

be the **CHANGE**  
LGBTQA+ Resource Center  
**Trans Guide**

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## UNL Resources

### [TRANSform UNL](#)

A trans advocacy and support group Recognized Student Organization (RSO)

### [Trans Collaborations](#)

A community-based partnership between transgender and gender non-conforming people (TGNC) and academic researchers which aims to provide evidence-based guidance, education, and research to meet health-related needs of transgender and gender non-conforming people

## Resources in Lincoln, NE

### [PFLAG](#)

At the end of PFLAG's meetings they break into smaller, more focused support groups facilitated by an experienced PFLAG member, often a board member. One group they offer is a transgender support group.

### [Parents of Gender Creative and Trans Kids](#)

[parentsofgkids@gmail.com](mailto:parentsofgkids@gmail.com)

Join other parents of gender non-conforming children for support and conversation. Parents of children of all ages are welcome to attend...from preschool to adult. Please email for information about meetings.

### [TransLNK](#)

TransLNK's purpose is to provide support and resources to transgender, non-binary, and gender non-conforming individuals. They help link trans individuals to resources that might benefit them including economic or health related resources, and host community events to help bring individuals together, with a belief that support is naturally born out of community.

### [Trans+ Support Group](#)

An online support group for trans, non-binary, gender-nonconforming and questioning people who live in Nebraska as well as their romantic partners. They meet at 7 PM at Common Root on the first Tuesday of each month. Partners and relatives of trans/gender nonconforming and questioning people are welcome too.

## Resources in Omaha, NE

### [Open Arms Trans Social Group](#)

A safe and welcoming place for transgender kids, young adults, friends, and families

### [River City Gender Alliance](#)

An all-inclusive support organization that provides peer support, friendship and understanding for transgender and gender non-conforming individuals

## Nebraska Resources

### [Professional Transgender Resource Network of Nebraska](#)

an interdisciplinary coalition of professionals with the mission to provide education, advocate for individuals, and increase awareness in our communities surrounding transgender healthcare and individual needs in the Heartland

### [Trans+ Support Nebraska](#)

# Trans Guide

This document offers transgender and gender non-conforming students resources and advice to help ensure that all students of all gender identities and expression have a productive and enjoyable experience at UNL.

## Gender Inclusive Restrooms, Lockers, and Changing Facilities

Many buildings at the University of Nebraska-Lincoln have gender inclusive restrooms. Below is a list of public gender-inclusive/all gender restrooms available on the UNL campus. All of the gender-inclusive/all gender restrooms listed are one-room or one-stall facilities with locks that can be used as changing facilities.

If you would like to request that a gendered restroom be adapted into a gender inclusive restroom fill out the form [here](#). For additional policy information contact [lgbtqa@unl.edu](mailto:lgbtqa@unl.edu)

City Campus Building	Room Number
Adele Hall Learning Commons	104
Andersen Hall	126F, 127
Andrews Hall	E108
Beadle Center	Gender Inclusive Changing Facility
Campus Rec	135
Canfield Administration Building	206A
Ferguson Hall	01, 106
Harper Hall	005B, 108C, 507D
Howard L. Hawks Hall	116, 148
Jackie Gaughan Multicultural Center	15.1, 15.2
Kauffman Academic Residential Center	111
Lied Center	449.3
Love Library	125.1, 214
Mabel Lee Hall	208C, 208D
Morrill Hall	504
Nebraska Hall	124
Nebraska Union	111
Outdoor Adventures Center	107B
Raymond – Neihardt Residential Center	131
Scott Engineering Center	18, 218, 321
Seaton Hall	255R, 260R, 245B, 260E
University Health Center	102
University Housing Office	129
Willa S. Cather Dining Complex	105B
Woods Art Building	

East Campus Building	Room Number
Barkley Memorial Center	247L, 248, 268B
College of Dentistry	2028, 2030
Entomology Hall	307
Family Resource Center	105, 107
Food Industry Building/Dairy Store	115
McCollum Hall	123
Quilt House	206
Recreation and Wellness Center	125 Gender Inclusive Changing Facility
Splinter Labs	208
Terry M. Carpenter Telecommunications Center	10, 12A

# Student Housing

## **Gender-Inclusive Housing**

A gender inclusive housing option is available to students at UNL. Any student who identifies as LGBT+ is eligible to apply. For more information on the policy and its full wording, please click on Gender Inclusive Housing link above.

Gender Inclusive Housing (GIH) provides a living environment on campus where a student can room with any other student regardless of sex assigned at birth, gender identity/expression, or sexual orientation.

Further information, including the GIH interest form, is located on the link above. Anyone with questions regarding GIH options on campus should contact Jordan Black, Assistant Director of Residence Life for Learning Communities and Academics, at [jblack2@unl.edu](mailto:jblack2@unl.edu) or (402)472-0698."

## **On-Campus Residency Requirement**

All incoming students under the age of 19, or students who have not completed or transferred 27 or more accepted semester hours of post-secondary education prior to the first day of fall semester classes are required to live in University-approved on-campus housing.

For detailed information, and to learn about exemptions to this policy, visit this website: <http://housing.unl.edu/residency-requirements>

## **Other Options**

For students who are unable or do not wish to apply for gender-inclusive housing, there are other options available listed below.

## **Single-room Residence Hall Housing**

Single rooms are available in the following traditional residence halls:

**Selleck** - Limited number of single rooms available. Shared gender-specific restrooms on each floor. Academic year and summer contracts available. Coed building. Freshmen, upper class, and graduate students. Academic year and summer contracts available.

**Smith** - Limited number of single rooms available. Shared gender-specific restrooms on each floor.

## **Suite-style Housing**

There are three suite-style residence halls located on City Campus, available to freshmen and upper class and non-traditional students:

**Knoll Residential Center** - Fully furnished with snack prep area and living area. Restroom in the suite. Coed building, but residents living within a double bedroom suite (4 students in a suite, 2 bedrooms) or a single bedroom suite (4 students in a suite, 4 bedrooms) unit must be of the same biological sex.

**University Suites** - Fully furnished with snack prep area and living area. Restroom in the suite. Coed building, but residents living within a double bedroom suite (4 students in a suite, 2 bedrooms) or a single bedroom suite (4 students in a suite, 4 bedrooms) unit must be of the same biological sex.

**Eastside Suites** - Fully furnished with snack prep area and living area. Restroom in the suite. Coed building, but residents living within a double bedroom suite (4 students in a suite, 2 bedrooms) or a single bedroom suite (4 students in a suite, 4 bedrooms) unit must be of the same biological sex.

## **Apartment-style Housing**

There are two apartment-style residence halls located on City Campus, available only to upper class, graduate and non-traditional (20 yrs or older) students:

**The Courtyards** - Fully-furnished 4 and 2 bedroom units with full kitchen and living area. Restrooms are shared with one other resident. 12 and 9 month contracts available. Coed building, but residents living within a 4 or 2 bedroom unit must be of the same legal sex.

**The Village** - Fully-furnished 4 and 2 bedroom units with full kitchen and living area. Restrooms are shared with one other resident. Academic year contracts available. Summer contracts occasionally available. Coed building, but residents living within a 4 or 2 bedroom unit must be of the same legal sex.

### **Other Single-room Options**

**Husker Hall** - Coed housing facility located on 23 St. and Vine St. (3 blocks from City Campus), available for graduate and non-traditional (23 yrs or older) students at UNL. All rooms are singles, with shared kitchen facilities available. Free shuttle service to city and east campuses. Only one occupant per room. Academic year and summer contracts available.

**Massengale Residential Center** - Located on East Campus. Free shuttle service to City and East campuses. Both traditional singles and apartment style housing is available on a first come, first served basis.

### **Family Housing**

UNL provides apartment-style family housing units to single full-time students residing with dependent children, and legally married couples (with a marriage certificate recognized as legally binding by the State of Nebraska). Undergraduates must be enrolled for 12 credit hours during each regular academic semester. No hours are required during the summer months if the tenant is pre-registered for a full academic load for the fall semester. Graduate Students enrolled for fewer than 9 hours must submit a letter from their department chairperson indicating that they are considered a full-time student in that department. This letter need not be submitted until an apartment is offered and accepted by the student.

### **Off-campus Housing**

There are many apartments and rental housing available around both City and East Campus. The Association of Students of the University of Nebraska (ASUN) provides tips and resources for those who are seeking off-campus housing. Visit the ASUN's student legal services page for more information. <https://asun.unl.edu/student-legal-services/welcome>

## **UNL Health & Counseling Services**

### **[CEHS Couple and Family Clinic](#)**

Phone: 402-472-5035

Email: [thecoupleandfamilyclinic@gmail.com](mailto:thecoupleandfamilyclinic@gmail.com)

### **[University Health Center](#)**

The University Health Center (UHC) staff is committed to providing LGBTQA-friendly health services to students, staff, and faculty. Students get primary medical care clinic visits at no charge. Other services are at reduced cost for students. The UHC requires that all medical forms have legal sex and name information for insurance purposes. However, you may also choose to identify your chosen name, pronouns, and gender. These will be entered into your medical record so that staff at the UHC can correctly and respectfully address you. Information on faculty and staff services can be found [here](#).

### **[Transgender Care Clinic](#)**

The UHC offers a specialty clinic on issues related specifically to transgender care. This includes; initiating and monitoring hormone therapy, filling hormone prescriptions, and referrals to institutions that offer gender affirming surgery and post-operative management. This service is provided by Dr. Jean Amoura.

Fourth Wednesday of each month, 1:45 to 4 p.m.

By appointment only

To schedule an appointment, call: 402-472-5000

Referral is not required.

Patients under 19 will need to establish a relationship with a mental health provider before starting gender-related treatments at the transgender care clinic.

### **Counseling and Psychological Services**

The UHC also provides confidential Counseling and Psychological Services (CAPS) for all students, and at reduced cost to students taking seven or more credit hours. The first three counseling visits are free of charge for all students, and all following visits are based on an hourly rate. There is a charge for all visits with a psychiatrist.

CAPS is located on the second floor of the University Health Center (1500 U St.). Call (402) 472-5000 to schedule an appointment.

All CAPS services are confidential. All records are accessible only to CAPS staff. Records are accessible to other University Health Center medical providers on an as-needed basis only. Information is released only with the written consent of the client, except as required by law.

CAPS forms have a “Transgender” option for designating gender.

In order to get a prescription for hormones, health care providers often require a letter of referral from a qualified and licensed counselor.

Dr. Scott Winrow provides counseling surrounding issues of gender, sexuality and transition. Call (402) 472-7450 to schedule an appointment.

You can also look through the other counselors available at CAPS for additional choices [here](#)

### **University Health Center Pharmacy**

The UHC Pharmacy will order hormones for students, staff and faculty with a valid prescription. Prices are comparable to, and usually lower than, community pharmacies.

### **Student Health Insurance**

UNL offers medical and dental insurance to all students, provided by UnitedHealthcare StudentResources. The insurance covers 100% of all University Health Center (UHC) services with a reduced pharmacy plan for medications from the UHC Pharmacy. Graduate students with Graduate Assistantships are automatically enrolled in this program. Please see the UHC website for premiums and coverage details.

The student health insurance offered through UNL includes coverage for transitional care, including hormone therapy and gender-affirming surgeries.

### **UHC Student Advisory Board**

The University Health Center Student Advisory Board (UHCSAB) is a group of selected students with the responsibility of representing the student body to the UHC and presenting the health concerns of the university community. The SAB makes recommendations to the UHC staff and the UNL Administration. If you would like to see more trans-oriented services offered, we welcome you to attend the meetings and voice your opinion. If you would like to be on the SAB, selections are normally made at the end of the fall semester.

### **Wellness, Identity, & Gender Lab**

The Wellness, Identity, & Gender Lab is composed of students and faculty in UNL’s Counseling Psychology program who are passionate about research, scholarship, and advocacy for marginalized individuals and communities. Their work focuses primarily on the life experiences and identity processes of sexual and gender minority populations”

## Local Transitional Health Care

### Planned Parenthood

Planned Parenthood offers hormone therapy at their Lincoln and Omaha location. To ask questions or set up an appointment call 1-877-811-7526

For other trans-friendly health care services in Lincoln, including counseling, medical care, and providers for gender affirming surgeries, please contact the Resource Center at [lgbtqa.library@unl.edu](mailto:lgbtqa.library@unl.edu) or call 402.472.1752

## Legal Name Changes

Legal Services can assist you with information on changing your legal name. You must change your name in the state that you are a legal resident. For more information on legal name changes in Nebraska click [here](#)

## Changing Records

This provides information on options and processes for students wanting to use a chosen name, change their legal name, or change their legal sex on university forms and records.

Any student who goes by a chosen name (or a name in use other than their legal name) is able to add that name in Peoplesoft through [myred.unl.edu](http://myred.unl.edu). Their chosen name will show up on class and grade rosters, in the UNL Directory, and on Blackboard. Diplomas may have a different name that is easily associated with your legal name (e.g., Charles can be Chuck or Samantha can be Sam but Jennifer cannot be David).

### Transcripts and Registration Records

To change the name or legal sex on university records, bring legal documentation to Office of the University Registrar, 107 Canfield Administration Building South. Legal documentation can be an amended driver's license, an updated birth certificate, a court order indicating a legal name change, and/or a passport reflecting the changes. Contact the Office of the Registrar (402) 472-3635 for up-to-date information on requirements.

### NCards

NCards are now available with chosen name on the front of the card, and legal name on the back. For new students with a chosen name in the system (through adding it through [myred.unl.edu](http://myred.unl.edu)), the name will be available on the first card acquired. Replacing an NCard to reflect a recently changed chosen name requires a \$15 replacement fee.

New NCards reflecting legal name changes are available at no cost. New NCards simply reflecting change in appearance (expression/presentation), meaning ones with new pictures, are available from the NCard office for \$15. The NCard Office is located in the first floor of the Nebraska Union.

### **Changing Driver's Licenses Issued in Nebraska**

For the state of Nebraska, the applicant must submit a [Certification of Sex Reassignment form](#) completed by a physician. The form states: 'I certify that the above named applicant has undergone the necessary sex reassignment procedures required for social gender recognition and is requesting that a driver license/ID card be issued.'

**Please note that if you are changing your legal sex designation from female to male, you may be contacted by the Federal government to sign up for selective services. You must submit a copy of your unchanged birth certificate in order to avoid signing up for selective services or being charged with a crime for not signing up.**

For information on changing your driver's license in other states, please see this guide: [Driver's License Policies by State](#)

### Changing Birth Certificates Issued in Nebraska

For information on changing your birth certificate in other states, please see this guide: [Changing Birth Certificate Designations: State-by-State](#)



For those born in Nebraska, the state will issue a new birth certificate reflecting a change of name and legal sex rather than amending an existing one. To change legal sex, a letter from an SRS (Sex Reassignment Surgery) surgeon is required. To change name, an original or certified copy of the court order indicating a name change is required.

Contact the Nebraska Department of Health and Human Services Office of Vital Records below:  
Nebraska Department of Health & Human Services  
Division of Public Health  
Vital Records  
P.O. Box 95065  
Lincoln, NE 68509-5065

Please note that if you are changing your legal sex designation from female to male, you may be contacted by the Federal government to sign up for selective services. You must submit a copy of your unchanged birth certificate in order to avoid signing up for selective services or being charged with a crime for not signing up.

### **Passports**

As of June 10, 2010, sex reassignment surgery is no longer required by the U.S. Department of State to change the gender marker on a U.S. passport or passport card. A letter of certification and support from an attending physician is required, as well as an application for a new passport. Visit the U.S. Department of State website for more information and to see how to apply. The Lincoln Post Office on 700 R Street has passport applications, and [passport.unl.edu](http://passport.unl.edu) has more information.

### **Social Security Cards**

In order to change your legal name on your social security card, you need to have a copy of the court order declaring your legal name change and another form of United States government-issued identification document, such as a driver's license, a U.S. passport, or a state ID that isn't a driver's license.

You can either mail your documents with the accompanying form (linked below) to the social security administration, or go to the social security office in-person. It will take longer to receive your updated social security card if you mail in the documents. After the social security office receives the necessary documentation, you will receive your updated social security card in the mail, so be sure that your address is correct. Keep in mind too that you need an updated social security card in order to properly track your earnings so that they are correctly credited to you.

For further information on the process, please see the United States Social Security Administration's website or [Socialsecurity.gov](http://Socialsecurity.gov)