



List of Resources for Lesbian, Gay, Bisexual, Trans, and Queer (LGBTQ) Individuals in Rolla and around Missouri

For more information or for questions, contact us at LGBTQROLLA.org

Local Resources

LGBTQ Rolla

visibility, inclusivity, and support for our community
lgbtqrolla.org

The Rolla Mission

shelter, free meals/laundry/shower, counsel and aid
therollamission.org | (573) 308-5474

CASA of South Central Missouri

advocacy for children in need
casascmo.org | (573) 426-5437

Russell House

response to domestic & sexual violence
russellhousemo.org | (573) 364-0579

Compass Health

mental health care
compasshealthnetwork.org | (844) 853-8937

S&T Student Diversity, Equity & Inclusion

diversity support for Missouri S&T students
sdi.mst.edu | (573) 341-7286

Phelps County Health

medicine, hormone therapy, and health care
phelpshealth.org | (573) 458-8899

Waynesville Support Group

for trans/questioning/nonbinary individuals
flwpulaskitransgender@gmail.com

Planned Parenthood

sexual health & wellness, hormone therapy
plannedparenthood.org/health-center/missouri
(573) 364-1509

Play Safe 417

free condoms, HIV testing by mail
playsafe417.org

National Resources for LGBTQ Individuals and Friends/Family/Allies

CASA stands for Court Appointed Special Advocate. This national nonprofit supports and promotes court-appointed volunteer advocacy so that every child who has experienced abuse or neglect can be safe, have a permanent home, and the opportunity to thrive.

There is a CASA office in Rolla. Our local contact, Manon, may be reached at: manon.emery@casascmo.org

GLAAD is a media monitoring organization that began as a protest against defamatory coverage of LGBTQ people. Its agenda has since extended to the entertainment industry and its portrayal of these groups. GLAAD has compiled their own catalog of information for various queer interests: glaad.org/resourcelist

The Trevor Project is a nonprofit organization focused on suicide prevention efforts among LGBTQ youth. It runs the toll-free Trevor Lifeline, a confidential phone service with trained counselors. The Trevor Project website offers educational material created for LGBTQ youth and their parents: thetrevorproject.org/resources

PFLAG are the parents, families and friends of lesbian, gay, bisexual and transgender people. There are organization chapters in St. Louis, Kansas City, Cape Girardeau, Poplar Bluff, St. Joseph, and Springfield.

The local chapter, **PFLAG Springfield**, advocates for and supports the LGBTQ population of Southwest Missouri. PFLAG Springfield sends out a monthly educational newsletter, and meets monthly on every third Sunday. pflagoftheozarks.org

The National LGBTQIA+ Health Education Center provides education, resources, and consultation to health care organizations with the goal of optimizing quality, affordable care for LGBTQ people. lgbtqihealtheducation.org

The National Center for Transgender Equality seeks to increase the nation's understanding of transgender people. Throughout the country, NCTE works to replace disrespect, discrimination, and violence with acceptance, empathy, opportunity, and justice. transequality.org

Legal Resources

Disclaimer: This information is offered from personal research and experience. It is not intended to be, nor is it a substitute for, licensed legal counsel.

Lambda Legal is a national nonprofit organization committed to achieving full recognition of the civil rights of LGBTQ individuals through impact litigation, education and public policy work. Their website offers information on each state's LGBTQ legal protections, as well as a legal help desk. For federal and state level, know your rights: lambdalegal.org

PROMO was formed with visions of a more fair Missouri. The organization is a statewide advocate for LGBTQ equality through legislative action, electoral politics, grassroots organizing, and community education. The PROMO Fund stands up for equality, and protects the human and civil rights of Missouri's LGBTQ population. promoonline.org

Fastdemocracy.com tracks current bills in Congress. Legislation is tracked in every state and is searchable by topic, such as those with direct impact on the LGBTQ community.

The **National Education Association** has also compiled material on LGBTQ-specific legislation, and has informative resources tailored toward educators: nea.org

Changing gender marker on forms of ID

National Center for Trans Equality (NCTE) offers state-by-state guidance for changing one's gender marker: transequality.org/documents

Legal Name Change

People change their names for a wide variety of reasons: addition or removal of family ties, better alignment with self-image, or just simply wanting to change it. No matter the reason, your choices are your own. You don't need to change your name to be valid— and you can change your name casually or socially without needing to make changes legally. If, however, you are seeking a legal change, the following section offers some information on what is involved in the process.

The Missouri Courts judicial website lists the requirements for filing a legal name change. Please read the information on the Courts webpage thoroughly to understand what is required for this process, known formally as a Petition for Change of Name: courts.mo.gov

Applying for a name change

Visit www.courts.mo.gov

Using the site menu, navigate to Court Forms > Family Law Forms. From the family law page, there is a link to the “Petition for Change of Name” webpage. Click this link. Follow the steps on the Change of Name page to learn how to file the request with your local courthouse. The Petition for Change of Name legal forms found on this webpage can either be printed out and completed by hand, or downloaded then filled out in PDF software (such as Adobe).

For Phelps County, the cost of filing a name change is \$135.50. This cost may be waived (To be considered for a waiver, file an In Forma Pauperis Application (GN10) - also found on courts.mo.gov).

Appearing for a name change

Once the name change has been filed, the local court will set a date for the petitioner to show up in court, representing themselves at the name change hearing. This is a formal appearance before a judge to confirm that “Yes, I am changing my name, and here is my reason for doing so.” Most of the formality is to ensure that you aren’t changing names to evade debt collection.

Once the court has heard and approved the name change request, the petitioner receives sealed, embossed copies of the ruling. These sealed copies are the legal “receipt” that your name was legally changed. The court directs you to take this paperwork and present it (along with other forms of identification) when updating records. A petitioner is given three copies of the court order. The court will charge a fee for additional copies.

After court

Individuals who change their name may be required to work with a local news source, such as Phelps County Focus, to publish a notice of name change (Phelps County Focus charges around \$80-\$100 depending on the length of the notice). The publication requires you to present a valid photo ID and an original sealed copy of the name change.

There are circumstances where a name change does not need to be published. When filling out the Petition for Change of Name form, there are choices a petitioner may indicate as reason not to publish a notice (such as being a victim of abuse or domestic violence, and not wanting the new name to be spread around). Individuals who don’t want to share their new name will be prompted by the judge, in court, to confirm aloud that they have decided not to publish it. You won’t be asked to elaborate on your request, or to offer proof of what is on your petition form— but you are asked for the confirmation while under oath.

What to update after a change of name

Sealed copies of the Petition for Change of Name, valid IDs such as driver’s license/state ID, passport, and social security card with the former legal name, should be presented to various institutions as soon as possible.

It’s useful to **make a digital record** of the name change by scanning one of the sealed court orders, front and back. While a digital copy is not legally binding like the embossed physical copy, it’s good enough proof to update your name with certain institutions, such as a bank or insurance provider.

DMV

The Department of Motor Vehicles must be visited to update **driver's licenses, state IDs, and automobile titles**. To make these changes, the DMV requires a sealed court paper and a valid driver's license or state ID. When applicable, bring a social security card as well. To update the name on a vehicle's title, the current title must also be brought to the DMV. There is a fee to replace IDs and titles. More information is available at: dor.mo.gov/motor-vehicle/
DMV Rolla: 1038 S. Bishop Ave | (573) 364-7848

Passport

The county clerk processes passport requests. The recommended documentation for a new passport is an updated driver's license and birth certificate, as well as a filled-out passport application, checkbook, and a new photo. Alternative documentation may be presented. Information available on the County Clerk's page at phelpscounty.org

Social Security

Social Security cards must be updated at the local office. An updated driver's license, birth certificate, and sealed petition for change of name are generally required. Fill out a form SS-5 (Application for a Social Security Card) to obtain a card with your new name. This form is the first one listed at: ssa.gov/forms

The name printed on the Social Security card will change; the number (SSN) remains the same.

The local Social Security office requires appointments. Make sure to bring all the necessary paperwork listed above.
Social Security Rolla: 1813 E 10th St | (800) 551-2056

Birth Certificate

Requirements/fees associated with changing a birth certificate vary by state. Missouri birth certificates are handled by the state's Bureau of Vital Records in the Department of Health and Senior Services. The department provides information on obtaining a birth certificate with an updated name: health.mo.gov/data/vitalrecords | (573) 751-6387

Voter Registration

Update current registration info, or register to vote for the first time, at: sos.mo.gov/elections

Financial Institutions

Banks, credit unions, Paypal, and other financial services need to be updated with your new legal name. Generally, this involves presenting an updated driver's license or state ID to the institution in question.

Insurance

Insurance companies (auto, home, medical, dental, visual, etc.) should be notified of a name change. Contact your insurance representative(s) to see what is required to make updates to their records.

Employer

Employers are responsible for issuing certain tax documents to their employees (such as an annual W-2 income tax form). Once your name has been updated with the Social Security office, you will want to update your employment records to ensure that your correct legal name appears on tax forms. Depending on the time of year or when your employer makes this update, your W-2 may be issued under your former name on the year that you changed it. This isn't an issue with the IRS. SSNs are used to distinguish tax-filing individuals, and your number remains the same.

Gender Affirming Resources

Trans- and Gender-specific Resources

The **American Trans Resource Hub (ATRH)** is a newer nonprofit founded by and for trans people. The website offers a trans-oriented care provider map, a list of affirming products, and various offerings of binders for those in need. atrh.org

There is a **social support group** in **Waynesville** for transgender/gender queer/questioning individuals. They offer support to Pulaski, Phelps, and Laclede county. For information, contact flwpulaskitransgender@gmail.com

Information on **changing one's name** and **changing gender markers on IDs** is located in the Legal Resources section.

What makes us feel good in our own skin?

We have a lot of ways to *be*. We understand our preferences as well as our expectations. We consider aesthetic appeal, gender expression, physical comfort, and context. It's in the way we dress and style our hair. It's our *vibe*. It's what we present to others— and to the mirror— every day. We may try out different styles, or have a “look” we gravitate toward. We accessorize; we make statements; we choose to blend in, or to stand out. We take measures to exist as our favorite self.

Some people choose methods of presentation to bolster their self-image or improve daily life. Imagine, for example, the reasons a person with glasses may opt to wear contacts. Or why they'd pick a full-brimmed hat for a sunny day outside. Or put on body spray in a scent they like. Or wear a funny shirt to a gathering with friends. Consciously or not, everyone chooses how they present to themselves and others. Gender (or lack thereof) is one of the things about ourselves that we present. When someone presents in a way that aligns with their gender experience, that presentation is **gender affirming**.

Transitional Apparel

Gender affirmation is a broad concept and physical apparel is only one aspect. Gender-related articles of clothing and appearance modifiers are sometimes referred to as **transitional apparel**. For comfort, safety, fun, aesthetic, and a multitude of other reasons, people choose when and where they put this apparel to use.

A **binder** is a special garment that is worn to make a person's chest appear flatter.

Put simply, a **packer** is a prosthetic that gives an individual a “package.” Like **binding** (wearing a binder to flatten one's top), **packing** (wearing a packer) can be a gender affirming practice.

Individuals may **tuck** (in the same style as packing or binding) as a gender affirming practice. It is common to use compression underwear or gaffs when tucking.

pointofpride.org offers free binders and compression underwear to those who can't afford or safely purchase what they need. The organization also provides financial aid and direct support to trans people in need.

gc2b.co offers a selection of binder sizes and colors; good quality, but often visible under lower-cut clothing

shapeshifters.co sells binders in various prints, with many options for customization

tomboyx.com has gender inclusive clothing and undergarments for everyone

Transtape is similar to sports tape, and is designed to compress chest tissue. It can be worn for multiple days, and performs better for some activities (like aquatic sports) versus traditional binding options. For info, visit **transtape.life**

Hormone Replacement Therapy (HRT)

Hormone therapy is a form of interacting with and modifying one's self-image. It is used for birth and menopause control, cardiac/renal/skeletal health, sexual wellbeing, and more. HRT may serve as a form of gender affirming care. You do not need to undergo HRT, medically transition (or make any other changes) unless you want to. It's okay to still be figuring out what you want. You are valid. You are who you say you are, and *you* decide for *your* body.

The idea of HRT can be exciting, and sometimes overwhelming! Like all changes in life, there are considerations to make, pros and cons to weigh, and strategies to get the best out of the changes that come our way.

Here is an article with some good advice and summarized information for those who are thinking about starting: [vice.com/en/article/dyv33x/how-to-start-hrt-hormone-replacement-therapy](https://www.vice.com/en/article/dyv33x/how-to-start-hrt-hormone-replacement-therapy)

It has generally been required for trans people to see a therapist before seeking HRT. Now, many doctors are shifting to an informed consent model, meaning that trans individuals can seek HRT directly (acknowledging that they understand what is involved in treatment, including risks) without needing a mental health evaluation or referral. There is an unofficial "informed consent HRT map of the US" on Google Maps that lists known providers in your area. We recommend contacting a care provider directly with questions on what they require to begin HRT.

GLMA: Health Professionals Advancing LGBTQ Equality (previously known as the Gay & Lesbian Medical Association) is the world's largest and oldest association of LGBTQ healthcare professionals. Their website has a directory of medical providers searchable by ZIP code: glma.org

Rolla's **Phelps County Health** offers local primary care, including HRT and elective surgical procedures (such as hysterectomy and orchiectomy). Call the main line to schedule an appointment: 573-458-6010.

Planned Parenthood (PP)'s offerings vary by location. Expanded HRT care is coming to Rolla's PP at some point soon. Learn which services are offered at each PP location at: plannedparenthood.org/get-care

The **St. Louis**-based Metro Trans Umbrella Group (MTUG) has a compilation of trans care providers, as well as other resources in the STL area, on their website: stlmetrotrans.org

MTUG is partnering with Planned Parenthood in a care program for underinsured trans and nonbinary individuals.

[Centerproject.org](http://centerproject.org) has a gender affirming care provider list for the **Columbia** area.

For **Kansas City**, kansashealthsystem.com lists regional care providers, including telehealth options.

Hotlines

Hotlines aren't just for life-or-death emergencies. These service lines are operated by dedicated people who will listen to you and offer emotional support 24 hours a day, seven days a week, any time you are in need.

Suicide and Crisis Lifeline: Dial 988. Anyone is invited to call the lifeline for any reason. 988lifeline.org

Russel House Local Crisis Line: Call 1-800-998-8340 or get more information at russellhousemo.org

Trevor Project: Call 1-866-488-7386 or text/chat with someone on thetrevorproject.org

Trans Lifeline: Call 877-565-8860 or learn more at translifeline.org

RAINN has a help line for sexual assault. Call 1-800-656-4673 or get additional info/support at rainn.org

The 211 connects people to social assistance resources in their area. If you need help finding food or housing, paying bills, or are struggling with health issues, dial 211. More information at 211.org

For a **crisis hotline serving Phelps** and nearby counties, call **1-800-833-3915**.

[Suicide.org](https://suicide.org) lists crisis hotline numbers for every state.

Missouri's 24/7 Suicide Hotlines

Numbers are listed by region. Information sourced from the Missouri Department of Mental Health at dmh.mo.gov

West Central Missouri (Rolla Area): 1-800-833-3915

Serving 18 counties: Bates, Benton, Camden, Cedar, Cole, Crawford, Dent, Gasconade, Henry, Hickory, Maries, Miller, LaClede, Osage, Pulaski, Phelps, St. Clair, and Vernon County

West Missouri: 1-888-279-8188

Serving 25 counties: Andrew, Atchison, Buchanan, Cass, Caldwell, Clay, Clinton, Daviess, DeKalb, Gentry, Grundy, Harrison, Holt, Jackson, Johnson, Lafayette, Linn, Livingston, Mercer, Nodaway, Putnam, Platte, Ray, Sullivan, and Worth County

TeleType (TTY) line: **1-800-955-8339**

Southwest Missouri (Joplin Area): 1-800-247-0661

Serving 4 counties: Barton, Jasper, Newton, and McDonald County

Southwest Missouri (Monett Area): 1-800-801-4405

Serving 3 counties: Barry, Dade, and Lawrence County

Kansas City Area: 1-888-279-8188

Serving 3 counties: Cass, Johnson, and Lafayette County

Central Missouri (Columbia Area): 1-800-395-2132

Serving 10 counties: Boone, Carroll, Chariton, Cooper, Howard, Morgan, Moniteau, Pettis, Randolph, Saline

South Missouri (Springfield Area): 1-800-494-7355

Serving 7 counties: Christian, Dallas, Greene, Polk, Stone, Taney, and Webster County

Central & Southeast Missouri: 1-800-356-5395

Serving 25 counties: Bolinger, Butler, Cape Girardeau, Carter, Clinton, Dunklin, Douglas, Howell, Madison, Mississippi, New Madrid, Oregon, Ozark, Pemiscot, Perry, Reynolds, Ripley, Scott, Shannon, St. Genevieve, Stoddard, Texas, Wayne, and Wright County

East Missouri: 1-800-811-4760

Serving 9 counties: Franklin, Iron, Jefferson, Lincoln, St. Charles, St. Francois, St. Louis, Warren, and Washington County

TeleType (TTY) line: **(314) 469-3638**

East Missouri (Mexico Area): 1-800-833-2064

Serving 6 counties: Audrain, Callaway, Monroe, Montgomery, Pike, and Ralls County

St. Louis Area: (314) 647-4357

TeleType (TTY) line: **(314) 647-5959**

STL Teen Helpline for Kids Under Twenty One (KUTO): 1-888-644-5886 | kuto.org