

# Opensource Transition Resources

## 1. Introduction

An open collection of transition-related resources maintained by the Red Hat Pride Community. Contributions welcome!

## 2. What is this?

A gender transition is a difficult and confusing process and finding vital resources can be even harder. In addition to the social, medical, personal, and interpersonal issues transitions can present, legal and practical changes are often frustrating, obtuse, and overwhelming.

To help, we've created an open source documentation project: [The Open Source Gender Transition Resource List](#). The purpose is to provide clear and easy access to information such as:

- How to legally change your name
- How to navigate changes for various online tools
- Communities, and networks and how to find local and regional specific instruction.

It is our belief at Red Hat that the power of community can make a profound impact on its individual members. And the hope for this project is that those who come after us can transition gracefully and with great ease. Thank you for reading, learning, and helping us achieve this. Please consider contributing!

## 3. Crisis Hotlines

We recognize that the LGBTQIA+ community faces mental health conditions just like the rest of the population. However, LGBTQIA+ people may experience more negative mental health outcomes due to prejudice and other biases. If you need support in your region, here are resources where you can get help.

### 3.1. United States

#### 3.1.1. [Trans Lifeline](#)

A 24/7 hotline available in the U.S. and Canada staffed by transgender people for transgender people. Trans Lifeline is primarily for transgender people in a crisis, from struggling with gender identity to thoughts of self-harm.

Contact information: United States 1-877-565-8860 Available 24/7

Canada 1-877-330-6366 Available 24/7

## 3.2. United Kingdom

### 3.2.1. The Trevor Project

If you are thinking about suicide and in need of immediate support.

#### **Trevor Lifeline**

1-866-488-7386 Available 24/7 Free

#### **TrevorText**

Text the word START to 678678 Standard messaging rates apply

#### **TrevorChat**

Enter the online portal on The Trevor Project's website Available 24/7 Free please call the TrevorLifeline at 1-866-488-7386 or [chat](#)

### 3.2.2. THRIVE Lifeline

If you're experiencing a mental health crisis and need to chat with a qualified LGBTQIA+ crisis responder, our partners at THRIVE Lifeline are here for you.

THRIVE Lifeline's experienced suicide interveners partner with oSTEM to help keep you safe during times of acute mental health crises. If you are not in an acute crisis, but are dealing with stress as you navigate identity, orientation, or barriers to academic and professional entry, THRIVE can help! Together, we are here to support your whole-self and we're happy to help you during these troubling times.

Contact Information: +1 (313) 662-8209

Available 24/7, Must be 18 years or older

### 3.2.3. SAGE

SAGE LGBT Elder Hotline. Older LGBT people who want to talk can be connected with friendly responders who are ready to listen. If you are an LGBT elder or care for one, call the free SAGE Hotline, toll-free 24/7.

Contact information: Toll Free 877-360-LGBT (5428) Available 24/7

## 3.3. Ireland

## 3.4. Scotland

## 3.5. Wales

## 3.6. Australia

### 3.6.1. [Qlife](#)

Australia-wide anonymous and free LGBTI peer support for people wanting to talk about sexuality, identity, gender, bodies, feelings or relationships.

Call 1800 184 527 or webchat 3pm-12am AEST.

### 3.6.2. [Minus 18](#)

Resources help and guidance for Australia's LGBTIQ youth.

### 3.6.3. [Black Rainbow](#)

Australia's leading Indigenous suicide prevention and mental health support source for LGBTQ+ people.

### 3.6.4. [PFLAG Australia](#)

Parents, Family and Friends of Lesbians and Gays.

### 3.6.5. [Trans Pride Australia](#)

Social and support group for trans and gender diverse people and their loved ones.

### 3.6.6. [Intersex Peer Support](#)

An intersex peer support, information and advocacy group for people born with variations in sex characteristics.

### 3.6.7. [Intersex Human Rights Australia](#)

Support and education by and for people with intersex variation traits.

### 3.6.8. [Headspace](#)

Australia-wide online, phone and in-person support and counselling to young people, their families and friends.

Call 1800 650 890 (9am-1am).

### 3.6.9. [ReachOut](#)

ReachOut.com helps under 25s with everyday questions through to tough times.

## 4. UK Public Records

Legal Name/Gender Changes on Public Records (UK)

## 5. US Public Records

### 5.1. California

#### 5.1.1. Official State Support

The State of California allows you to change your name and gender, and has a well documented process with a how-to guide: <https://www.courts.ca.gov/genderchange.htm?rdeLocaleAttr=en>

The filing fees are \$435, but you may apply for a waiver if you cannot afford this.

---

### 5.2. North Carolina

#### 5.2.1. Wake County

Acquire the following documents: <https://www.lgbtcenterofraleigh.com/adult-programs/transgender-initiative/changing-your-name.html>

#### 5.2.2. For Background Checks...

- Go to the Detention Center at 3301 Hammond Road and get 2 fingerprint cards from the CCBI. They cost \$10 each, and they require *cash*. Bring \$20. Note: Most instructions say to go to the Sheriff's Department. In Wake County, they no longer do it downtown but instead at the Detention Center.
- Send one of the fingerprint cards to the FBI along with:
- \$14 certified check or money order payable to the North Carolina State Bureau of Investigation
- Right to Review form, filled out
- Identification. Copies of birth certificate and ID are accepted.
- Go to <https://www.edo.cjis.gov/#/> and fill out the form, then pay the \$18 by credit card and send the other fingerprint card to the address they tell you, along with a printout the confirmation email they send. Wait about 3 weeks for both to return. Using the website for the FBI results in both of them returning within a few days of each other.

For out-of-state birth certificates, find the appropriate steps here: <https://transequality.org/documents>

Go to the Wake County Courthouse, 12th floor, and sign in at the desk under "non-hearing". Get a name change packet, as the appropriate forms are NOT available online. Full, complete, clear instructions are the first page in this packet.

---

Fill out the Notice of Intent to Change Name form and have the clerk stamp it. Go down to Floor S and post the Notice of Intent to Change Name form on the bulletin board under the appropriate month.

Leave up for 10 full business days, not counting the day posted or the day removed. Pull the Notice of Intent to Change Name form from Floor S and take it, as well as the results of both background checks and the notarized documents from the packet and take them back to floor 12. Sign in again under “non-hearing” and they’ll assist you. When everything’s correct, pay the \$120 fee (cash, money order, or certified check) and they’ll provide the court order. This can take a couple hours.

North Carolina has a pesky law (§ 101-6) that only allows one court ordered name change, fortunately there have been a number of appeals made and name changes granted. This link links to a story that highlights both denials, appeals, and the approvals granted.

---

## 6. Healthcare

### 6.1. Cosmetic

#### 6.1.1. US Hair Removal

UNC Aesthetics Clinic – The aesthetic clinic offers laser hair removal treatments, and specifically offers a lower cost option for the 6 laser hair removal treatments needed before surgery. Phone: (984) 215-6350. Please note that the clinic is temporarily closed due to COVID-19, however we can still place a referral for when they re-open.

Haute Hair Removal & Aesthetics in Cary offers both electrolysis and hair removal. Andrea Arnold is a licensed Aesthetician and has worked with our patients before. <https://www.hautehairremoval.com/>. Please note, I am unsure how COVID-19 has affected this practice.

### 6.2. Vocal Training

#### 6.2.1. YouTube

- [Trans Voice Lessons](#)

## 7. US Voice Therapy

### 7.1. North Carolina

Duke Voice Care Center in Raleigh: <https://www.dukehealth.org>

---

## 8. Employment

## 9. Financial

## 10. Housing

## 11. Legal

## 12. Internet Accounts

### 12.1. Google/Gmail

Information on how to change your name and other info may be found [here](<https://support.google.com/accounts/answer/27442?co=GENIE.Platform%3DDesktop&hl=en>). Google appears to have made this process relatively straightforward.

As noted by a contributor: The best approach seems to be creating an email alias, and utilizing that. Your Google sign-in name can't be changed. If you want a fully fresh slate, you can create a new account and forward your old emails, but you cannot transfer purchases.

### 12.2. Facebook

Load your Facebook profile, and click the down-pointing arrow in the top-right of the page and click Settings. Under General look for Name, click Edit and enter your new name. Click Review Change, enter your password, and click Save Changes.

### 12.3. LinkedIn

From your profile page, click your name. Click the Edit pen icon at the upper right Change your profile name

### 12.4. Instagram

Change this in your profile. # Snapchat Display name is editable from Settings Slack Channels: Women In Tech <https://womenintech.slack.com/> LGBTQ in Tech <https://lgbtq.technology/>

## 13. Utilities and Banking

### 13.1. Chase (Credit Cards)

Call 1-800-432-3117 and request a packet, which they'll mail.

## 13.2. Amazon Storecard

Fax a copy of your ID, Storecard account number, and phone number to 866-433-6076

## 13.3. Spectrum Internet/Cable

Fax “Customer Change Form and Agreement” with copies of new ID to 980-233-9169

## 13.4. Duke Energy

Fax a copy of the court order, a copy of your ID, and your account number to 800-419-5473

## 13.5. T-mobile

You can change your name using the T-Mobile web portal

## 13.6. Vendors

### 13.6.1. Torrid

Call 1-800-853-2921, and let them know you changed your name. They can also update any other Comenity-based store cards in the same call.

# 14. Internal Corporate Guides

## 14.1. Red Hat

For transition-related information at Red Hat, see [this page on Mojo](<https://mojo.redhat.com/docs/DOC-1223041>).

# Appendix A: Definitions

Opensource Transition Guide Definitions

# Appendix B: Contributors

[Ashton Davis](#)

[Sarah Thornton](#)

[Allie DeVolder](#)

# Appendix C: How to Contribute

## C.1. Suggesting edits online

If you think of something that can be added but don't want to get into editing docs, you can submit a suggested edit as a GitHub "issue", and one of the maintainers will update the code and PDFs. You will need a free GitHub account to make suggestions.

You can quickly create a new suggestion by filling out the form here: <https://github.com/AshtonDavis/open-source-transition-resources/issues/new/choose>. A suggestion "issue" is basically just an email. Please give your suggestion a title and describe how the content can be improved in the larger comment box.

## C.2. Request GitHub Project Access

Send an email to OpenSource Transition Resources Project mailing list ([ccs-mod-docs@redhat.com](mailto:ccs-mod-docs@redhat.com)) asking nicely to be given access to OpenSource Transition Resources Project on GitHub. Please give us your GitHub username and use the following subject line: REQUESTING ACCESS.

## C.3. Pre-requisites

STEP 1 - AsciiDoc and Hugo

Install AsciiDoc and Asciidoctor, the guide is written in asciidoc and published using Asciidoctor and Asciidoctor-pdf

## C.4. Configuring a Local Copy

STEP 1 - Clone the GitHub project locally:

```
git clone git@github.com:AshtonDavis/open-source-transition-resources.git
```

STEP 2 - Verify the GitHub project status:

```
cd open-source-transition-resources
git status
```

STEP 3 - Enable the submodules, for the website theme

```
git submodule init
git submodule update
```



## C.5. Contributing Changes

STEP 1 - Create a new branch:

```
git checkout -b <new_branch_name>
```

Example:

```
git checkout -b new_edits
```

STEP 2 - Add content or make edits.

STEP 3 - Add and commit your changes:

```
git add <path_to_file>  
git commit -m "<place_your_comments_here>"
```

Example:

```
git add index.adoc  
git commit -m -s "Updated the index.adoc file"
```

STEP 4 - Push changes to the remote GitHub repository:

```
git push origin <new_branch_name>
```

Example:

```
git push origin new_edits
```

STEP 5 - Create a new pull request from the GitHub web interface.

STEP 6 - Everyone on the project team will review the merge request and add comments in GitHub. This review process will be open for one week from the day the merge request was submitted. If the merge request is still being actively discussed beyond the one week timeframe, then the merge request will stay open. Once the merge request discussion is resolved, the merge request will be NACK'd or ACK'd based on the comments given. If no comments are given after a week, then the merge request will be ACK'd.

### C.5.1. Configuring the Build Environment

You can build the book locally using [AsciiDoctor](<http://asciidoctor.org/docs/#get-started-with-asciidoctor>).

## C.6. Building the PDF's

To build and view the document locally, run the following script:

```
$ publish.sh
```

Alternatively, if you use VS Code, you can build the HTML from the "Run Menu". This will build the source docs list along with country specific docs. They are automatically placed under the website/static/guide folder. The website will link to the source pdf or the html version. Country specific pages will be available under a download link off the main page of the site.