

ND Transgender Essential Resources

Emergency

Trans Lifeline: A suicide hotline run by transgender people for transgender people

<<http://www.translifeline.org/>> (877) 565-8860

Rape and Abuse Crisis Center: Inclusive of all who are affected by sexual assault and/or abuse

<<https://www.raccfm.com/>> 24/7 (701) 293-7273

Youth Services

Youth Essential Resource Guide: Covers youth orientated support groups and resources.

<<https://docs.google.com/document/d/1SFAXL9qiaKoFDIh8px0AwRrTyn92MXoMTCOibqLhH6E/edit?usp=sharing>>

Legal Resources (Contact Faye for ND Birth Certificate Information)

Name Change: Step by step guide for legally changing name

<<http://www.ndcourts.gov/ndlshc/NameChange/NameChange.aspx>>

Driver's License Change: requires physician note: "Gender role transition has been completed"

<https://www.tristatetrans.org/index.php/Driver%27s_License_Change_in_North_Dakota>

Support Organizations (Each College has a LGBTQ Group too!)

Tri State Transgender: All genders welcome at support group every third Saturday, Pride Center

<<http://www.tristatetrans.org>> <<https://www.facebook.com/TristateTrans>>

FTM Fargo Moorhead Brotherhood: a support group specifically for transgender men

<<https://www.facebook.com/Ftmfargomoorheadbrotherhood?fref=nf>>

Non Binary Support Group: Social and support for any non-binary individual

<<https://www.facebook.com/FM-NonbinaryFluidNonconforming-Support-and-Social-1213961848643273/?fref=ts>>

Therapy + Letter of Referral for Hormone Therapy

MSUM Voice Therapy: Sliding Scales, helps to safely and effectively improve voice

<<https://www.mnstate.edu/speechclinic/>> 218-477-2330

NDSU Family Therapy Center: Sliding scale, adults and children with gender dysphoria

<<https://www.ndsu.edu/hdfs/ftc/>> 701-231-8534

Dan Sturgill: Sanford Gender Psychologist.

<<http://www.sanfordhealth.org/find-a-doctor/danial-sturgill>> 701-234-3100

Hormone Therapy

Dr. David Newman: Sanford Fargo based, needs referral from Dan Sturgill

Dr. William Zacks: Altru Grand Forks based, needs letter of referral from any qualified therapist

Family Tree Clinic: Minneapolis based, sliding scale, no required referral for hormones

<<http://www.familytreeclinic.org/trans-hormone-care/>>651-645-0478

General Information + Resources for Families

Gender Unicorn: Helps people understand the complexities of Gender

<<http://www.transstudent.org/gender>>

Tristate Wiki: All the information we have compiled in our area about resources and information!

- **Main Page:** https://www.tristatetrans.org/index.php/Main_Page
- **Family and Ally resources:** https://www.tristatetrans.org/index.php/Family_and_Ally
- **Local Support Groups:** https://www.tristatetrans.org/index.php/Transgender_Communities_and_Support

Contact Information

Transgender Liaison: For detailed information on any resource or community outreach and training

<Fayeseidler@gmail.com>