

Health & Counseling Services at Hampshire College provides treatment that is individualized, student-centered, and focused upon overall wellness in mind and body.

TRANS & GENDER NONBINARY HEALTH CARE AT HAMPSHIRE

Health and Counseling Services at Hampshire College is committed to providing all students with competent and experienced medical and counseling services in a safe and respectful environment.

ABOUT HORMONE THERAPY

If you're thinking about starting or continuing gender affirming hormone therapy, call to schedule an intake appointment with either [Sara Aierstuck](#) or [Dawn Beckman](#), both nurse practitioners with years of experience in LGBTQ health care. First appointments are usually about 45 minutes long and can be scheduled within one week.

The first visit is dedicated to discussing treatment goals, reviewing your health history, completing an informed consent document, detailing the expected effects of hormones, and obtaining baseline lab tests. We also get a complete medical history and find out about other health needs you might have for overall wellness.

If you are transferring care from another clinic, and have previous consultations and labs, hormone therapy may begin at the first visit with your informed consent. Please have your previous office send/fax copies of your medical records.

While your hormone doses are first being adjusted, office visits and some lab testing every 4-8 weeks are required, depending upon your individual needs. When your doses reach a level that works well for you, follow-up visits and labs happen less often, typically every 6-12 months.

Some changes produced by hormones may take a variable amount of time before eventually stabilizing. How rapidly changes happen can be impacted by your doses, your own body's metabolism, and how quickly you increase doses. People vary in their treatment goals and we respect the pace at which you want to see changes.

Health & Counseling Services

413 559-5458 phone 413 559-5583 fax

healthservices@hampshire.edu



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INJECTIONS? PRESCRIPTION REFILLS?

If you're prescribed an injected hormone, the Hampshire nursing staff will teach you, a partner or a friend, [how to self-administer the shot](#). We make sure you have a sharps container to dispose of needles and syringes safely. If you feel more comfortable, we can administer your shots for as long as needed.

Prescription refills should be available long enough to get you to the next anticipated follow-up appointment.

MORE RESOURCES FOR TRANS AND NONBINARY STUDENTS

COUNSELING AND SUPPORT GROUPS

- It's important to have a supportive community. Call 413 559-5458 or email healthservices@hampshire.edu for more information or to participate in therapy groups at HCHCS or a support group at UMass.
- [Individual counseling is available to all Hampshire students](#) and encouraged for students starting hormone therapy and transition. Call 413 559-5458 to schedule a mental health appointment at HCHCS.

CHANGE NAME AND GENDER MARKERS

- At some point in your transition, you may want to [change your name, both on campus through the Hub](#) (which will change your name at Health & Counseling), and with your state and federal government. Depending on the state where you live, changing the gender marker on your state identification or license, may require a letter.
- [Transequality.org](#) is a one-stop hub for name and gender change information. Find out how to get a legal name change where you live and update your name/gender on state and federal IDs and records.
- A letter from a physician is required to change your [Social Security or passport name and gender marker](#); HCHCS is happy to help you. It's best to change your driver's license first. The federal government consults a register of state driver's licenses to speed processing of federal forms. You do not need a letter from a health care provider in order to change your gender marker on a Massachusetts driver's license.

THINKING ABOUT SURGERY?

- If you need specialized health services such as electrolysis, surgery, or speech therapy, the staff at Health and Counseling can help you with referrals to area specialists and help with navigating insurance coverage.
- The [Hampshire Student Health Insurance through Blue Cross Blue Shield](#) covers office visits, hormone therapy, and medically necessary gender affirmation surgery.

CAMPUS AND COMMUNITY

- The [Queer Community Alliance](#) and the [Center for Feminisms](#) offer support and programming for LGBT students at Hampshire College and can be a great way to connect with other students.
- [The Stonewall Center at UMass Amherst](#) hosts events and offers resources for everything from legal issues to recommended electrolysis services and area support groups.
- [The Trans and GNC group at UMass](#) provides a confidential and supportive space to discuss topics related to identity, relationships, transitioning, intersectional identities, mental health, and other topics as they arise. The UMass group is open to students from all 5 colleges.