

## Mental Health Services

At Damien Cares, we offer mental health services including therapy and psychiatric medication management. You and your therapist create treatment plans to help you meet your specific needs and goals. Our trained team of licensed mental health providers offer treatment in many areas, including:

- HIV care and prevention-related topics
- LGBTQ+ specific topics like sexual orientation and gender identity
- Safety plans and coordination with support services
- Religious, cultural, and social groups or affiliations
- Trauma, substance use, and emotional wellbeing

If you have not been able to discuss mental health services with a provider at Damien Cares, we want to provide you additional resources that may be of use. In some cases, patients may be referred to an outside mental health service provider if needed. Individuals seeking support for substance use recovery can call 211 to be directed to options specific to their zip code.

### [Community Behavioral Health](#)

6950 Hillsdale Ct.  
Indianapolis, IN 46250  
317-621-5700

### [Sandra Eskenazi Mental Health Center](#)

1700 N Illinois St.  
Indianapolis, IN 46202  
317-880-8491

### [Adult and Child Mental Health](#)

222 E. Ohio St.  
Indianapolis, IN 46204  
877-882-5122

### [Cummins Behavioral Health](#)

5638 Professional Circle  
Indianapolis, IN 46241  
888-714-1927

### [Valle Vista Health System](#)

898 E. Main St.  
Greenwood, IN 46143  
317-887-1348

### [Hamilton Center](#)

2160 N., Illinois St.  
Indianapolis, IN 46202  
317-937-3700

### [Options Behavioral Health System](#)

5602 Caito Dr.  
Indianapolis, IN 46226  
855-398-0626

### [St. Vincent Stress Center](#)

8401 Harcourt Rd.  
Indianapolis, IN 46260  
317-338-4800

## Surgery Support Letters

Our team can help support you get necessary letters (often called WPATH – World Professional Association for Transgender Health – letters) for surgery. It is important to know that depending on your insurance and the type of surgery you need, you may need special types of mental health providers to write these letters. Your surgeon’s office can help you get the correct information about required letters. Your medical provider can provide a letter for you if you’re taking hormones. Local Indianapolis resources like those linked below can help people access letters specifically for mental health.

Patients who see one of our therapists for ongoing therapy may be eligible to have a letter written at Damien Cares. At this time, we do not offer standalone WPATH letter appointments for patients who are not engaged in ongoing therapy at Damien Cares.

It is important to know that depending on the type of surgery you need and your insurance, you may need special types of mental health providers to write these letters. Our staff and your surgeon’s office can help you get the correct information. Your medical provider can provide one for you if you’re taking hormones. Extra resources exist to help people access letters for free such as [GenderNexus](#) or [Transformations Counseling Services](#).

Transformations Counseling Services QR code:



GenderNexus QR code:



## Voice and Speech Therapy

Voice and Speech therapy are useful tools to reach your voice and communication goals and aligning with your gender. The words and phrases we use are important, and the intonation patterns (rise and fall of voice when speaking) that we use are all part of the vocal quality and pitch (the tone of your voice / how open or closed your vocal cords are, and how “high” or “low” your voice sounds / rate of vibration of the vocal cords) that can lead to people perceiving our gender in certain ways. Many speech patterns we have are what we learn growing up and are gendered. Many times, voices can be changed with voice and speech therapy before surgery.

The mouth, throat, vocal cords, and sound in our chests changes over time, and then changes again for folks that use GAHT. Our bodies can change, and therapy from a trained speech therapist can also help you reach your voice goals. We have worked with a number of speech-language therapists, voice therapists, and otolaryngologists (ear, nose, and throat doctors), and those providers are listed below. Please note these are not providers within our organization, this is just a list of providers that have been affirming to our trans patients in the past.

### Indianapolis

#### **Gabrielle Ambrose, CCC-SLP**

IU Health Voice Center

11725 N. Illinois St., Ste. 275

Carmel, IN 46032

Phone: (317) 688-2085

Fax for referrals: (317) 688-2115

<https://iuhealth.org/find-locations/iu-health-voice-center-iu-health-north-hospital-medical-office-building-11725-n-illinois-st>

#### **Bobbie Albertson, MS, CCC-SLP**

Community Health Network

Physical Therapy & Rehab

9669 E. 146<sup>th</sup> Street, Suite 165

Noblesville, IN 46060

Phone: 317-621-6740

Fax: 317-621-4467

<https://www.ecommunity.com/locations/physical-therapy-rehab-noblesville>

### Bloomington

**Julia Rademacher, MM, MA, CCC-SLP**

IU Voice & Speech Evaluation Clinic  
Health Sciences Building, Room C2122  
2631 E. Discovery Pkwy.  
Bloomington, IN 47408  
Phone: (812) 855-6251  
Fax for referrals: (812) 855-5531  
Speech-Language Pathologist graduate students also teach in program

**Muncie**

Kara Landis, MA, CCC-SLP  
Christina Turner, MA, CCC-SLP  
BSU Speech Pathology Clinic  
Health Professions Building, Room 254  
1613 W. Riverside Ave.  
Muncie, IN 47303  
Phone: (765) 285-8160  
Fax for referrals: (765) 285-5623  
Speech-Language Pathologist graduate students also teach in program

**Elkhart**

Jerin Burch, MA, CCC-SLP  
Liz Bevis, CCC-SLP  
IUSB Elkhart Speech-Language Clinic  
125 E. Franklin St.  
Elkhart, IN 46516  
Phone: (574) 520-4000  
Fax for referrals: (574) 520-4009  
Speech-Language Pathologist graduate students also teach in program

**West Lafayette**

Lydia Kruse, MS, CCC-SLP  
Purdue Center for Voice  
Lyles-Portal Hall  
715 Clinic Dr.  
West Lafayette, IN 47907

Phone: (765) 494-3789

Fax for referrals: (765) 494-0771

Speech-Language Pathologist graduate students also teach in program  
Ages 18+ but do not have to be affiliated with Purdue (student, staff, etc.)

**Online Resources:**

Joy Musser, PhD, CCC-SLP

Musser Therapies, LLC

Click "Set up an appointment today" to submit contact information

[www.musservoices.com](http://www.musservoices.com)

Feminization via telehealth.

Kathe Perez and Lynn Skinner

[www.voicefeminization.com](http://www.voicefeminization.com)

[www.katheperez.com](http://www.katheperez.com)

[www.lynnskinner.com](http://www.lynnskinner.com)

Multiple resources for feminization via online videos, audio, mobile app, and books

My Trans Voice

[https://mytransvoice.com/?gclid=CjOKCQjwy5maBhDdARIsAMxrkwO\\_SYdZ2khOaujw5Jwe1wXOwNjK1sa9gPLMfk2em9dRwSxmHgYHoYYaAhRdEALw\\_wcB](https://mytransvoice.com/?gclid=CjOKCQjwy5maBhDdARIsAMxrkwO_SYdZ2khOaujw5Jwe1wXOwNjK1sa9gPLMfk2em9dRwSxmHgYHoYYaAhRdEALw_wcB)

The Voice Lab

<https://thevoicelabinc.com/speech/>

Christine Block

[www.speechvoicelab.com/transmasculine-speakers](http://www.speechvoicelab.com/transmasculine-speakers)

Online information about masculinizing speech and communication patterns

## Hair Removal & Other Non-surgical Procedures

Hair removal can significantly reduce/eliminate hair growth in a given area. Hair removal can be done with laser therapy or electrolysis. Common areas of hair removal include the upper lip, chin and sideburns, groin, buttocks (commonly referred to as Brazilian), arm pits, etc. Sometimes, patients who undergo a vaginoplasty procedure may need to complete several sessions of hair removal in the groin area. Here is a list of providers for electrolysis/laser hair removal that our patients have used in the past. We cannot specifically endorse these providers, but patients have recommended them.

### **IU Health Dermatology**

Dr. Kate Hrynewycz  
11590 N. Meridian St., Ste. 450  
Carmel, IN 46032  
(317) 944-7744  
[iuhealth.org](http://iuhealth.org)

### **Advanced Aesthetics & Electrology**

4302 Hadleigh Dr.  
Indianapolis, IN 46241  
(317) 856-3906

### **Arborcrest Electrology and Northside Laser**

8140 N. Whittier Place  
Indianapolis, IN 46250  
(317) 845-1002  
[arborcrestelectrolysisindy.com](http://arborcrestelectrolysisindy.com)

### **Biggerstaff & Associates**

8040 Clearvista Pkwy, Ste. 340  
Indianapolis, IN 46256  
(317) 621-2444  
[biggerstaffassociates.com](http://biggerstaffassociates.com)

### **Chernoff Cosmetic Surgery Indianapolis**

9002 N. Meridian St., #205  
Indianapolis, IN 46260  
(317) 573-8899  
[drchernoff.com](http://drchernoff.com)

**Laser & Light Surgery Center**

521 E. County Line Rd., Ste G  
Greenwood, IN 46143  
(317) 215-5099  
[www.laserandlightsurgery.com](http://www.laserandlightsurgery.com)

**LightRx Face & Body**

3425 E. 86th St.  
Indianapolis, IN 46240  
(317) 253-0750  
[www.lighrx.com](http://www.lighrx.com)

**Milan Laser Hair Removal**

2656 East Main Street  
Plainfield, IN 46168  
(463) 221-4847  
[milanlaserindy.com](http://milanlaserindy.com)

**The New You**

20 Executive Drive, Suite F  
Carmel, IN 46032  
(317) 564-4865 – OR –  
11848 Olio Road, Suite 200  
Fishers, IN 46037  
(317) 564-4866  
[thenewyouesthetics.com](http://thenewyouesthetics.com)

**Phases Skin Care and Laser Center**

11455 N. Meridian St., Ste. 150  
Carmel, IN 46032  
(317) 848-8101  
[phases skincare.com](http://phases skincare.com)

Stay updated on possible microgrants for hair removal:

<https://translifeline.org/microgrants/gender-affirming-hair-removal/>  
<https://www.pointofpride.org/electrolysis-support-fund>



## Reproductive Health

Gender-affirming medical treatments and surgeries can impact fertility. However, people can plan for a future pregnancy before starting hormone therapy. There are also important pregnancy prevention measures to consider when taking gender-affirming hormones.

### Fertility & Family Planning

When considering gender-affirming hormones or surgery, we encourage you to think about future fertility options, including if you wish to have biological children. This is important as many gender-affirming treatments can have an impact on the ability to reproduce. This impact is different from person to person and can have an effect regardless of what sex they were assigned at birth. Even though reversing these changes hasn't been studied much for cisgender or transgender people, we recommend that our patients consider family planning options before starting hormone therapy. We are happy to discuss options with you, and your provider or care navigator can provide you with a list of specialists for fertility and family planning.



**Midwest Fertility Specialists**  
[midwestfertility.com](http://midwestfertility.com)  
 12188-A N. Meridian St.,  
 Carmel, IN 46032  
 317-571-16374



**Family Beginnings**  
[www.ivf-indiana.com](http://www.ivf-indiana.com)  
 8435 Clearvista Place, Ste.  
 104  
 Indianapolis, IN 46256  
 317-595-3666

OR  
 2514 E. Dupont Rd., Ste. 220  
 Fort Wayne, IN 46825  
 260-490-3456



**Indiana Fertility Institute**  
[fertilityindy.com](http://fertilityindy.com)  
 10610 N. Pennsylvania St.  
 #101  
 Indianapolis, IN 46280  
 317-575-6565  
[info@fertilityindy.com](mailto:info@fertilityindy.com)



## Birth control



Pregnancy is possible anytime sperm can fertilize an egg and implant inside the uterus. If you're having sex where a pregnancy could happen, the following information will be important to keep in mind. This most commonly happens when someone with testes that produce sperm has penetrative vaginal sex with someone who has a functioning uterus and ovaries. Hormone therapy should not be used to prevent pregnancy.

[Bedsider.org](https://www.bedsider.org) is a great resource that offers gender-inclusive advice on various methods. Scan the QR code to learn more! Your provider or care navigator can send you additional resources regarding birth control options including the methods of birth control.

### If you're taking testosterone:

Many people opt to take a progesterone-only or hormone-free form of birth control, including progesterone-only birth control pills. This helps avoid using estrogen which may cause chest tenderness or other unwanted side effects. However, estrogen in birth control should not make your T be any less effective. It is important to note that fertility tracking when taking T is not reliable since T can make it hard to predict ovulation.

### Non-hormone options include:

- External/internal condoms
- Diaphragm with the use of spermicide
- Spermicide alone
- Copper IUD (placed in the uterus by your provider, can be left in place for up to 12 years)
- Withdrawal method\*

\*Not a very effective method

### Hormone options include:

- Plan B/Ella emergency contraception (taken up to 5 days after)\*
- Daily combination pill (contains estrogen)
- Daily progesterone-only pill
- Every 3 months shot (progesterone)
- The Patch (contains estrogen, applied 3 weeks in a row and then one week off)
- The Ring (contains estrogen, inserted into vagina and changed monthly or yearly)
- Progestin IUD (placed in the uterus by your provider, and can be left for 3-7 years)
- Progestin implant (placed in the arm by your provider, can be left up to 4 years)

\*Please note the weight limitations on these medications

### If you're taking estrogen:

You will likely have a decreased sperm count after taking estrogen / T-blockers for a while, but it could still be possible to get someone pregnant. It's important to talk about this with any partners if they have a uterus and you have vaginal sex.

## Oral Health

Transgender and gender diverse people are not necessarily more likely to have oral health issues than cisgender people, but due to experiencing discrimination in health settings – or dentist offices – or fearing discrimination can keep people from seeing a dentist.

However, oral health is closely tied to our overall health, and the health of our gums and teeth can tell your medical provider if you need attention for your oral health. Our gums and teeth sometimes tell a story about issues that we may not see in other ways! If you need a list of dentists that our clients have gone to and had a good experience with, please tell your navigator. They can get you a list of providers in your area that can complete regular dental care and accept your insurance (or have discounted services or payment plans if you don't have insurance). If you are experiencing any oral pain, please let your medical provider know so they can help you manage symptoms or see if you need to see a specialist instead of a regular dentist.

Some dentist offices may offer cosmetic treatments to help you masculinize or feminize parts of your smile such as veneers, gum line rejuvenation, or using enamel to reach a more rounded or square look, depending on your personal goals.

## The Underground and Support Services at Damien Center

The Underground Program at Damien Center is designed to serve our Black, Indigenous, and People of Color (BIPOC) transgender youth and young adults between the ages of 18–34 years old. Our mission is to advocate for and provide a safe and whole environment to BIPOC transgender youth who experience adversity in Indiana. Our vision is for BIPOC transgender youth in the state of Indiana to have accessible care and obtain the support needed to thrive and grow.

The Underground links folks to gender affirming care, name and gender marker change assistance, testing, prevention (such as PrEP referrals, safer sex kits, etc.), social services, and other resources. At this time, Damien Cares only sees patients 18 years and older, but The Underground can still connect younger people to other resources.

If you would like more information, please contact the Underground's Program Manager at 317-987-2742, our website at [DamienUnderground.org](http://DamienUnderground.org), or visit our Instagram page at [@damienunderground](https://www.instagram.com/damienunderground).

### Additional Support Services

Your Care Navigator is the person completing your intake appointment. They assist you in connecting you with your medical provider and will be following up with you regularly to make sure needs are met. This person completes regular assessments or other check-ins to update any information that may help us improve how we are able to care for you.

Client Navigation Services (CNS) is an additional support and mentorship team that helps individuals navigate the health system. We can provide education about HIV and Hepatitis C (HCV), how to manage appointments, and highlighting the importance of taking medication on time. In addition to helping clients get into and stay in care, CNS empowers individuals with barriers to create and work toward a sustainable plan for self-sufficiency.

CNS has a staff member dedicated to working with transgender and gender diverse clients, and is available to help with various needs like transportation, getting medical supplies for hormone therapy, accessing non-medical supplies like binders or gaffs, and navigating name change and gender marker change paperwork. Please reach out to your Gender Affirming Care Navigator or provider to get connected to CNS.

## Support Groups

If you're on Facebook, a great place to start is by joining the [Queering Indy](#) Facebook page. It's mostly for Indianapolis, but if you're further south, the [Kentuckiana Transgender Support Group](#) is another great community page. In these pages, you can find recommendations for queer- and trans-friendly:

- places to shop
- places to eat
- people or organizations to contact for help for housing
- food pantries
- jobs or volunteer opportunities
- and other fun things like where to hike, what the best hidden gems are around town, and where to find drag performances, meet artists and other queer people

Being able to share experiences and have the support of others can be helpful to many people as they navigate their transition. Damien Center is proud to host a regularly occurring support group. You can learn more on Damien Center's [events calendar](#) or at the QR code here:



[GenderNexus](#) is another community resource run by trans and nonbinary folks, and they have many services including clothing swaps, providing letters of support for medical and surgical care, and education sessions.  
3733 N Meridian Street, Suite 310  
Indianapolis, IN 46208  
(317) 650-5988

OutCare Health is an online-only resource found here:

<https://www.outcarehealth.org/outreach/>

You can request information by emailing [info@outcarehealth.org](mailto:info@outcarehealth.org)

And access their website through this QR code:



For parents looking to connect with other parents of trans or gender diverse children, there are many local resources such as:

[Parents and Families of Lesbians and Gays \(PFLAG\)](#) [Gender Expansive Kids & Co \(GEKCO\)](#)



Another online resource is [Gender Spectrum](#)





## Support Hotlines

LGBTQ+ people can have different life experiences, identities, and even face different challenges than non-LGBTQ+ folks. Lots of times, stigma and lack of support can lead to mental health struggles and stress. Stress and mental health issues are common reasons why suicide impacts LGBTQ+ people more than cisgender and/or heterosexual people.

If you or someone you know is in crisis or having a hard time with mental health, please know that help is available. We recommend you emergency help if you're having thoughts of ending your life. You can do this by calling **988** from any phone or by going to your closest emergency room. Also, always know that you can call Trans Lifeline at **(877) 565-8860** if you are in need of immediate crisis support from a peer. Your provider or care navigator can provide a full list of additional suicide prevention resources.

If you or someone you know is in crisis or having a hard time with mental health, please know that help is available. We recommend you seek emergency help if you're having thoughts of ending your life. Your care navigator can also send you resources if you need information but not urgent help. Individuals seeking support for substance use recovery can call 211 to be directed to options specific to their zip code.



### 988 Suicide and Crisis Lifeline

[www.988lifeline.org](http://www.988lifeline.org)

Confidential 24/7 support for people in distress. They can also provide resources for loved ones. Chat is available online.

Call or text 9-8-8



### Veterans Crisis Line

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

A program of the VA to serve veterans and their loved ones, even if you're not enrolled in VA benefits. Chat is available online.

Call 9-8-8, then press 1 or text 838-255



### Crisis Text Line

[www.crisistextline.org](http://www.crisistextline.org)

Confidential 24/7 support at your fingertips.

Text "HOME" to 741-741



### The Trevor Project

[www.thetrevorproject.org](http://www.thetrevorproject.org)

Confidential support for LGBTQ+ young people, 24/7. Chat is available on website.

Call 1-866-488-7386 or



Text "START" to 678-678



**SAGE LGBTQ+ Elder Hotline**

[www.sageusa.org](http://www.sageusa.org)

Confidential support for LGBTQ+ older people in crisis or who have questions about community support resources.

Call 1-877-360-5428



**Trans Lifeline**

[www.translifeline.org](http://www.translifeline.org)

A 24/7 confidential hotline available in the U.S. and Canada staffed by transgender people for transgender people.

Call 1-877-565-8860



**LGBT National Hotline**

[lgbthotline.org](http://lgbthotline.org)

Limited hours, confidential space where youth and adult callers can speak on many different issues and concerns including, but not limited to, coming out, gender, sexuality, relationship concerns, bullying, workplace issues, HIV/AIDS, safer sex, suicide prevention, and much more.

Call: 1-888-843-4564

## Survivors of trauma

Sexual and domestic violence affect everyone, but people in the LGBTQ+ community may have extra barriers when getting legal, medical, law enforcement, or other help. People may want to prevent this violence or seek help after the violence happens. Medical trauma is another issue we talk about at the end of this section.

There are many effects and emotions that happen at any point in the cycle of violence, and LGBTQ+ people may face extra barriers when getting help. Some people may think that LGBTQ+ people do not experience domestic or sexual violence. This misunderstanding can make finding medical or legal help difficult. It can also be difficult to self-identify as a survivor. Finding people that are affirming when providing support may also be difficult. Other websites that have information about these issues include the national nonprofit [RAINN](#), national [SAMHSA](#) group, and the [National Center on Domestic Violence, Trauma, & Mental Health](#).

### If you are a survivor of trauma

We understand the importance of trauma-informed care at clinical and organizational levels. Trauma-informed care is the way to provide care that focuses on you as a survivor and helping navigate services in a way that promotes your well-being. It focuses on avoiding re-traumatizing the survivor. We follow best practices from the Substance Abuse and Mental Health Services Administration (SAMHSA). If you find that your care is affected by a staff member's response to your trauma, we encourage you to [submit a concern form](#) to our Quality Team. They will work with you to understand what you experienced and create an action plan to address the issue. They will also work with leadership to provide education to staff to keep the issue from happening again.

There are many organizations in Indianapolis (and beyond!) that can help survivors navigate legal, medical, and other issues. Please reach out to your Health Navigator for extra help if you need it. A list of organizations that LGBTQ+ community members and survivors described as safe/affirming is here.

#### **Indiana Coalition to End Sexual Assault & Human Trafficking (ICESAHT)**

<https://icesaht.org/>

#### **Indiana Coalition Against Domestic Violence (ICADV)**

<https://icadvinc.org/>

**Firefly Children & Family Alliance**

<https://fireflyin.org/>

Sexual Violence Support: <https://fireflyin.org/programs-services/recovery/sexual-assault-counseling-advocacy/>

Domestic Violence Treatment: <https://fireflyin.org/programs-services/recovery/domestic-violence-services/>

**Beacon of Hope Crisis Center**

<https://www.beaconofhopeindy.org/index.html>

**Dream House**

<http://gritintograce.org/dream-house/>

## Ways to support LGBTQ+ survivors of domestic and/or sexual violence

People can be afraid to speak with survivors for fear of “not knowing what to say.” Most times, being there with someone and listening are the first big steps to help someone. Validating feelings and believing in the person are helpful, and showing true concern can help people know they are safe and someone cares about them. Using affirming language and “mirroring” the person’s language (using the same words they do), as well as not asking details about the violence can help. This shows that you are willing to listen, believe, and talk to them in a way that is comfortable. Some other ideas of things you can say to support someone are in the list below. This is not a comprehensive list and is not perfect in every situation. It’s simply a list of some ideas of things to say if you’re feeling lost.

“I believe you.”

“I care about you / I love you.”

“Thank you for trusting me to tell me this.”

“It took a lot of courage for you to talk about this.”

“This is a really hard situation and I’m glad you’re here with me now.”

“I’m here to listen and support you in whatever way you need. For now, I’ll just listen/be here.”

## Medical Trauma

Medical trauma is the physical and emotional response that people have after a traumatic experience in a medical setting. It usually happens when there is an illness, injury, weight management, severe or chronic pain, frightening surgeries, and/or dismissive or upsetting medical treatment. This can happen during regular visits or during emergencies. It usually happens when medical professionals do not properly treat or understand:

- LGBTQ+ patients' bodies
- LGBTQ+ patient's lives
- LGBTQ+ patients' family structure/partner(s) and their relationship(s)

It can also happen when providers are openly homophobic, transphobic, or discriminatory toward clients (source: 2017 Health Affairs article "[LGBT Experiences with Health Care](#)"). The "trans broken arm syndrome" is a good example. This is when a provider who should be treating a broken arm is instead focused on your gender. Genitals, gender identity, and gender expression are parts of us that are not related to the broken arm, so it doesn't make sense for providers to care about it when the broken arm is more important (source: 2021 USA Today article "[The Meaning of Trans Broken Arm Syndrome](#)"). When the provider is focused on someone's gender, sexual orientation, or gender expression, the provider is caring more about their own questions and curiosity than the patient's health. This is a disrespectful and discriminatory practice that happens too often to gender diverse people.

Medical trauma can happen from one or more appointments. Because people with medical trauma can hesitate seeking medical care for fear of being traumatized again, some safety issues can come up. These could put peoples' health and lives in danger. One example of this is not seeking care for prescribed hormones due to previous trauma and/or discrimination. Getting hormones another way means that the safety of the substance is not guaranteed.

Again, if you find that your care is affected by a staff member's dismissiveness or response to your trauma, we encourage you to [submit a concern form](#) to our Quality Team. They will work with you to understand what you experienced and create an action plan to address the issue. They will also work with leadership to provide education to staff to keep the issue from happening again.

## Legal services

The Underground is a group at Damien that was made to help folks get some of these common services:

- Name and gender marker changes
- Finding legal resources
- Navigating other trans-friendly assistance

These might not be steps in your journey, but we understand the importance of having access to them. In this section you will see links to the websites of people, agencies, or other resources that have been helpful to our clients in the past.

[Indiana Legal Service LGBT Project](#) has an entire page with PDF packets that have all the information you would need in order to complete the name change and/or gender marker change in Indiana. The packet includes information on how to complete the forms, where to file them, how to request to seal your case (not publish it publicly), and how to request a fee waiver (to file at no cost to you). We encourage you to read through the instructions carefully and ask your Health Navigator if you have any questions. There are other legal services we can send you to, but we will need more information about what you need before we can help.

### List of items to update after name/gender marker change

The list of things you need to update after a name and gender marker change can feel overwhelming. Here are some examples that we suggest you use:

- Official Documents:
  - Social Security Administration (and request an updated card)
  - Updating your ID at the Bureau of Motor Vehicles (BMV) and updating your care and voter registration at the same time
  - Birth Certificate
  - Passport
  - Lease / mortgage
  - FAFSA if you have student loans
  - Immunization Records (should update when you change your birth certificate but you should double-check)
- Work:
  - Tell HR so they can help you update your email and other work documents

- Discuss with Marketing to get updated business cards / update website to your name
- Make sure your pay documents are updated and will not cause problems with your paychecks
- Make sure your information is updated with any retirement and insurance company you have through work
- Update on LinkedIn if using that site, and update other professional accounts you may have (if you're a member with an org, for example)
- School if you are a current or previous student:
  - Request that their records get updated to reflect the name and if they can send you diplomas or transcripts to reflect the change, get a copy of that change
- Banking and Financials:
  - Checking account (order new checks and debit card)
  - Savings account to reflect accurate name
  - Credit card company updates – if applicable – and request new card(s)
  - Venmo, CashApp, Zelle, ApplePay, etc. to reflect accurate name on account
  - If you have a car loan or other loan on file with a bank, update them
  - Update with your cell phone company and other service providers (internet, water, gas, electric, etc.)
- “Fun” stuff:
  - Facebook, Instagram, TikTok, Twitter, SnapChat, other social media sites if it hasn't been changed already
  - Streaming services like HBO Max, Showtime, Netflix, Disney+, Hulu, Spotify, Apple Music, etc.
  - Shopping and food sites like Starbucks, Uber Eats, Doordash, GrubHub, Etsy, Amazon, etc.

### What to do with your insurance when updating name and/or gender marker

Insurance can take time to update, even when you submit everything they want. Every insurance company will want different groups of the following information, so it would be a good idea to have the following items on hand:

- Court-ordered name and/or gender marker change (original and a copy)
- Updated ID (if available)

With those documents, we recommend the following steps:



1. Call your insurance company and ask them where you need to send the information about the change(s). They should give you a fax number, an email address, and/or mailing address to submit documentation if they want a print copy. Your Health Navigator can help you fax things if needed.
2. Ask them how long it will take to process and what you will need to do to get medical care before your new card arrives.
3. Call your provider and ask if they would consider sending any prescriptions early so you can pick them up before the insurance changes. This will help avoid any issues in insurance processing or missing doses of medication. If they cannot send the Rx early for any reason, ask them to help with the pharmacy if you have trouble getting the Rx.
4. Take your updated ID to your medical providers (or send it to your Health Navigator) and Pharmacy so they can get your information updated. Note: they should take the paper copy of the new ID, but you will need to bring the actual ID to scan once you get it in the mail.
  - a. Please note: many organizations can send and receive information about you if you agreed to the health information exchange, but even if you agreed, you will need to get your name and/or gender marker updated with each place where you get care since each system works independently.
5. If you have a surgery authorization in your old name, call your insurance authorization department and have the insurance company send you and the surgeon's office an updated authorization with the correct name.
  - a. We recommend you let the surgeon's office know about the change as soon as possible. They means that when they receive the updated authorization, it can be added to your correct account.

#### FREQUENTLY ASKED QUESTION (FAQ):

##### I'd like to legally change my name and/or gender marker. Where should I start?

Indiana Legal Services, Inc. has an [LGBT Project website](#) where you can find a How-To guide on getting your name and/or gender marker changed. It includes the forms, instructions on where to file them, how to fill them out, and how to request filing without having to pay a fee. This form is free for anyone to use.

If you need help and ILS is unable to help you for any reason, Katherine Flood at [Flood Family Law Office](#) can help you. Please call the number in the webpage or submit an online contact form and the office will work with you.

There are many community members that help with these things as well, so if you're not sure where to start, just ask! The Queering Indy and Kentuckiana Trans Support Group pages both have Search bars, for example. Just go to the top of the page and search the page for "name change" or "gender marker" and results will show up. Most people are open to getting DMs from people needing help, but if you need something in particular, you can always post or message the page itself and a page administrator can work with you.

## Glossary of Terms

### *General*

**Cisgender (cis):** a person whose gender identity is consistent in a Western, conventional sense with their sex assigned at birth (i.e. a person assigned female sex at birth whose gender identity is a woman/female).

**Gender affirmation:** the process of making social, legal, and/or medical changes to recognize, accept, and express one's gender identity.

**Gender dysphoria:** distress experienced by some people whose gender identity does not correspond with their sex assigned at birth.

**Gender expression:** The way a person communicates their gender to the world through mannerisms, clothing, speech, behavior, etc. Gender expression varies depending on culture, context, time period, etc.

**Gender identity:** a person's inner sense of being a girl/woman/female, boy/man/male, nonbinary, genderqueer, gender expansive, having no gender, or any other individual identity. Please note this is not a comprehensive list, and there are many terms that describe someone's gender identity, and it can change over time.

**Intersex:** describes a group of congenital conditions (born with a condition) in which the reproductive organs, genitals, and/or other sexual anatomy do not develop according to Western "conventional" expectations for females or males.

**Nonbinary:** a person whose gender identity falls outside of the contemporary Western traditional gender binary structure of male/man and female/woman.

**Passing:** someone's ability to be correctly seen as the gender they identify as and/or to not be perceived as transgender. This word is often used negatively, however it can be helpful to some people when describing social transition goals

**Sex assigned at birth:** sex (male or female) assigned to an infant, most often based on the infant's anatomy and other biological characteristics. Some medical settings use abbreviations for this such as AFAB (assigned female at birth) and AMAB (assigned male at birth).

Sexual orientation: how a person characterizes their emotional and sexual attraction to others (heterosexual, gay, lesbian, bisexual, etc.)

Transgender: describes a person whose gender identity and sex assigned at birth do not correspond based on contemporary Western traditional expectations

Transgender man (trans man): a transgender person whose gender identity is boy/man/male may use this term to describe themselves, where some may just say man or man of transgender experience

Transgender woman (trans woman): a transgender person whose identity is girl/woman/female may use this term to describe themselves, where some may just say woman or woman of transgender experience

### *Medical*

Gender Affirming Hormone Therapy (GAHT): medications that can cause changes both inside someone and outwardly so that they can experience more harmony with their identity

Gender Affirming Surgery: surgical interventions that can help someone achieve physical congruence between their body and gender identity. This group of procedures had many names before, like sex reassignment surgery (SRS), sex conformation surgery (SCS), gender reassignment surgery (GRS), etc. There are many types of Gender Affirmation Surgery. For further details, please see the section on surgery in this packet.

World Professional Association for Transgender Health (WPATH): an international nonprofit organization that publishes a Standard of Care (SOC) that guides clinicians, mental health professionals, and insurance companies on best practices for transgender healthcare.