access Project (GALAP)

The GALAP provides a directory of mental clinicians who can provide letters for gender-affirming medical care.

 410-837-2050

 500 Cadmus Lane, Suite 203, Easton MD 21601

 <https://chasebrexton.org/locations/easton>

Legal Assistance

FreeState Justice

FreeState Justice provides legal services to low-income LGBTQ+ Maryland residents. Assistance includes name changes, gender marker changes on birth certificates or IDs, discrimination, family law matters, and legal protection from harassment or harm. Intake is on Tuesdays from 2 to 5 PM.

 410-625-LGBT(5428)

 <https://freestate-justice.org/>

Trans Maryland Name Change Program

The Trans Maryland Name Change Program offers peer to peer guidance on name and gender marker changes (not legal services)

 <https://transmaryland.org/name-change-program>