Gender Affirming Care

UNC Campus Health staff welcomes and affirms students of all gender identities and sexual orientations. We recognize that transgender, non-binary and gender diverse students have health concerns that are often the same as all UNC students. However, some health issues may be unique and require a greater understanding of transgender and gender diverse student experiences, or require specific patient-oriented information and programming. Many providers have completed continuing medical education about providing care to transgender, non-binary and gender diverse patients and communities. Many have also attended UNC’s Safe Zone and Safe Zone Challenge trainings. When you make an appointment, let our schedulers know if you would prefer to meet with one of these providers.

Medical Services

Campus Health strives to meet the healthcare needs of all transgender, non-binary and gender diverse students by providing high-quality and supportive care.

We realize that having a provider that you feel comfortable with is important, so we
encourage you to request a specific provider when you call for a Campus Health appointment [1] if you desire.


Pap smears are recommended if you have ever been sexually active in any way and have a cervix. Pap smears are provided at either primary care or gynecology.

Hormone therapy and transition-related care [4] is available through Campus Health. Hormone therapy is provided using an informed consent protocol. This means there is no requirement for students to present a letter from a mental health professional in order to begin hormone therapy and/or transition-related care. Campus Health providers perform an initial assessment, coordinate care, and provide secondary consultation if necessary. Please fill out a Health History Form [5] and bring it to your first visit.

Mental Health Services

Counseling and Psychological Services [6] (CAPS) offers a wide range of services and programs to support students with personal, academic, career, health-related and crisis concerns. Counselors with expertise in gender identity and gender expression-related concerns are available at CAPS. For information on how to access CAPS services, visit the initial assessments at CAPS [7] webpage. If you would like to work with a counselor who has experience with trans* related concerns, request this specialty at the initial visit. If you are more comfortable connecting with someone specific as a first point of contact, Avery Cook is one of the CAPS providers on the Transgender Task Force. Avery can answer questions about CAPS, help you navigate CAPS services and connect you with providers who match your unique needs. Reach her at macook@email.unc.edu [8] or 919-966-3658.

Insurance Coverage

All students who pay a Campus Health Fee [9] are eligible for services at Campus Health. If you have concerns about your health insurance coverage, please visit UNC Health Insurance Options [10] or Using Insurance at Campus Health [11] for more information.

Additional Resources
For additional support, resources, and community referrals, visit the LGBTQ Center [12], located in South Academic Services Building (SASB South), Suite 3308. The LGBTQ Center [13] provides several programs and services that may be helpful, including Trans Talk Tuesdays.

The Transgender Initiative of Raleigh [14] is built around the idea of creating a communal, safe place for people from all across the gender spectrum, along with their allies, to meet, gather, and provide a supportive and welcoming social environment. Visit their site for more information about meetings and activities.

The LGBTQ Center of Durham [15] is a safe and inclusive community committed to supporting and celebrating lesbian, gay bisexual, transgender and queer identified people in and around Durham.

For information on specific health topics and areas, explore Center of Excellence for Transgender Health [16], World Professional Association for Transgender Health [17], and Fenway Health [18].

If you are interested in learning more about how to talk to your partner about sexual health, make a free appointment with Student Wellness [19] as an individual, partnership, or group to discuss sexual health & wellness needs.

10 Things Transgender Persons Should Discuss with their Health Care Provider [20]
LGBTQ Center [12]
Transgender Health Information Program [21]
Check it out Guys (Sexual health resources for trans men) [22]
GLMA - Trans Health Resources [23]
Center of Excellence for Transgender Health [16]
World Professional Association for Transgender Health [17]
Fenway Health [18]

Source URL: https://campushealth.unc.edu/services/gender-affirming-care

Links
[3] https://campushealth.unc.edu/services/gynecology
[5] https://campushealth.unc.edu/services/medical-records/forms
[7] https://caps.unc.edu/services/initial-assessments
[8] mailto:macook@email.unc.edu
[9] https://campushealth.unc.edu/charges-insurance/campus-health-fee-charges-and-