

ON-CAMPUS RESOURCES FOR WWU STUDENTS

STUDENT HEALTH CENTER

The Student Health Center provides primary care, sexual health care, and LGBTQ+ specific care to all current students, including GAC.



Western's Gender Affirming Care Team provides a range of services through the Student Health Center from primary care to HRT and transition resources.

The GAC Team can also make referrals to the Department of Communication Science's Speech-Language Clinic for voice training.

COUNSELING AND WELLNESS CENTER

The CWC is a great resource for students seeking support. Individual and group sessions are available on a quarterly basis, as well as relationship counseling for romantic, platonic and non-monogamous relationships. The CWC can also provide letters of recommendation for surgery and referrals to off-campus providers.



LGBTQ+ WESTERN

LGBTQ+ Western is the department on campus dedicated to supporting Western's LGBTQ+ community. Student and professional staff are available during office hours on the 7th floor of the Viking Union, and can make referrals to resources both on and off campus.

The LGBTQ+ Lounge in VU 722 is available to students any time the Viking Union is open. Quarterly affinity spaces, events, and club meetings are listed on lgbtq.wvu.edu, as well as on Discord and Instagram (@lgbtqwwu).

FREQUENTLY ASKED QUESTIONS

Q: How do I know if GAC is covered by my insurance?

The easiest method is to call your insurance provider's customer service line (often on the back of your insurance card) and ask directly. If this is an uncomfortable or unsafe option for you, your current primary care physician or the Student Health Center may be able to help.

Q: Is it okay if I want to just try HRT?

Absolutely! There is no right or wrong way to transition, and you get to decide what is right for yourself.

Q: Do I have to identify as transgender or have gender dysphoria to get GAC?

You do not have to have any particular identity to receive GAC. But many insurance companies require a diagnosis of gender dysphoria and/or a doctor's or therapist's letter in order to cover GAC. Your doctor can help you navigate this, but the diagnosis does not change your personal identity or the kind of GAC you receive.

Q: Do I have to "fully" transition?

Your gender expression is unique to you, and your healthcare provider can work with you to determine the correct hormone dose for what you're looking for. Your provider can also stop, start, or adjust your hormones based on your needs over time. While many of the effects of HRT are permanent, there are options for slower and milder effects, and even options for de-transitioning and re-transitioning if you ever need them.

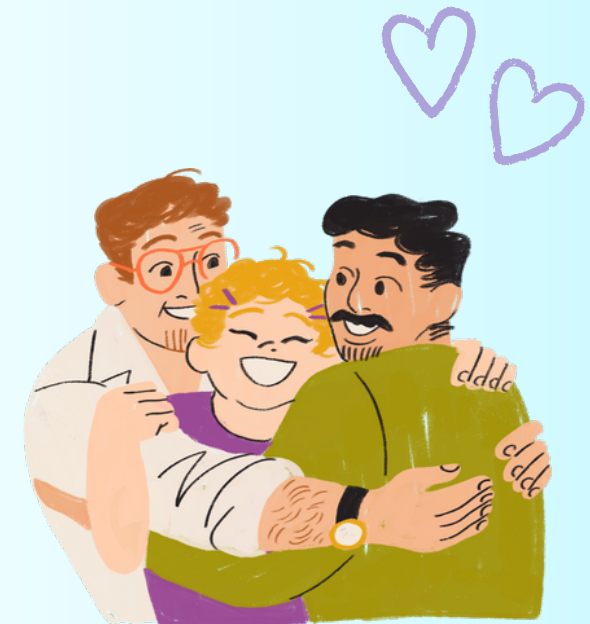
Q: What if I don't have insurance?

If you do not have insurance or do not have access to insurance, you may be eligible for plans under the Affordable Care Act, known as Apple Health in Washington state. You can go to washingtonconnection.org to find out if you are eligible and apply.



ACCESSING GENDER AFFIRMING CARE

A SHORT PRIMER FOR WESTERN WASHINGTON UNIVERSITY STUDENTS



AFFIRMING MEDICAL AND MENTAL HEALTH PROVIDERS FROM WHATCOM TO SEATTLE

ONLY HORMONES, REPRODUCTIVE HEALTH, AND PRIMARY CARE

Unity Care NW – Bellingham
unitycarenw.org/medical/



Family Care Network – Whatcom and Skagit
familycarenetwork.com/

Planned Parenthood – Bellingham to Seattle
plannedparenthood.org/get-care/our-services/gender-affirming-care

Skagit Regional Health – Skagit
skagitregionalhealth.org/home

Spectrum Reproductive Health and Gender Affirming Care – Fairhaven
spectrumreproductivehealth.com/

Lummi Tribal Health Center – Lummi Nation
Dr. Zoe Taylor
lummihealth.gov/providers/medical/



PROVIDERS WITH SERVICES RANGING FROM PRIMARY CARE TO GAC AND SURGERY

UW Medicine – Seattle Area
Multiple surgeons, multiple specialties
depts.washington.edu/tgnbhealth_program/

Virginia Mason – Seattle/Edmonds
Multiple surgeons, multiple specialties
vmfh.org/our-services/transgender-health/services-we-provide

The PolyClinic – Seattle/Edmonds/Bellevue
Multiple surgeons at the Plastic Surgery Center in Bellevue, multiple specialties
polyclinicplasticsurgery.com/procedures/transgender/

MENTAL HEALTH (SKAGIT/WHATCOM)

Local Beacon Counseling – Bellingham
localbeaconcounseling.com/

Sea-Mar Behavioral Health – Bellingham
seamar.org/whatcom-bh-bellingham.html

Sea-Mar Behavioral Health – Mount Vernon
seamar.org/skagit-bh-mountvernon.html

Accent Counseling – Bellingham
accent-counseling.com/

Skagit Counseling Center – Mount Vernon
skagitcounselingcenter.com/

Compass Health – Whatcom and Skagit
compasshealth.org/

Emerge Clinic – Bellingham
emergeclinic.com/



This is not an exhaustive list and there are facilities that simply do not advertise gender affirming care. Many providers also require a referral from a current healthcare provider, and have limits on the insurance they accept. If it is safe to do so, you can consult your current health care provider to determine if they can offer or refer you for gender affirming care.

Most facilities will list accepted insurance plans on their website. All medical providers have a billing department that can tell you if they accept your insurance plan before you make an appointment.

For statewide providers, check out the Ingersoll Gender Center's provider database at ingersollgendercenter.org/ingersoll-directory/

ADVOCATING FOR YOURSELF IN A MEDICAL SETTING



Making your first appointment to get gender affirming care (or even just thinking about it) can be overwhelming and frightening, so it's okay to take your time! It's never too late, and it's a good idea to do as much research as possible. Sometimes, you might even find that you've done more research than your doctor or medical provider has.

Medical professionals should be able to help patients feel comfortable enough to ask questions and get thorough answers. Their role is to provide guidance and care, not judgment. If your provider doesn't feel like a good fit or you're not quite getting the care you need, you always have the right to ask for a referral to a new provider, or find one yourself.

The Gay Guide Network has tons of information to help queer people advocate for themselves at the doctor!



If you feel unsafe with or mistreated by a medical professional, you have the right to file a complaint with the facility they work at. You can also, if necessary, escalate that complaint to the state.



Disability Rights Washington has a great page on when and how to file a complaint against a medical provider.